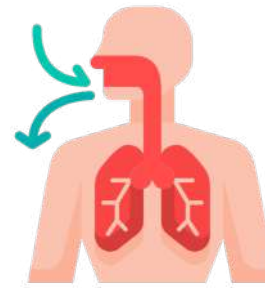


PEL NAS

Inspirar - Mantenir 3' - Expirar

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NAS I BOCA

Inspirar - Mantenir 3' - Expirar

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RACÓ DE LA CALMA

1. Sentir l'aire com entra
 2. Mantenir
 3. Sentir com surt
- Buidar la ment

[SOMDOCENTS](#)

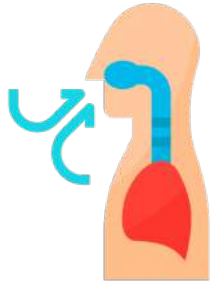


RACÓ DE LA CALMA

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[SOMDOCENTS](#)

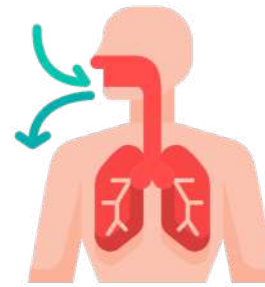




nas I Boca

Inspirar - Manterir 5' - Expirar

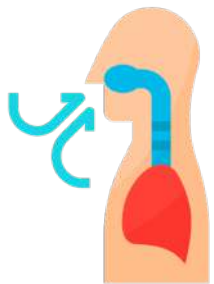
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nas I Boca

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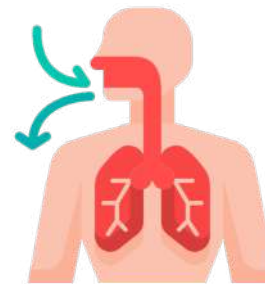
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nas I Boca

Inspirar 2' - Manterir 4' - Expirar 2'

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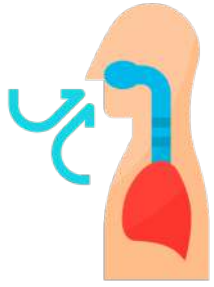


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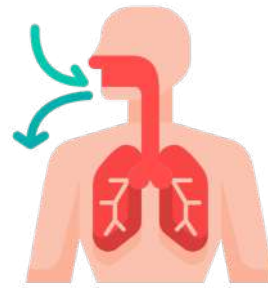
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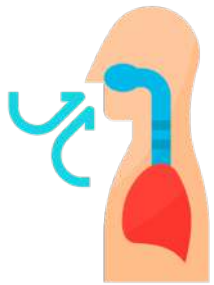




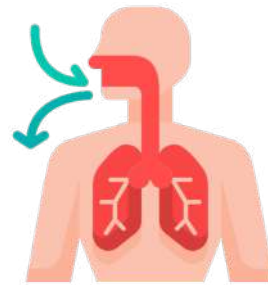
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