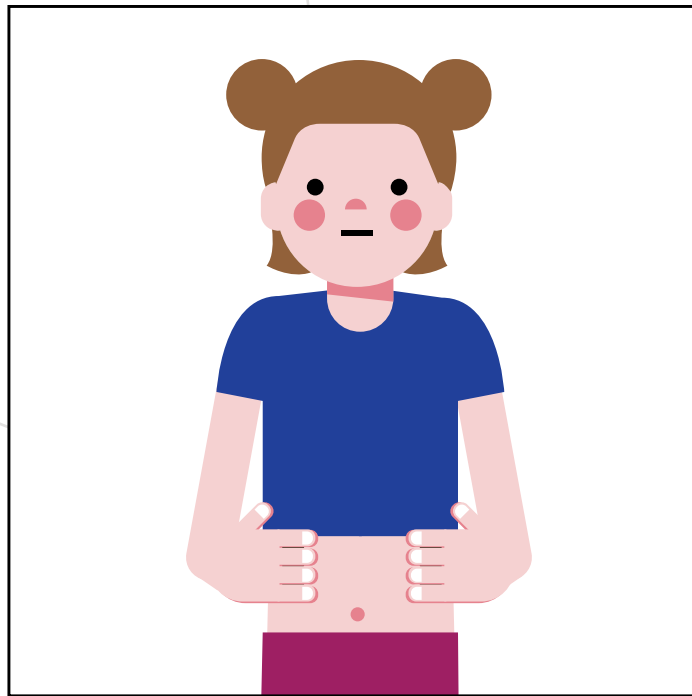
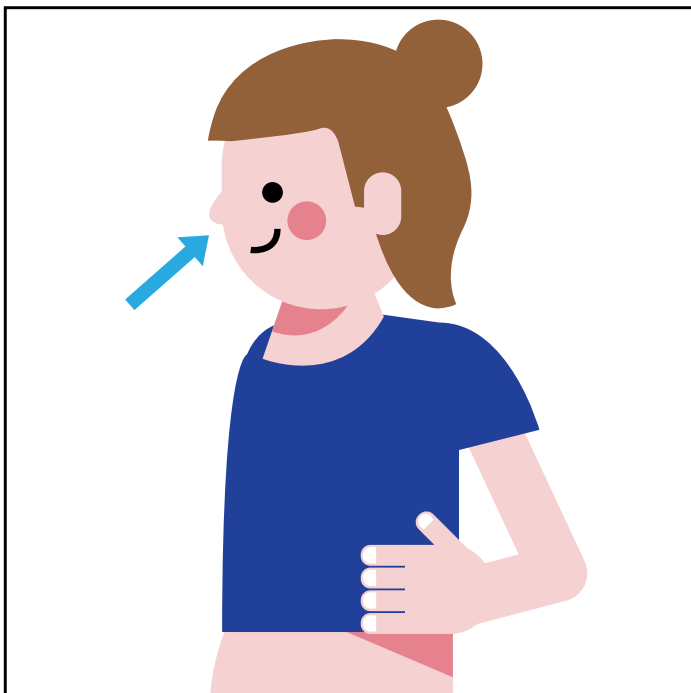


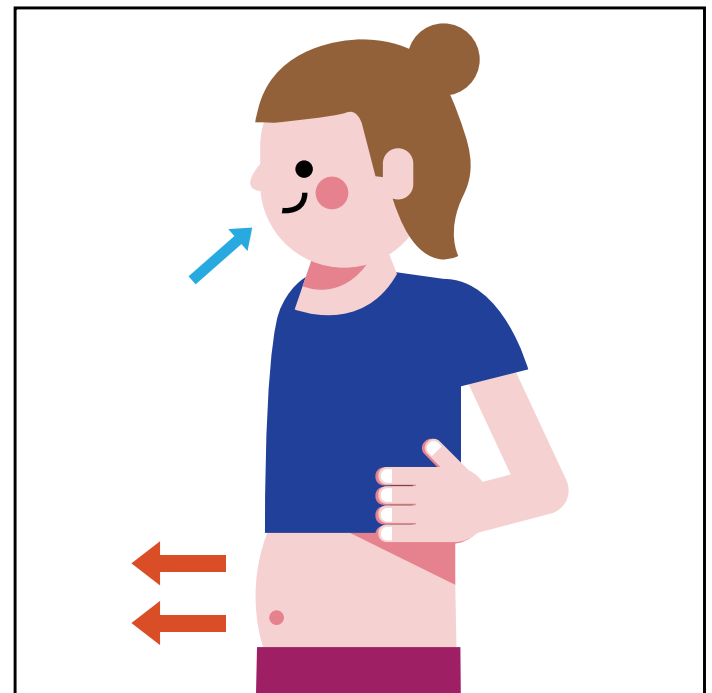
Respire tout simplement



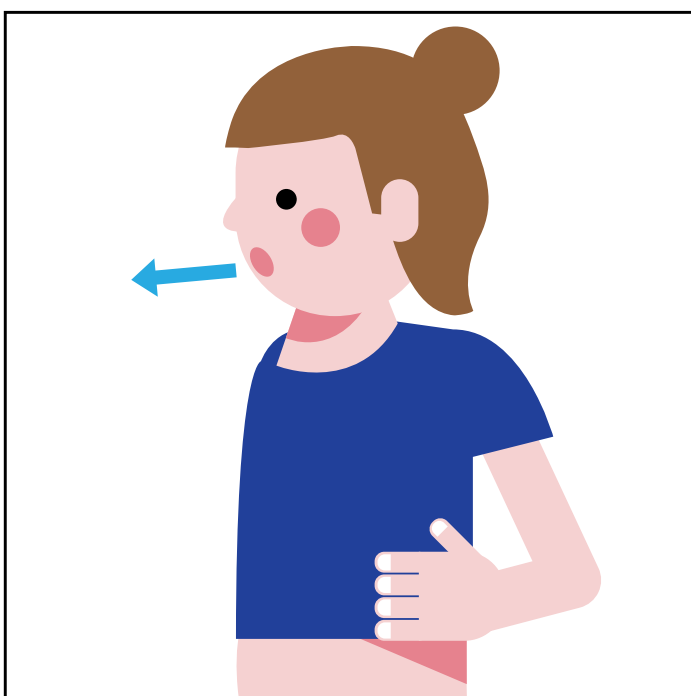
Pose tes mains sur ton ventre



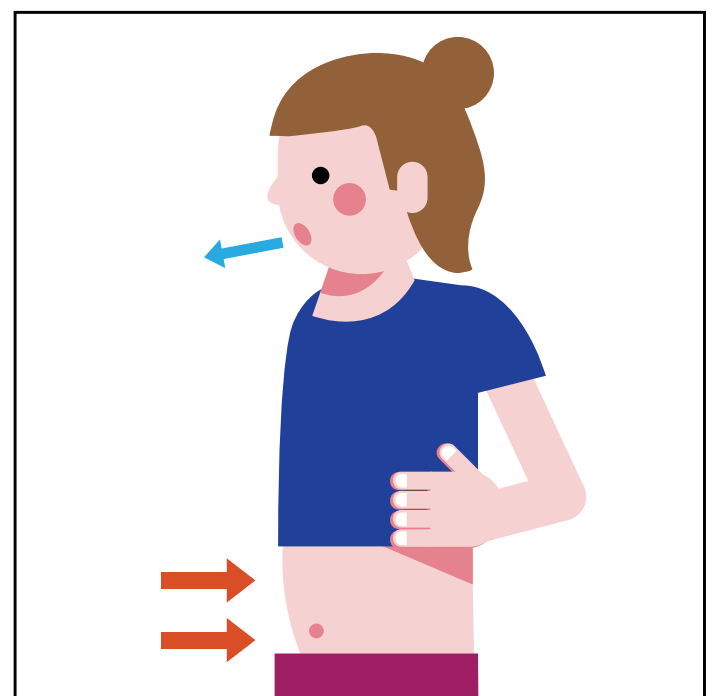
Inspire par le nez



Sens ton ventre se gonfler



Expire par la bouche



Sens ton ventre se dégonfler



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