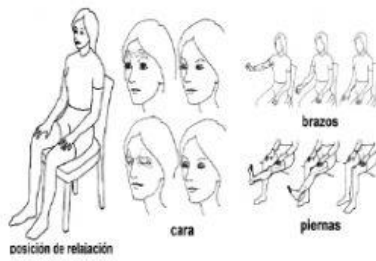
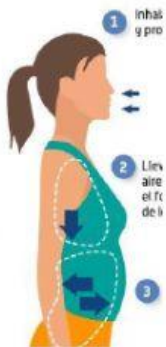


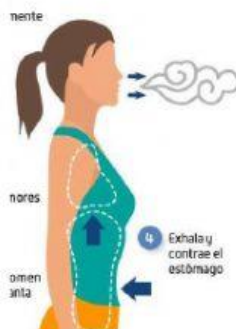
TECNICAS DE RELAJACION



TOMAMOS AIRE POR LA NARIZ



TECNICA AUTOGENA



MUSCULAR PROGRESIVA



BOTAMOS EL AIRE POR LA BOCA