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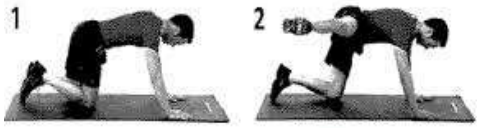
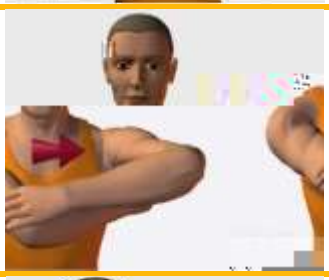
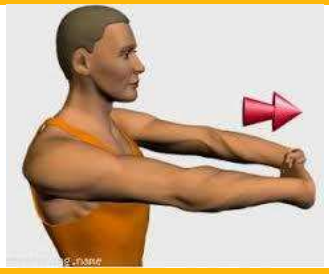
		 1 2	

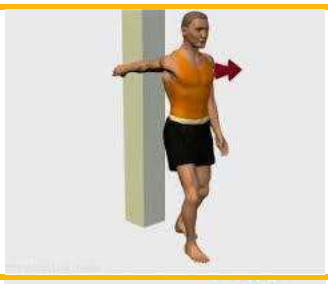
	(a) (b) (c)	

tendre

Ecoutez votre corps

ressentir l'étirement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