
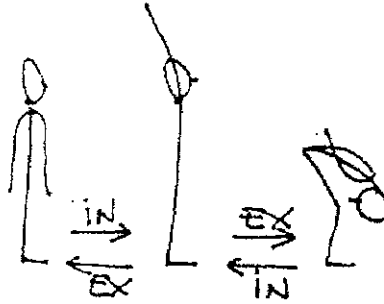
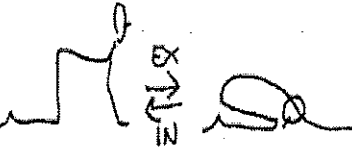
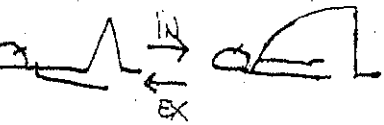
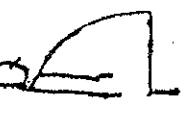
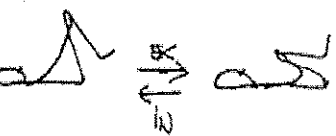




korte praktijk/pratique courte/short practice

1.  Observ. 2 - 3 min.
+ 6 AH/R/breaths
2.  6 x.
3.  6x
4.  6x
5.  4 à 6 STA
6.  6 x
7.  rust/repos/rest
8.  6 AH/R/breaths
+ Observ. 2 - 3 min.