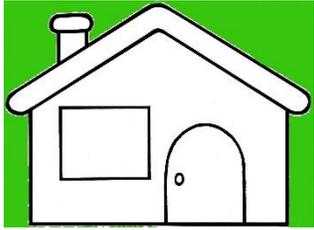
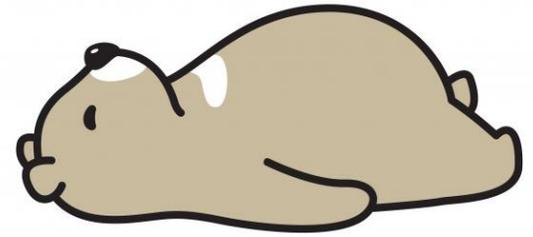
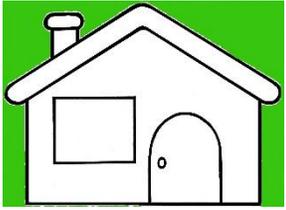


A la maison , je  
peux apprendre à  
me détendre....

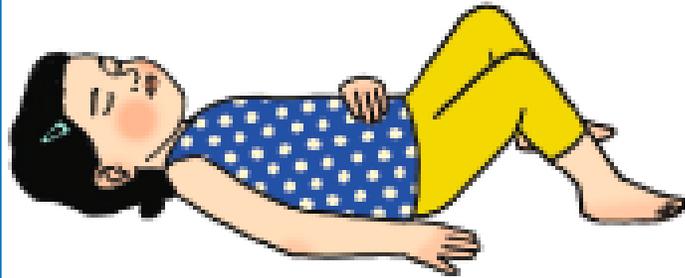


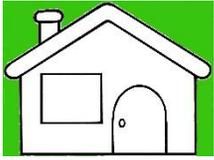
Je trouve ma position



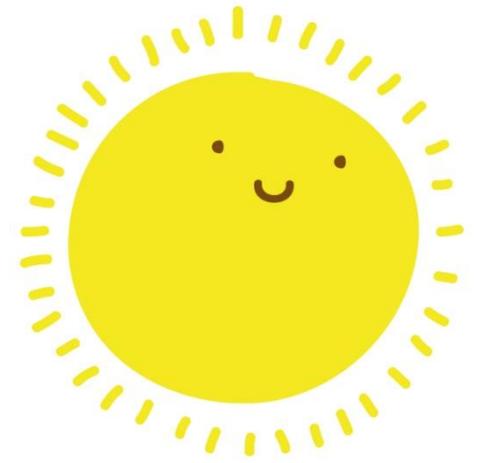


je peux aussi en essayer d'autres





Je n'oublie pas de m'étirer





Quand la période de  
confinement sera  
terminée,  
Vous pourrez tester  
les petits massages...

