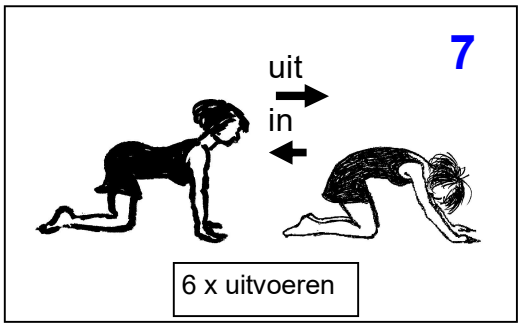
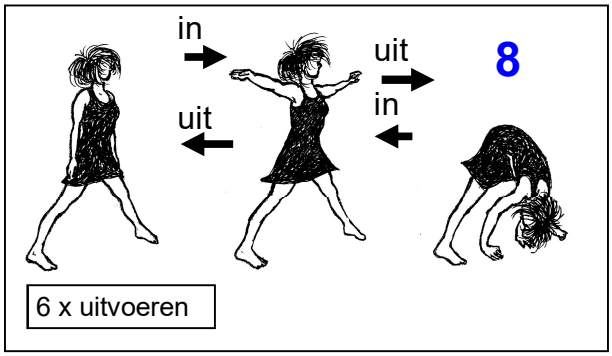
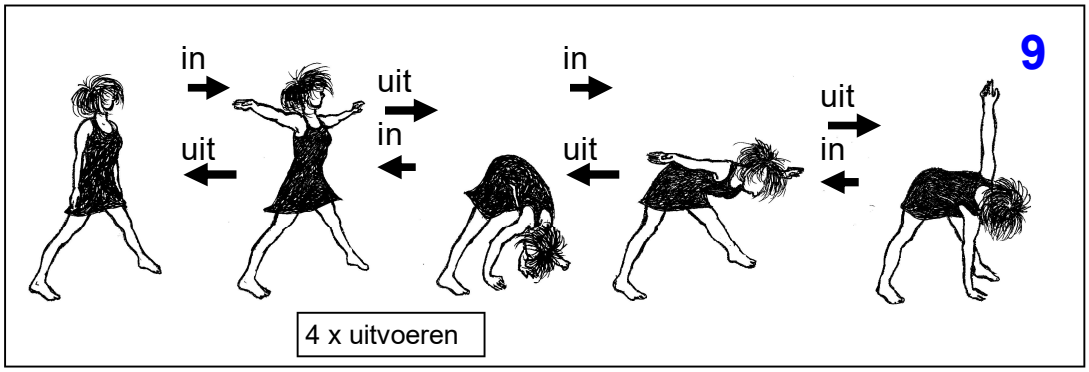
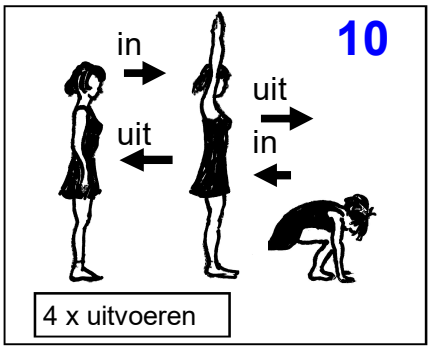
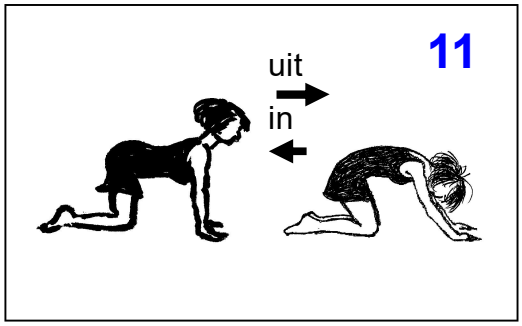
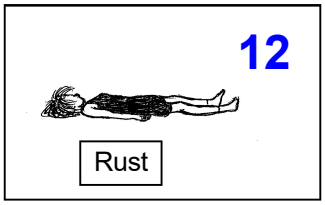

7
uit
in
6 x uitvoeren

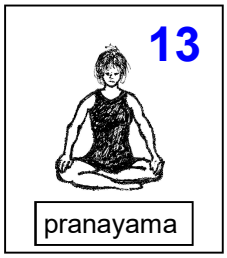

in
uit
uit
in
8
6 x uitvoeren


9
in
uit
uit
in
in
uit
uit
in
4 x uitvoeren


10
in
uit
uit
in
4 x uitvoeren


11
uit
in


12
Rust


13
pranayama