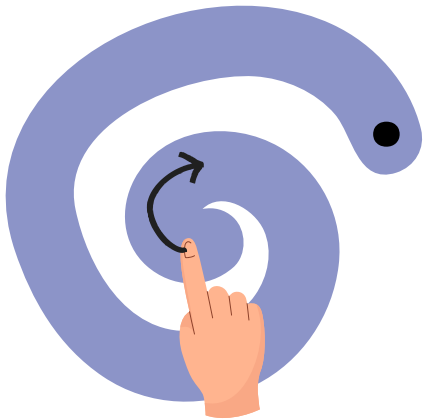
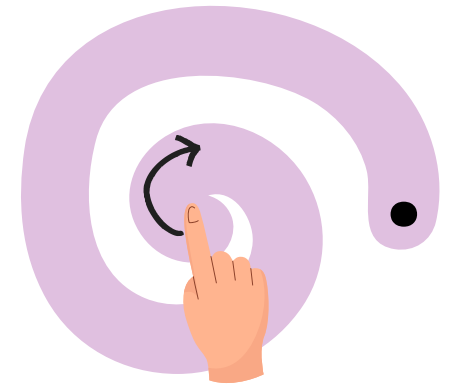


Respiration en spirale

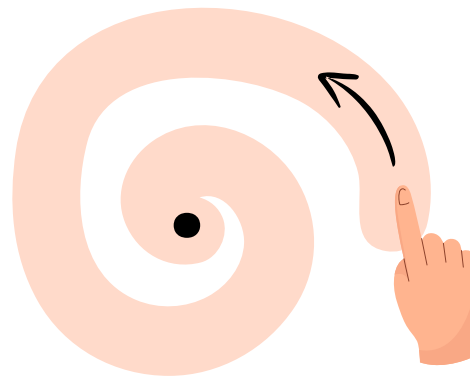
1. Inspire



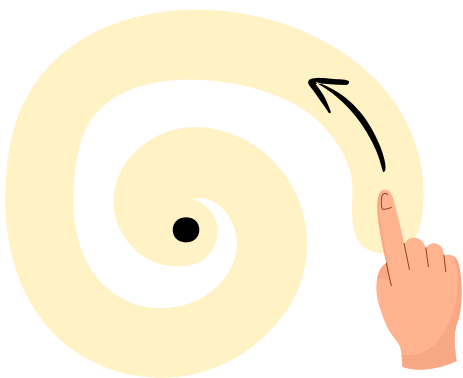
5. Inspire



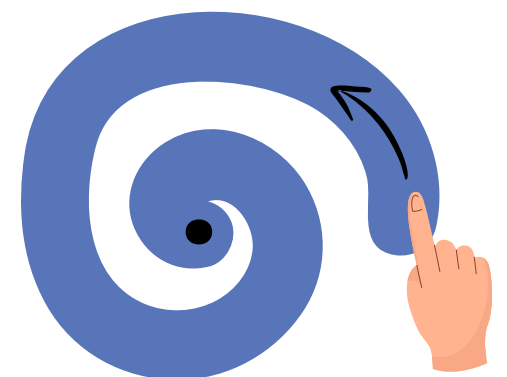
4. Expire



2. Expire



6. Expire



3. Inspire

