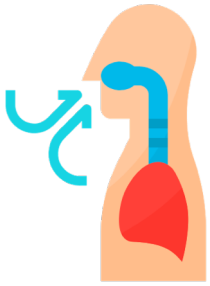

Pel nas

Inspirar - Mantenir 3' - Expirar

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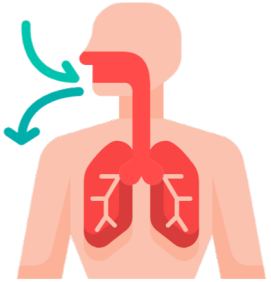

Nas i Boca

Inspirar - Mantenir 3' - Expirar

SOMDOCENTS

Racó de la calma

1. Sentir l'aire com entra
2. Mantenir
3. Sentir com surt

- Buidar la ment

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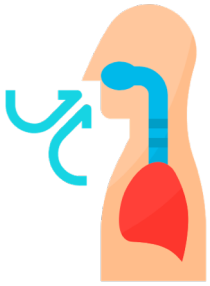

nas i boca

Inspirar - Mantenir 5' - Expirar

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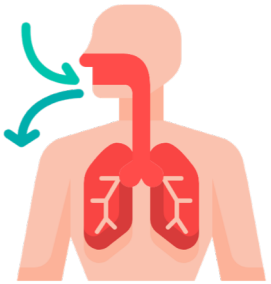

nas i boca

Inspirar - Mantenir 5' - Expirar

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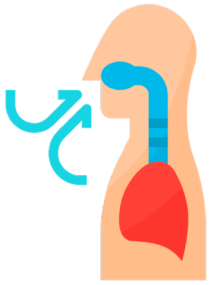

nas i boca

Inspirar 2' - Mantenir 4' – Expirar 2'

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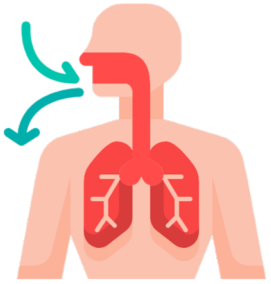

nas i boca

Inspirar 2' - Mantenir 4' – Expirar 2'

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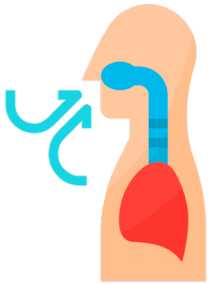

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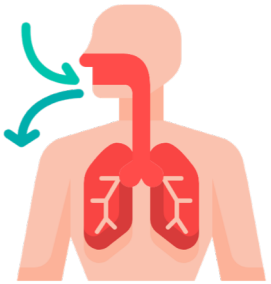

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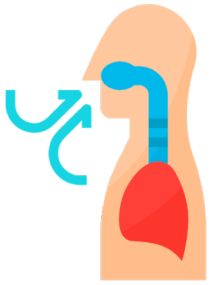

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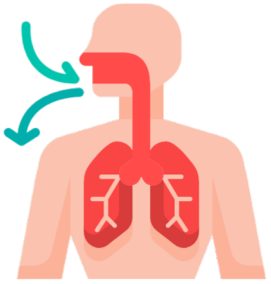

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