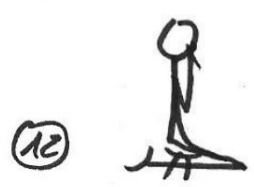
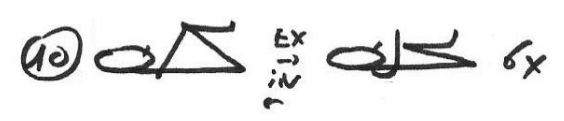
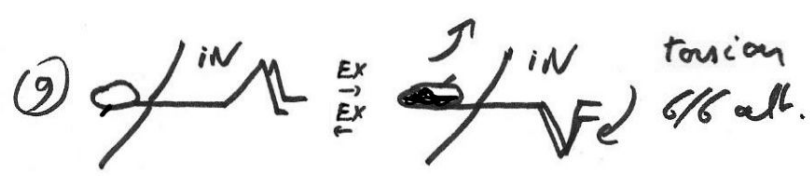
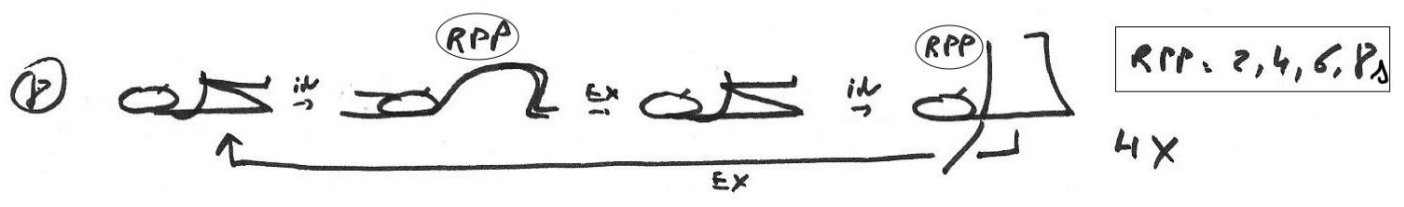
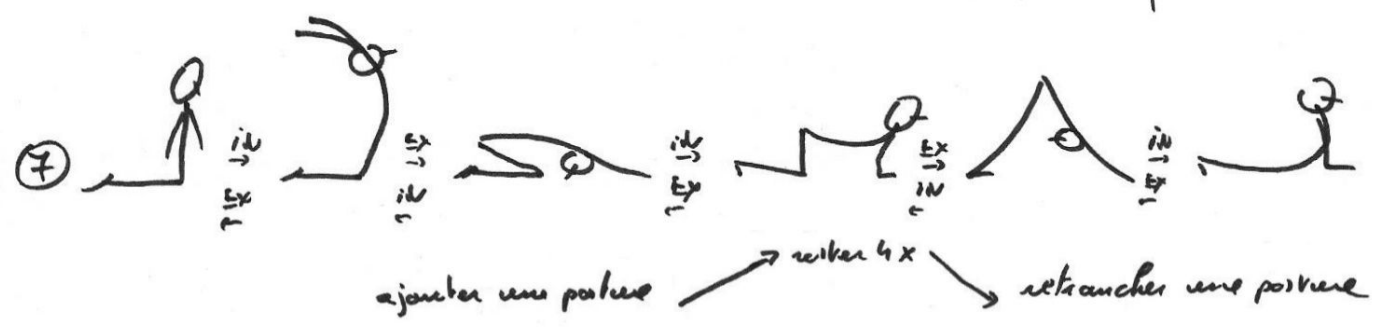
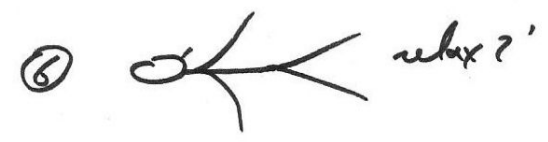
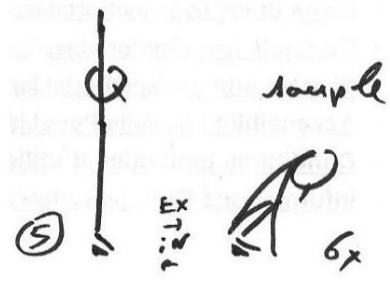
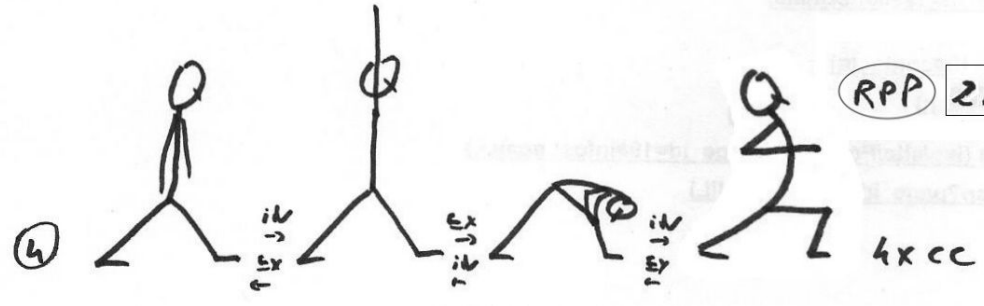
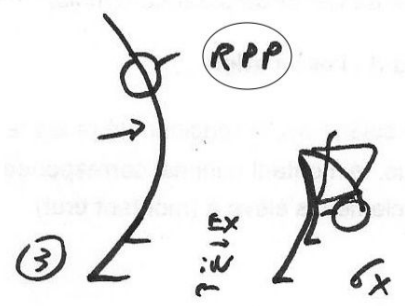
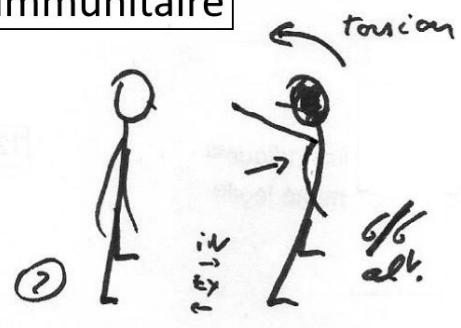


Je vitalise mon système immunitaire



ajustement postural + 4 phases respiration



Madishobana =

- IN = marine G
- EX = marine D
- IN = marine D
- EX = marine G

6x