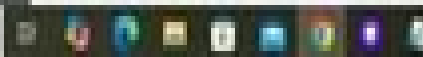


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web apr 16 2015 affirmation n 2 il faut inspirer bas dans le ventre variantes il faut lâcher le ventre à l'inspiration remplir d'abord le bas puis le haut des poumons vrai ou faux faux mais je sais devoir me justifier de cette affirmation qui va contre la croyance et la pratique de nombreux ses élèves et pédagogues