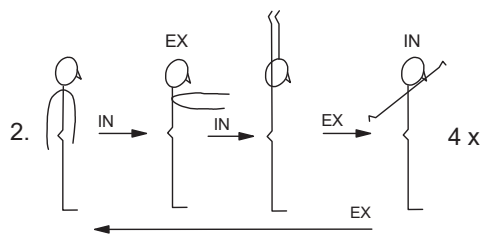


1. Obs. lichaam ;
Obs. adem ;
Bewust ademen :



Korte Oefenschema's

a : (1, 2, 3, 4, 5, 6, 7,8)

b : (8, 9,10,11, 12, 13)

