



Pratique « Équilibre »

Séance à pratiquer avec : 1/ Le support audio pour indications de guidages
2/ votre propre guide intérieur garant de votre santé et de votre bien être

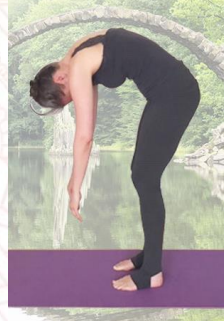
1/



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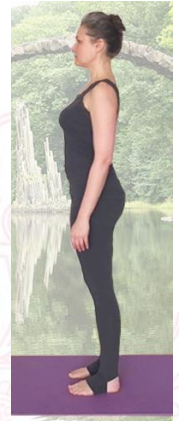


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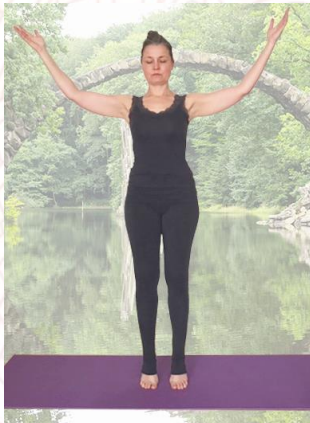
EX

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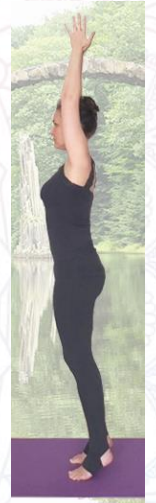
3/

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Puis rester



4/

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EX →



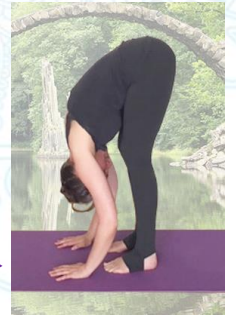
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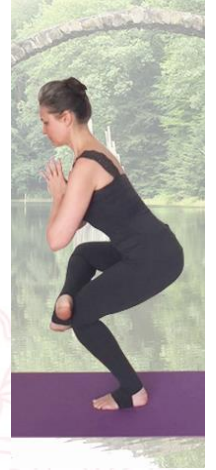
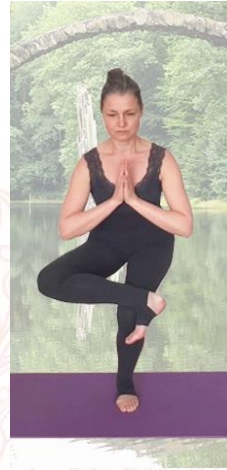


Puis revenir
comme 2/

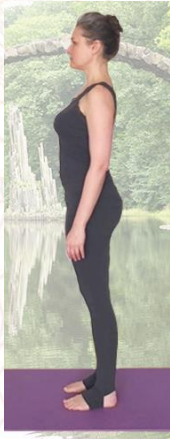
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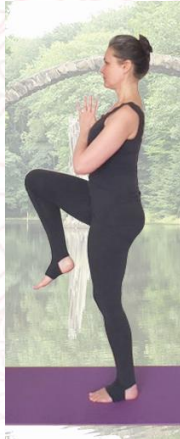
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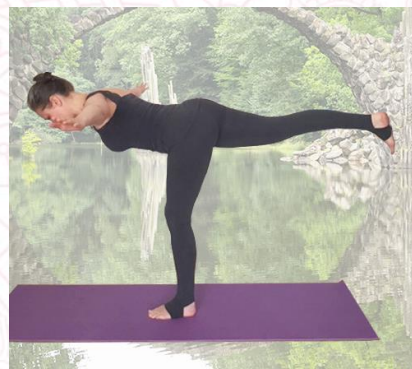
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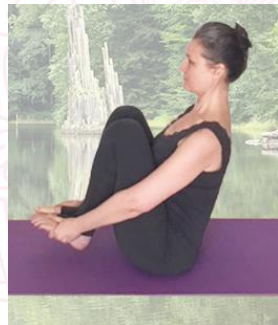


EX
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Puis
rester

8/



Ou
bien



9/



10/

