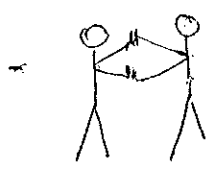
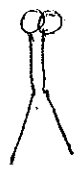


27/5/2015

P
= massage

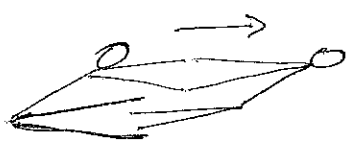
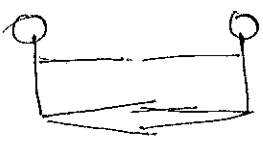


1) introspection

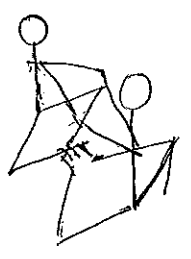


- grounding
- centering
- balance between earth/heaven
- whole body / One body
- breathing
 - spontaneous
 - abdominal
- 4 phases I P E P

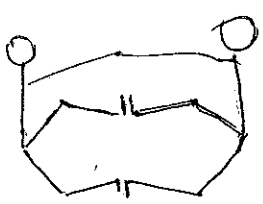
2)



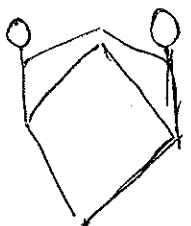
3)



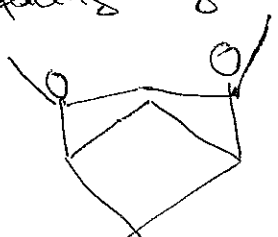
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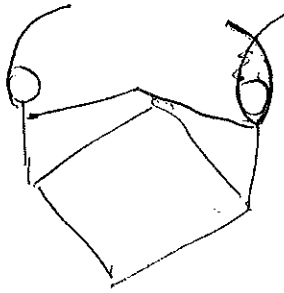
5)



6) facing legs laterally - crossing arms



7) side legs - crossing arms

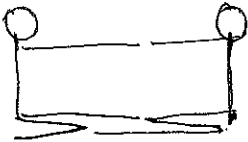


8)

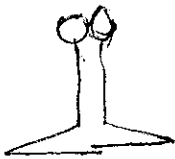


- one leg
- both legs

9)



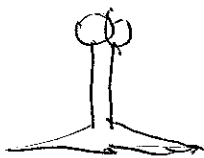
11) twist



12)



13)



moving

14) meditation. whole body - One body

