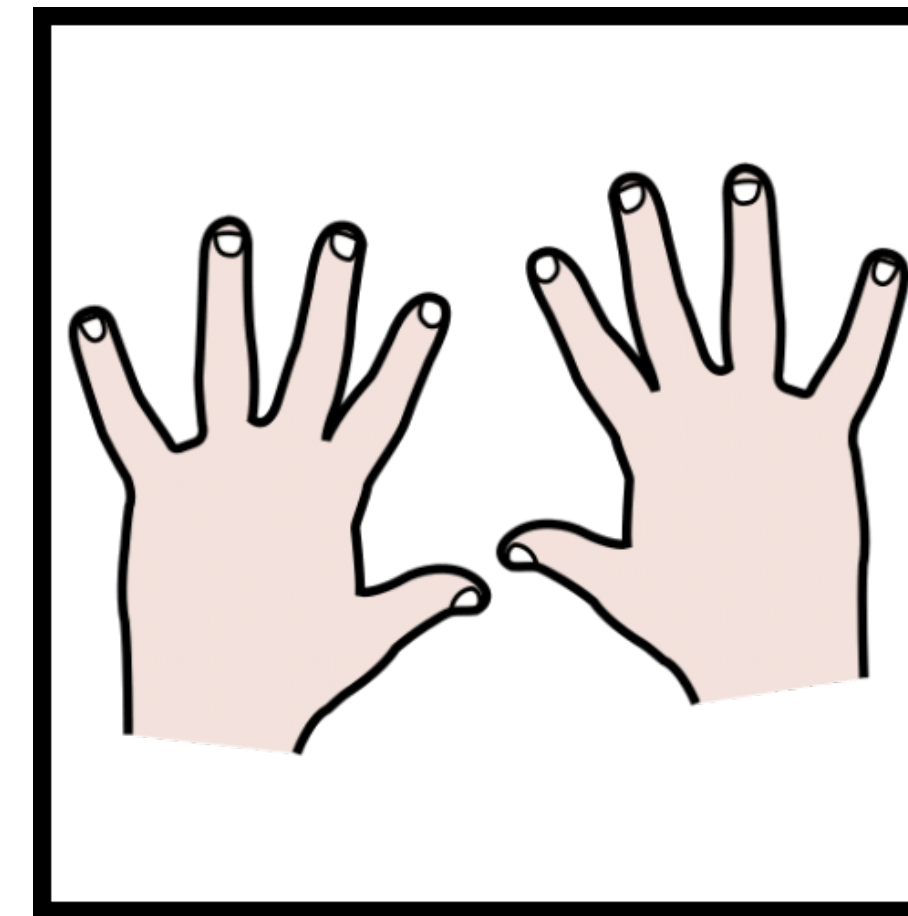
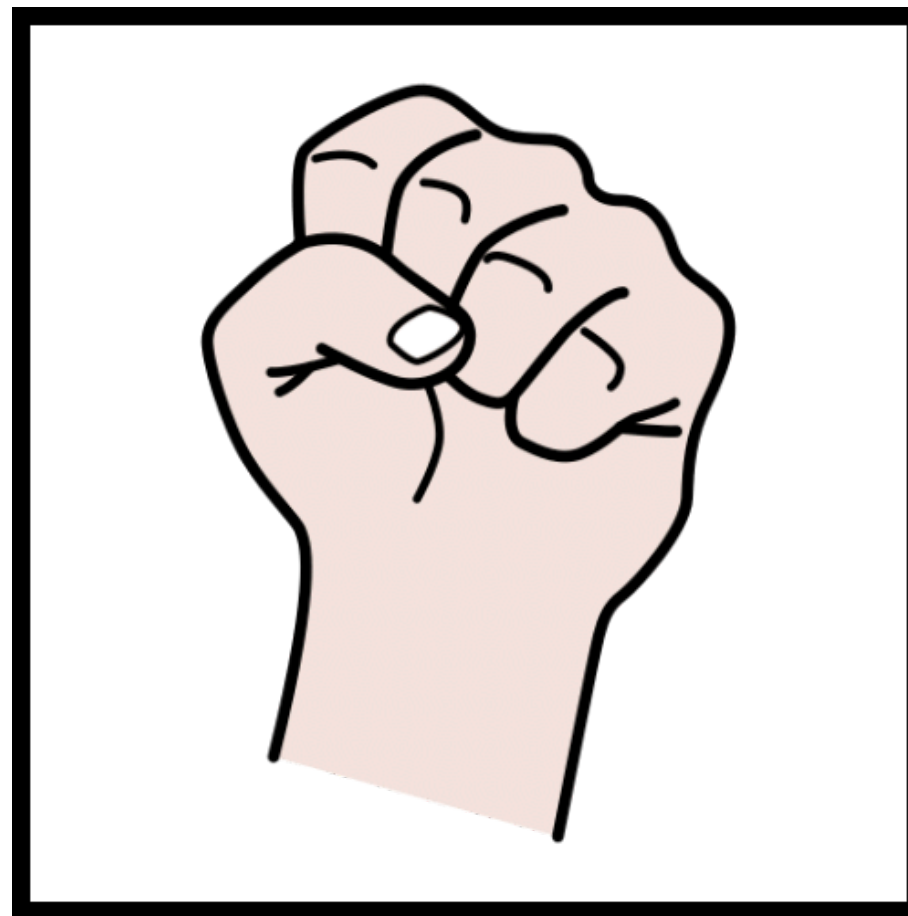
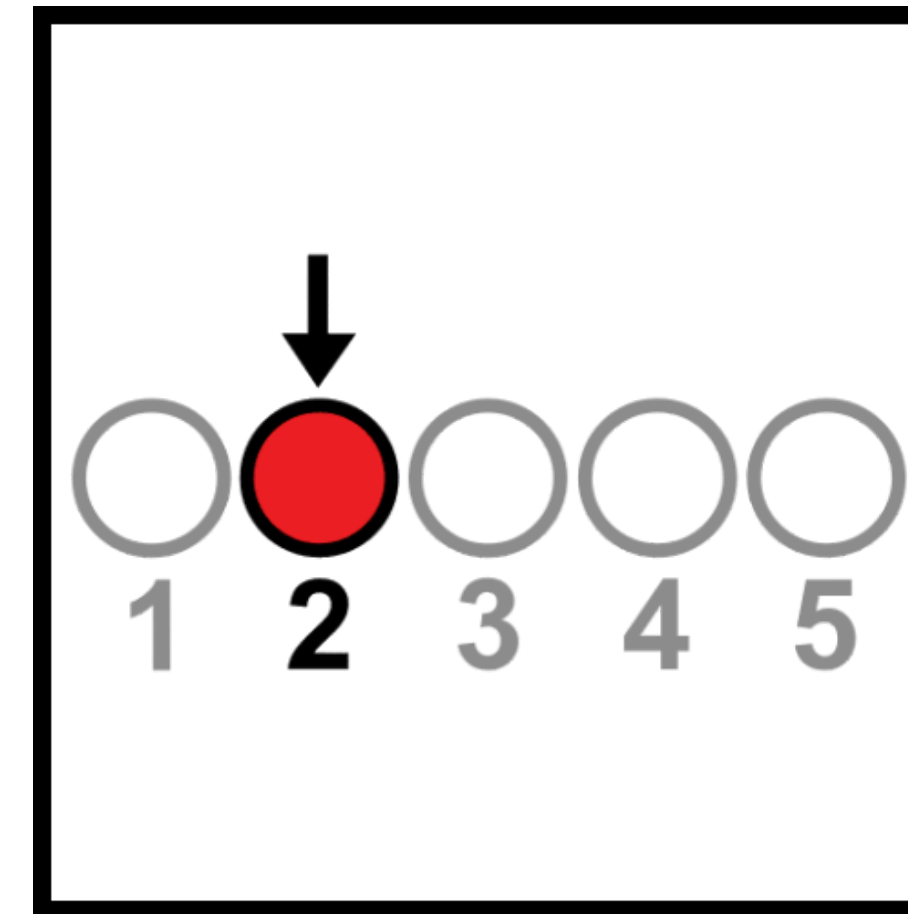
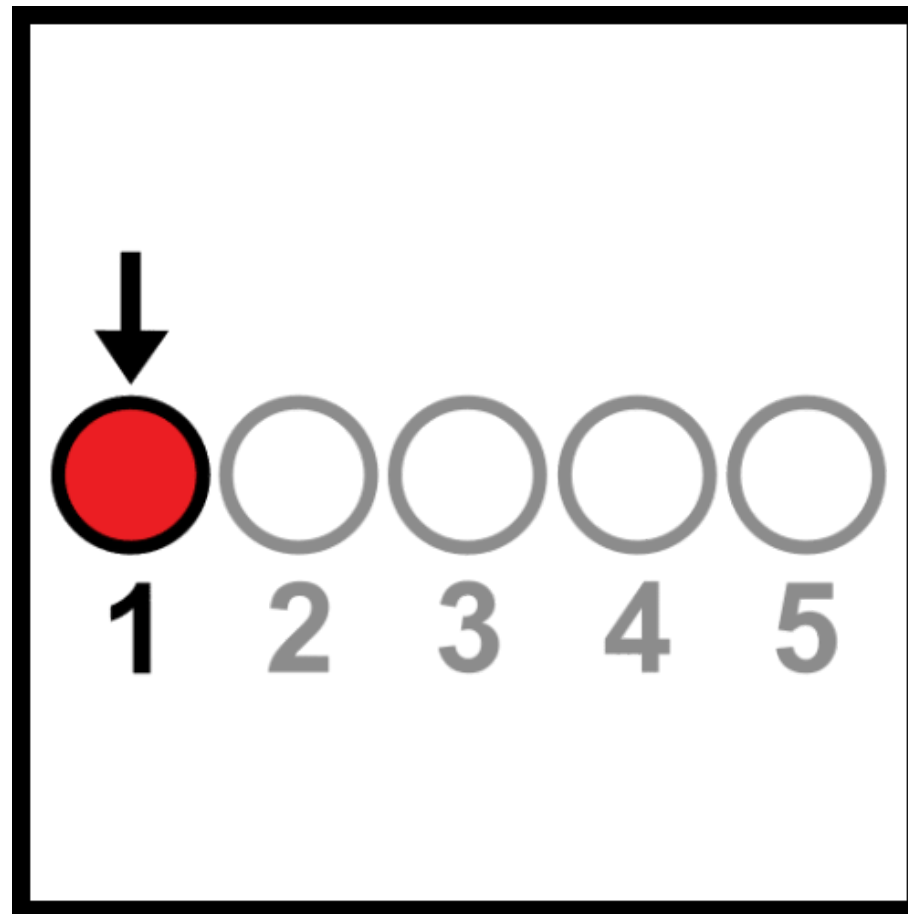




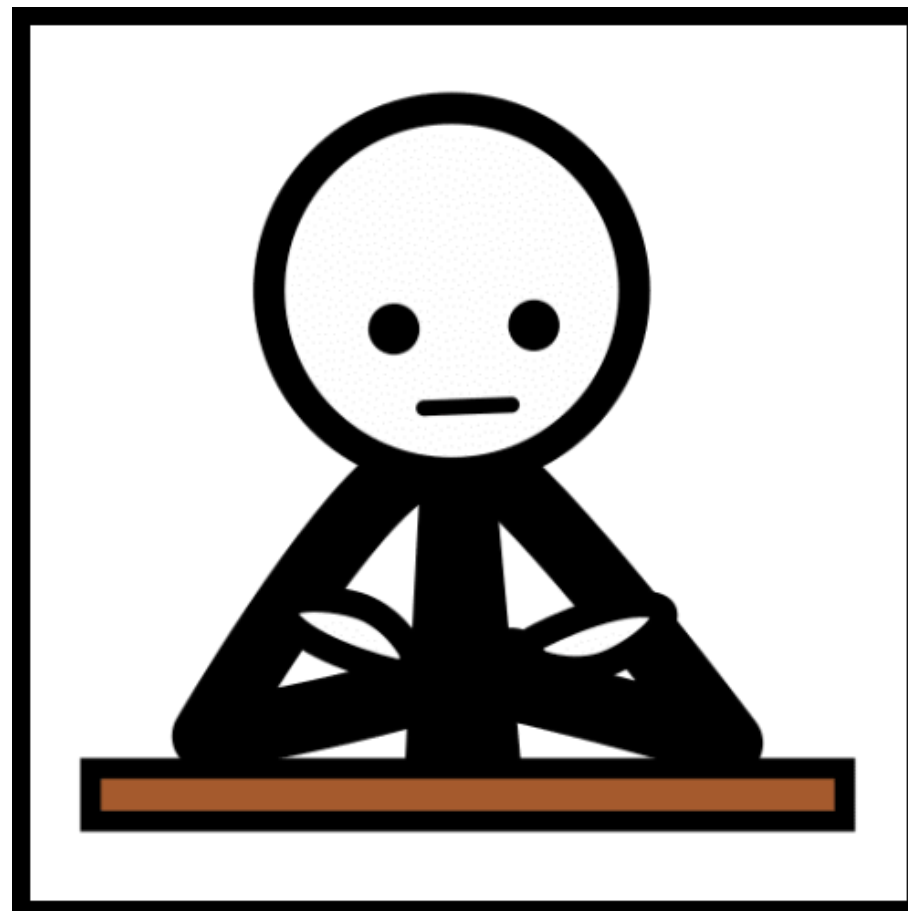
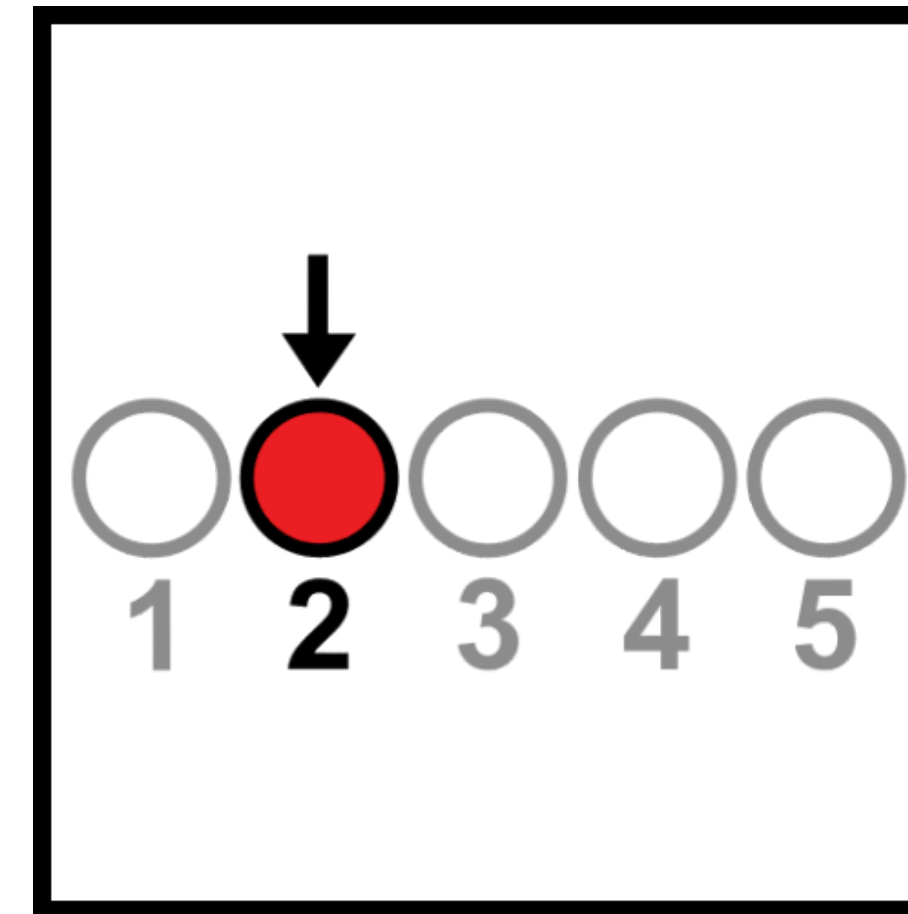
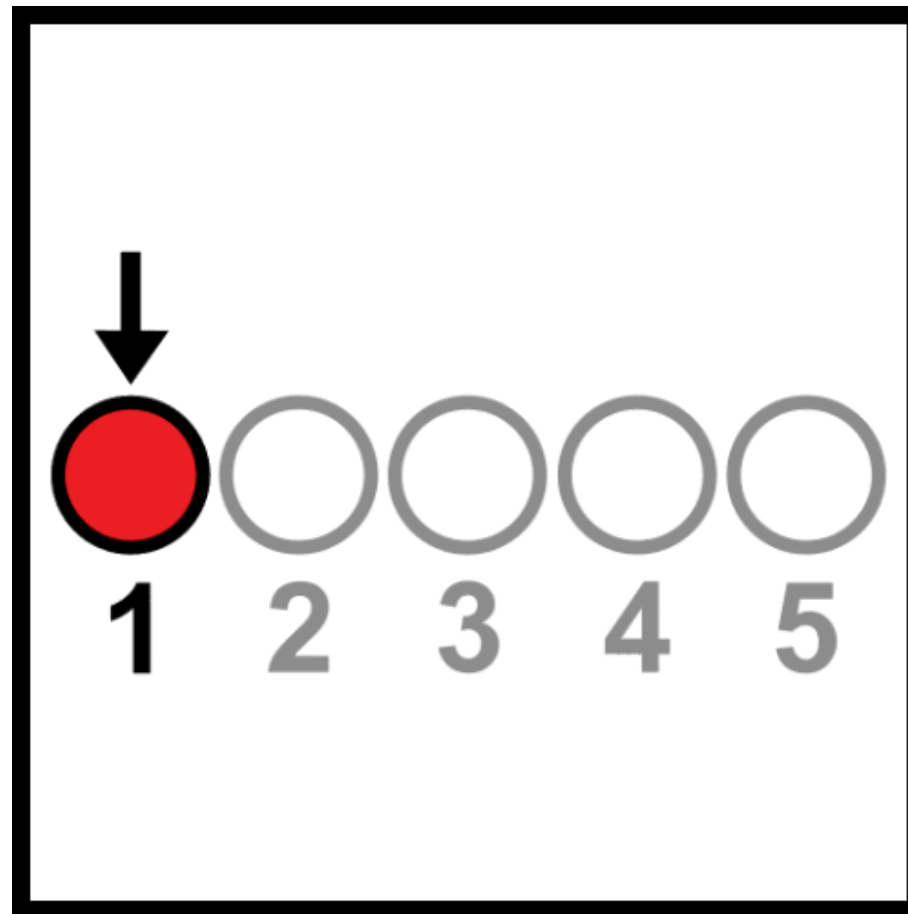
Adaptación Relajación de Jacobson

Aitana Usina
@parlemdepedagogia

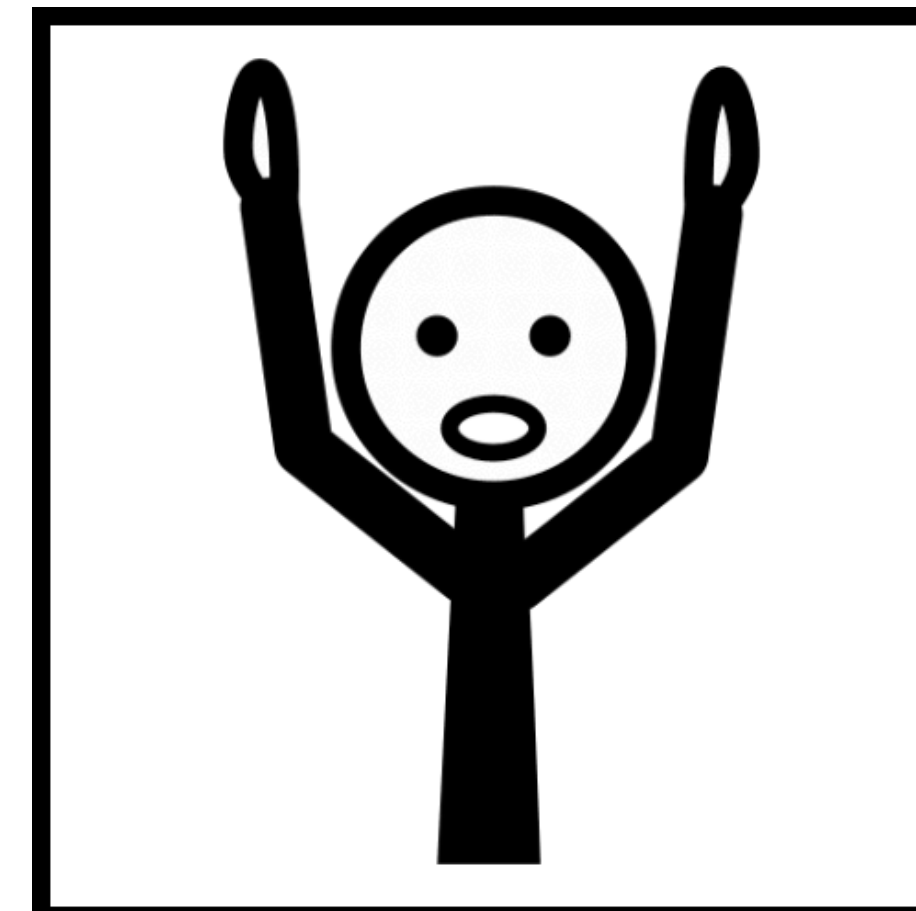


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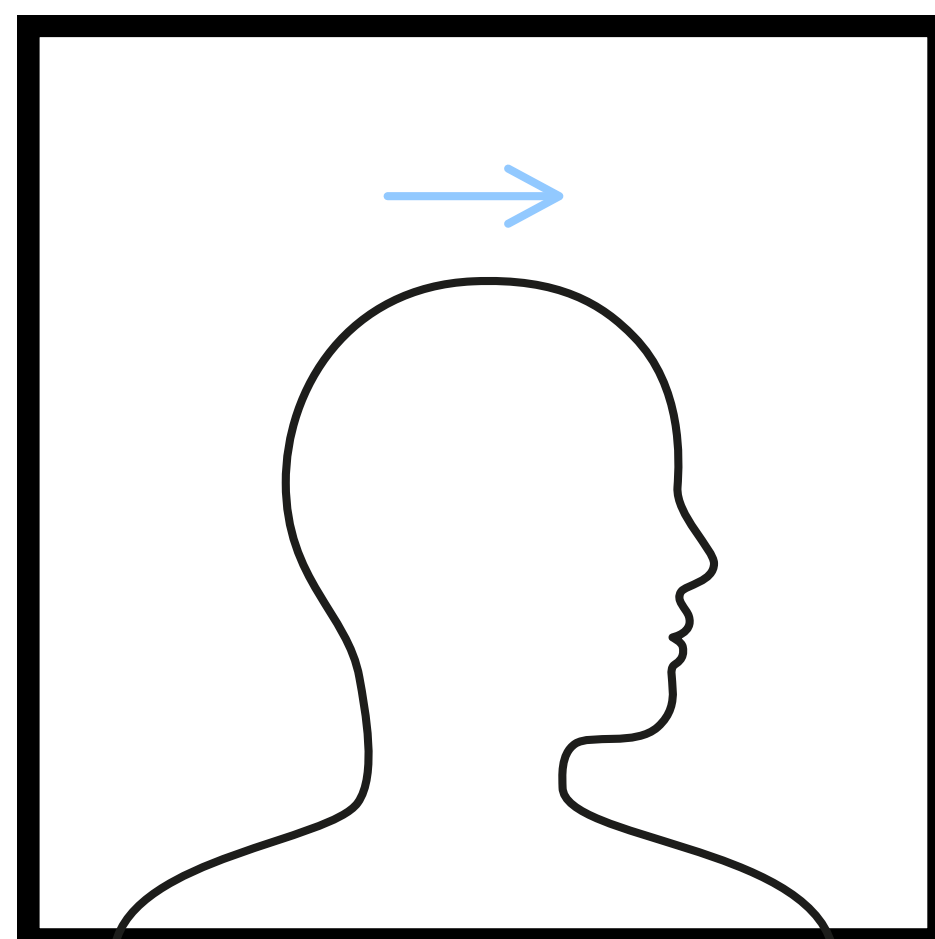
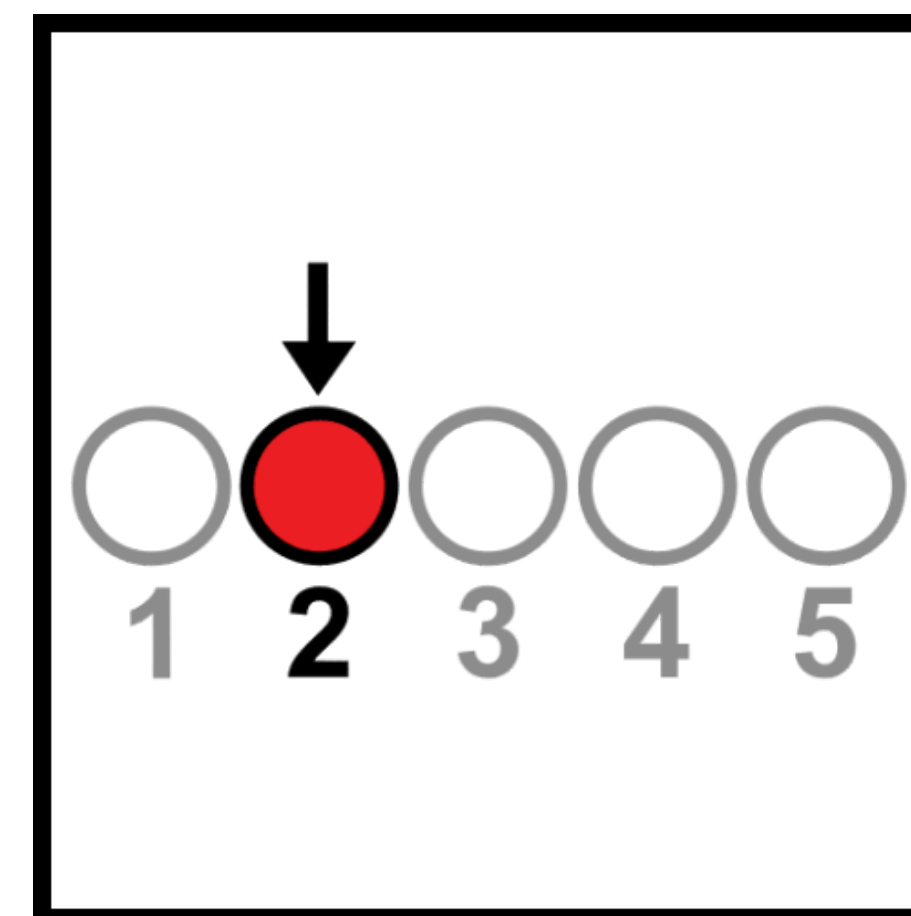
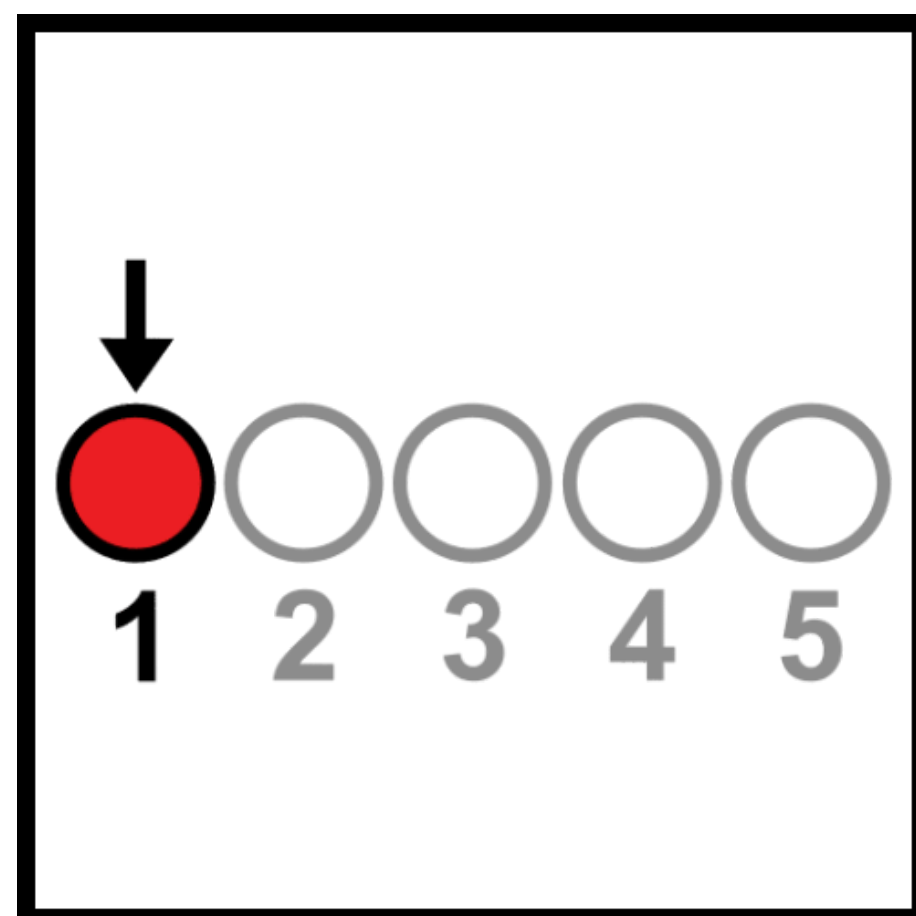
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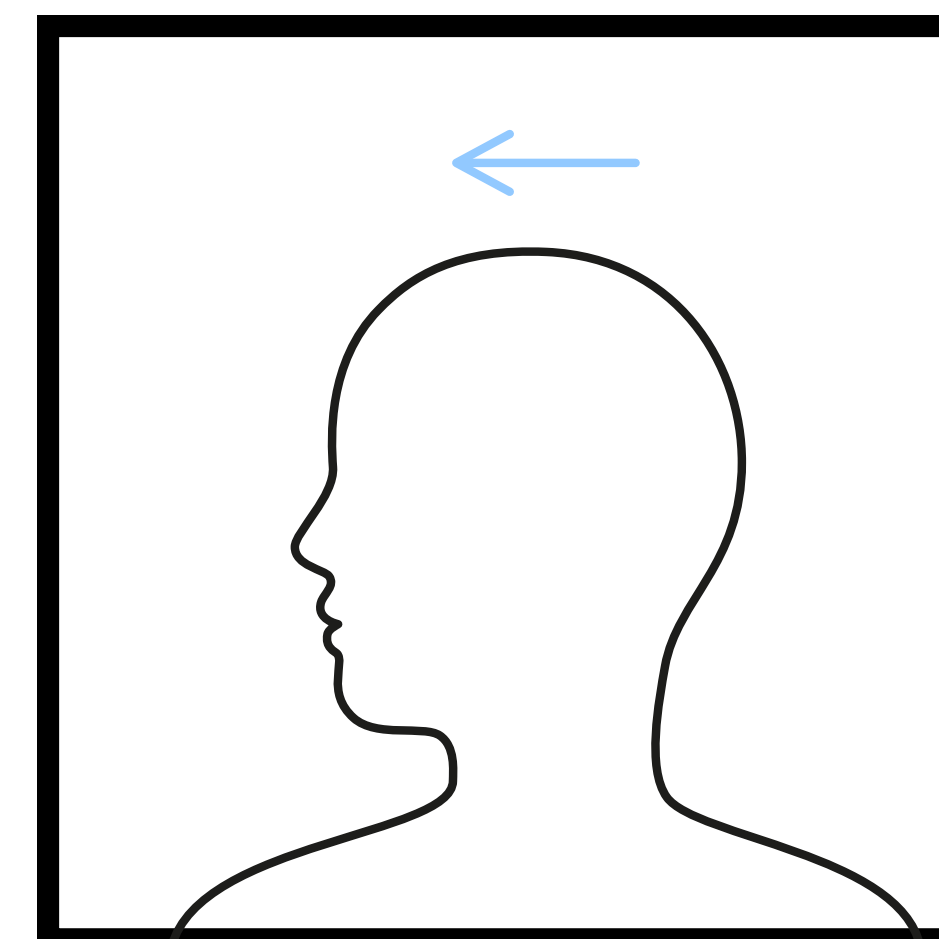
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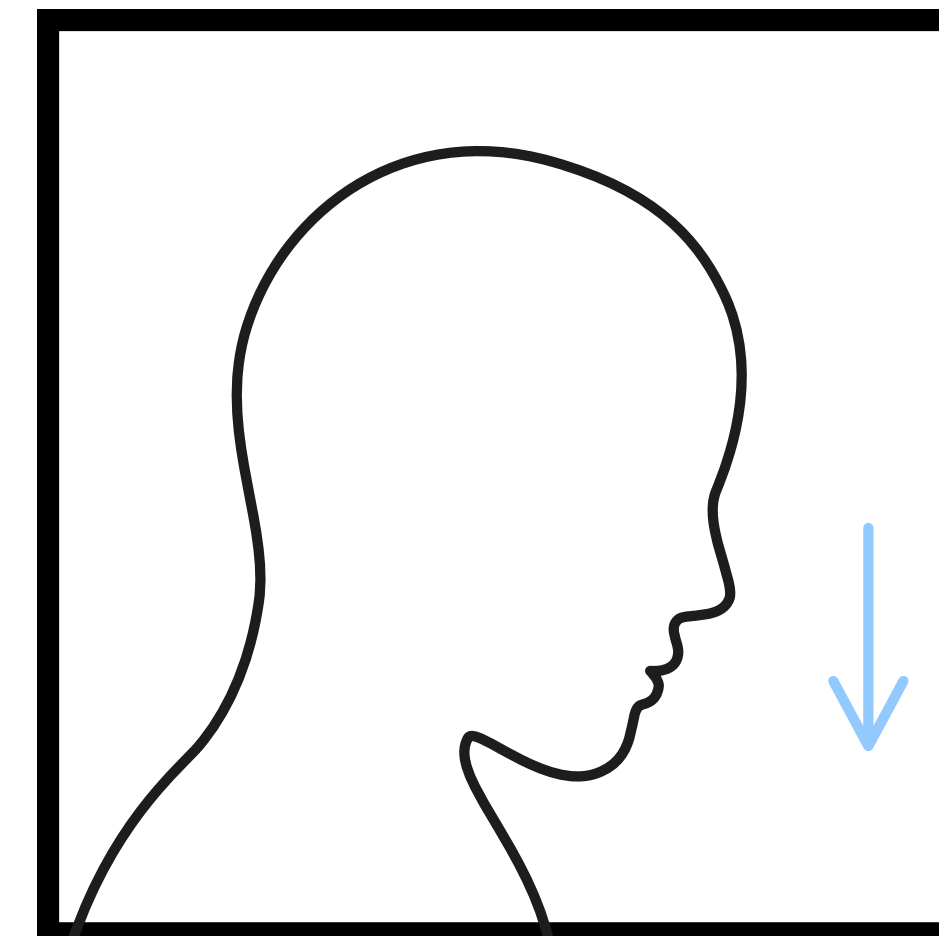
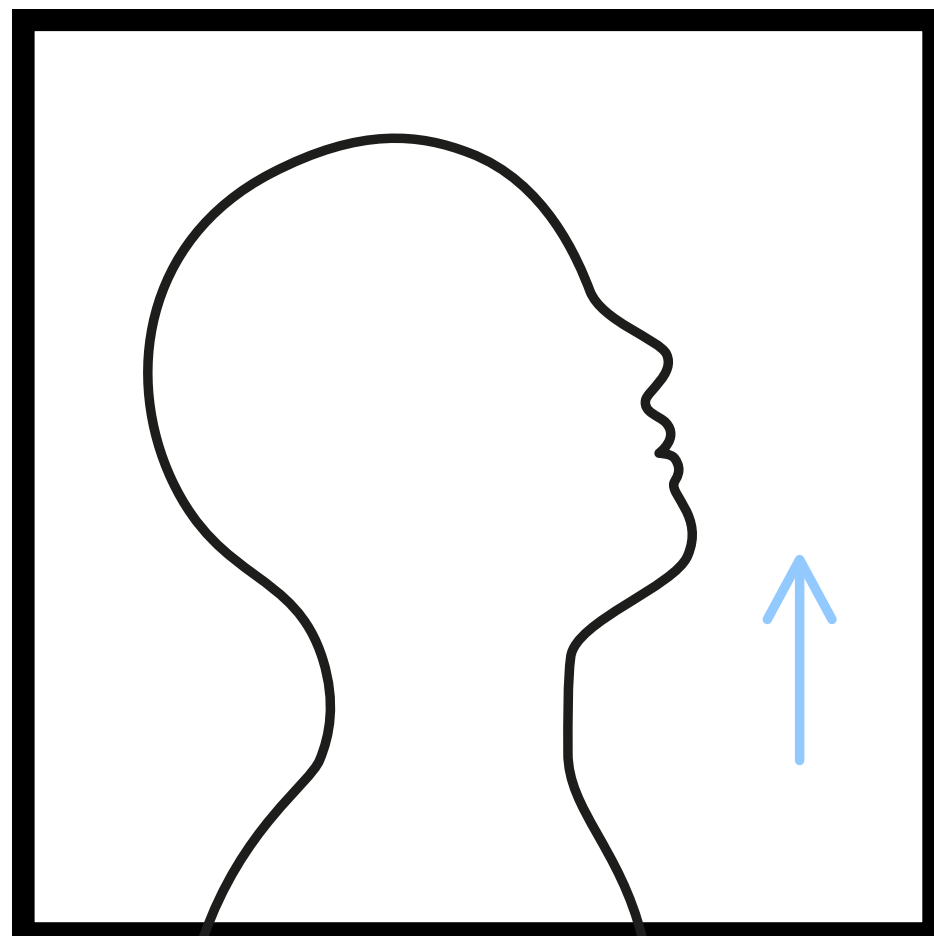
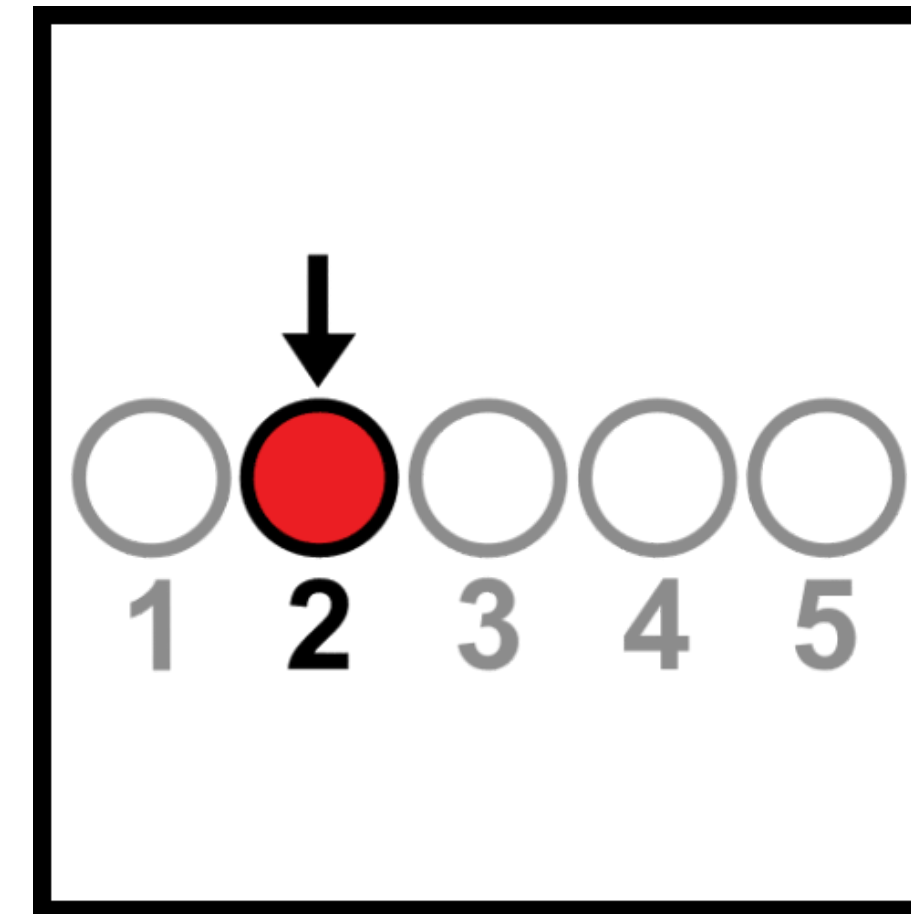
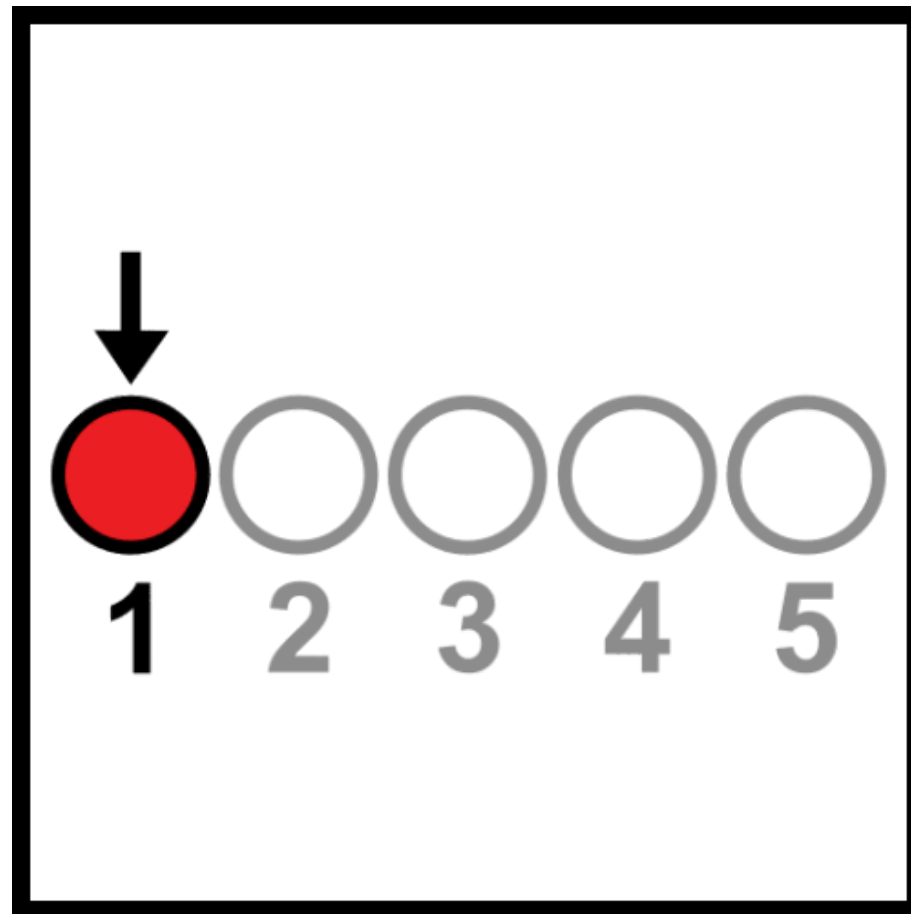
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GIRAMOS LA CABEZA
HACIA UN LADO

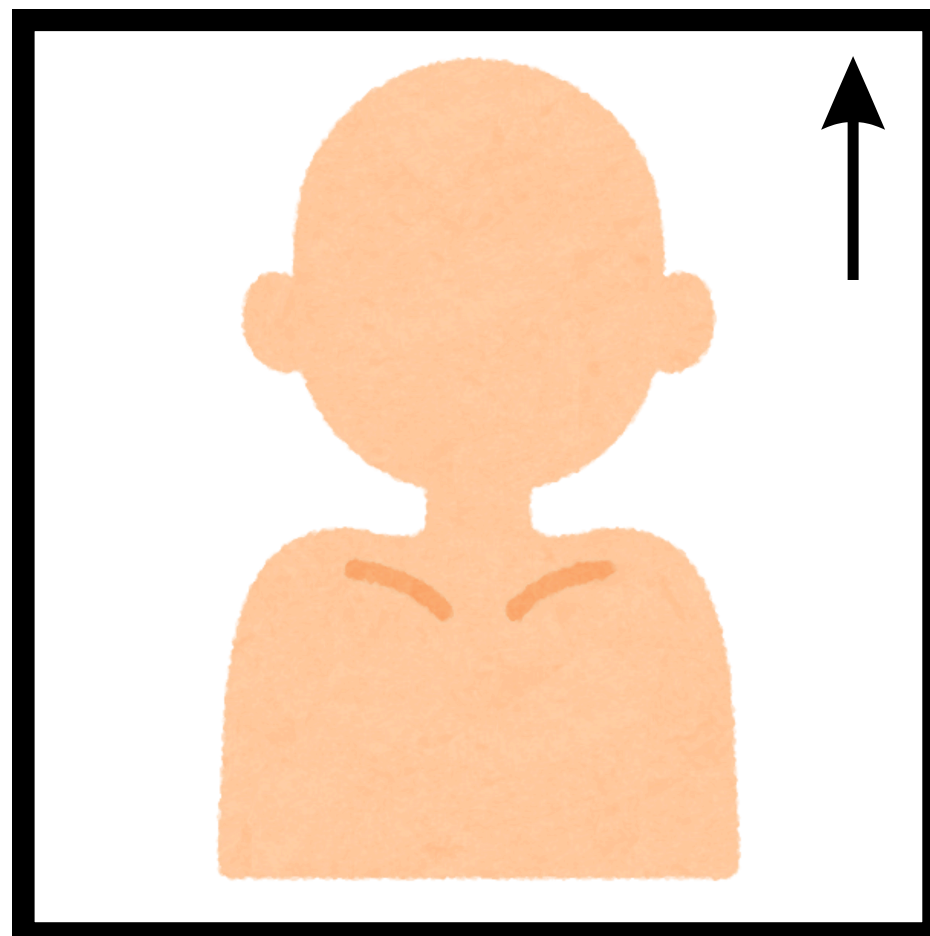
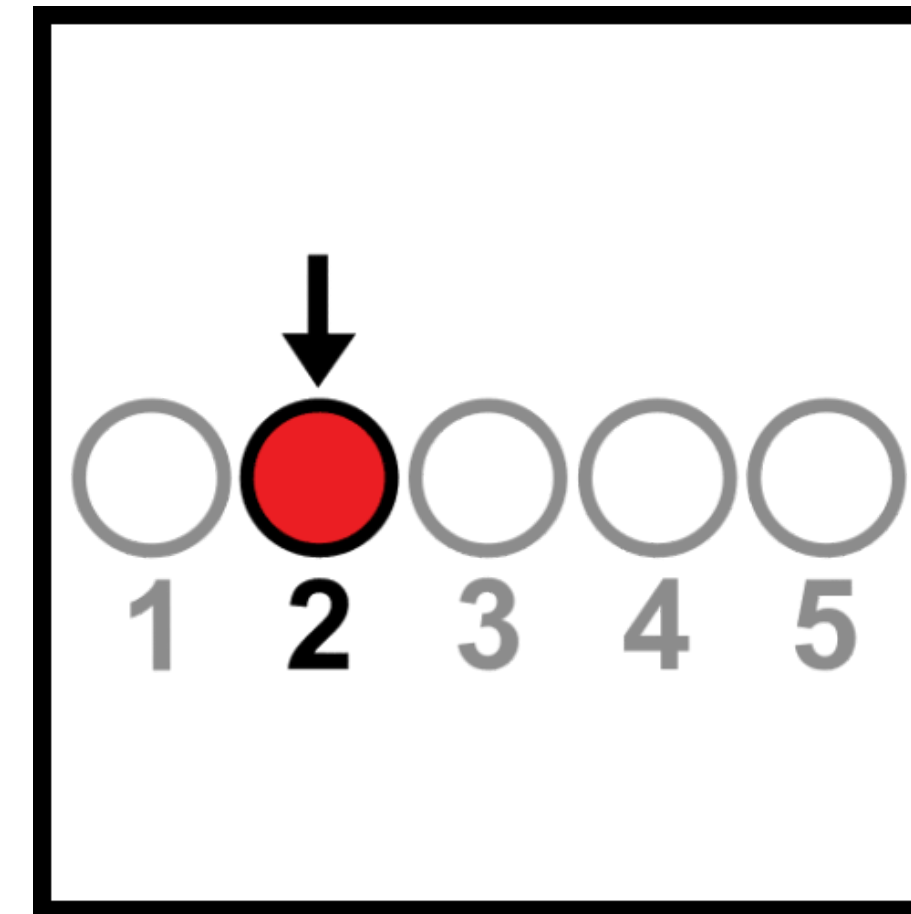
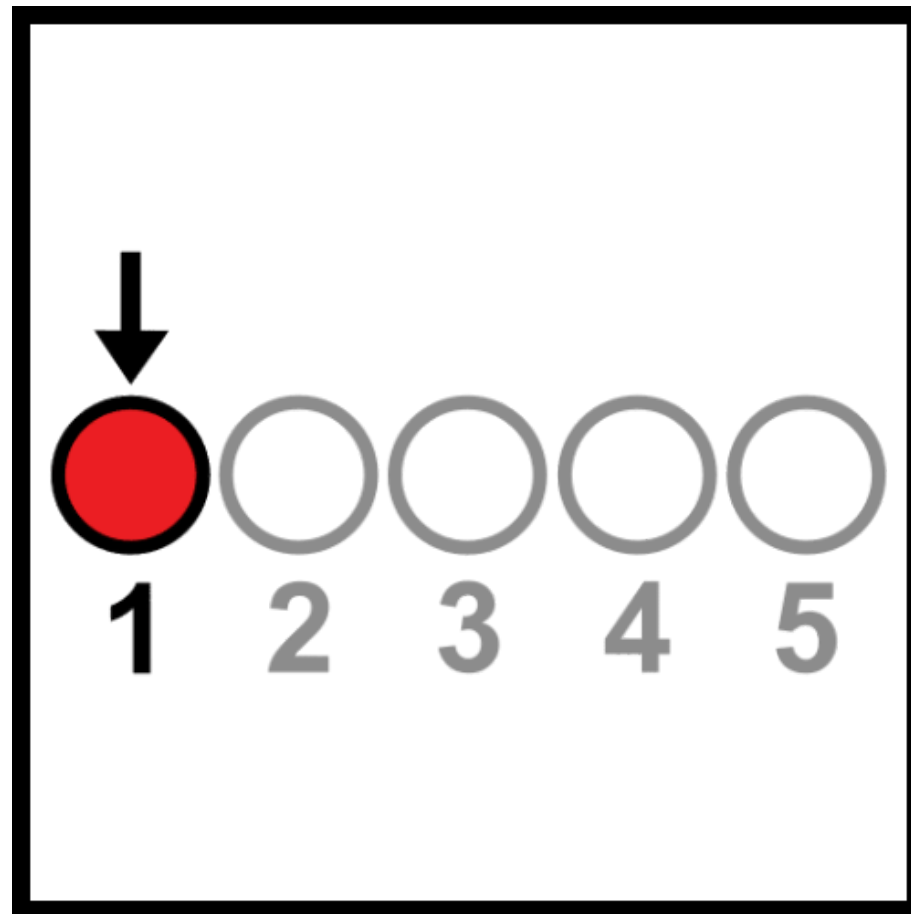


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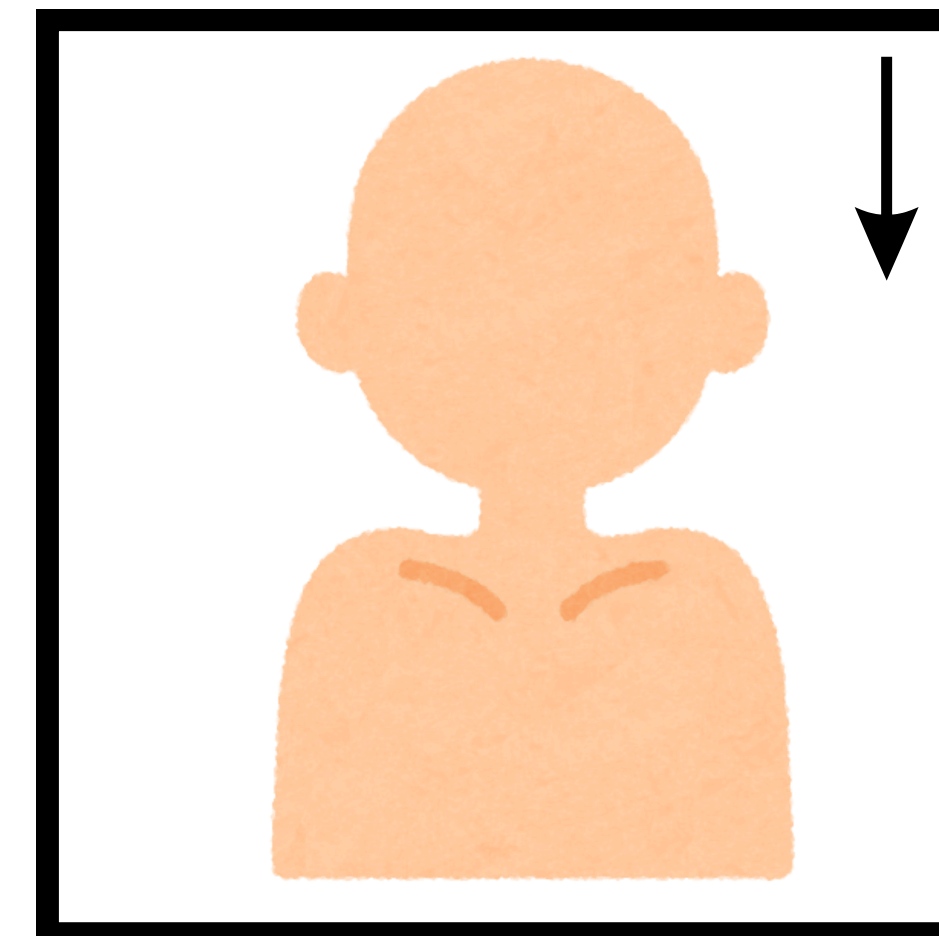


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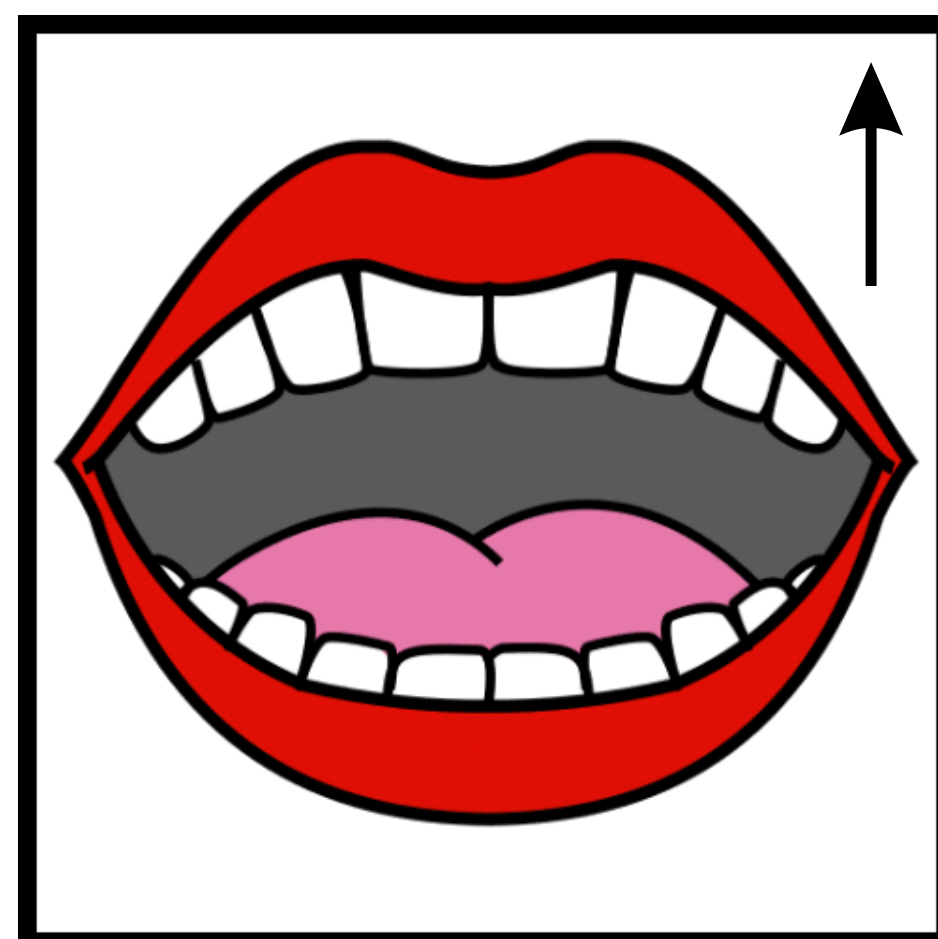
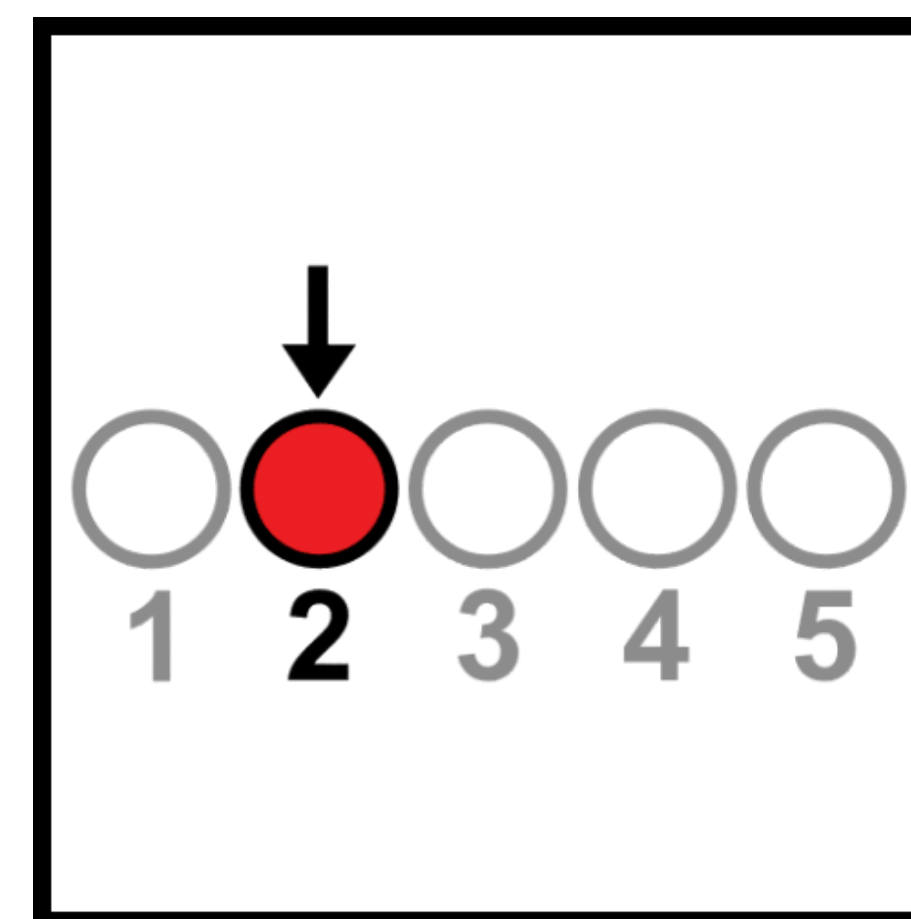
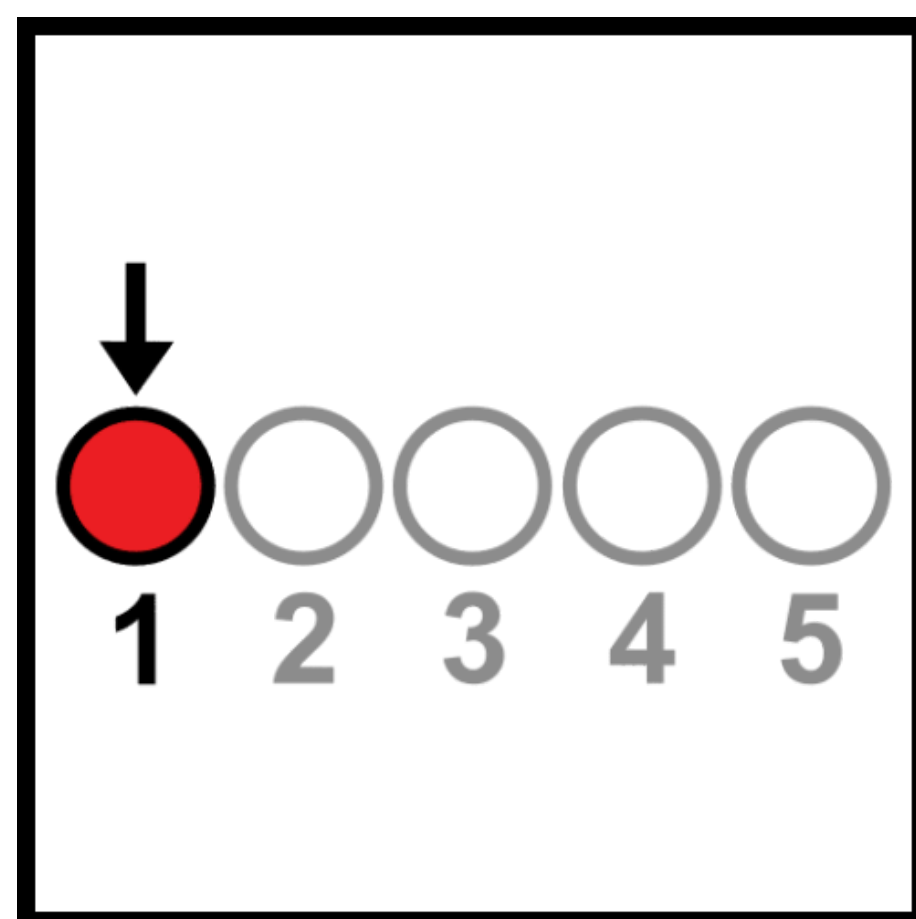
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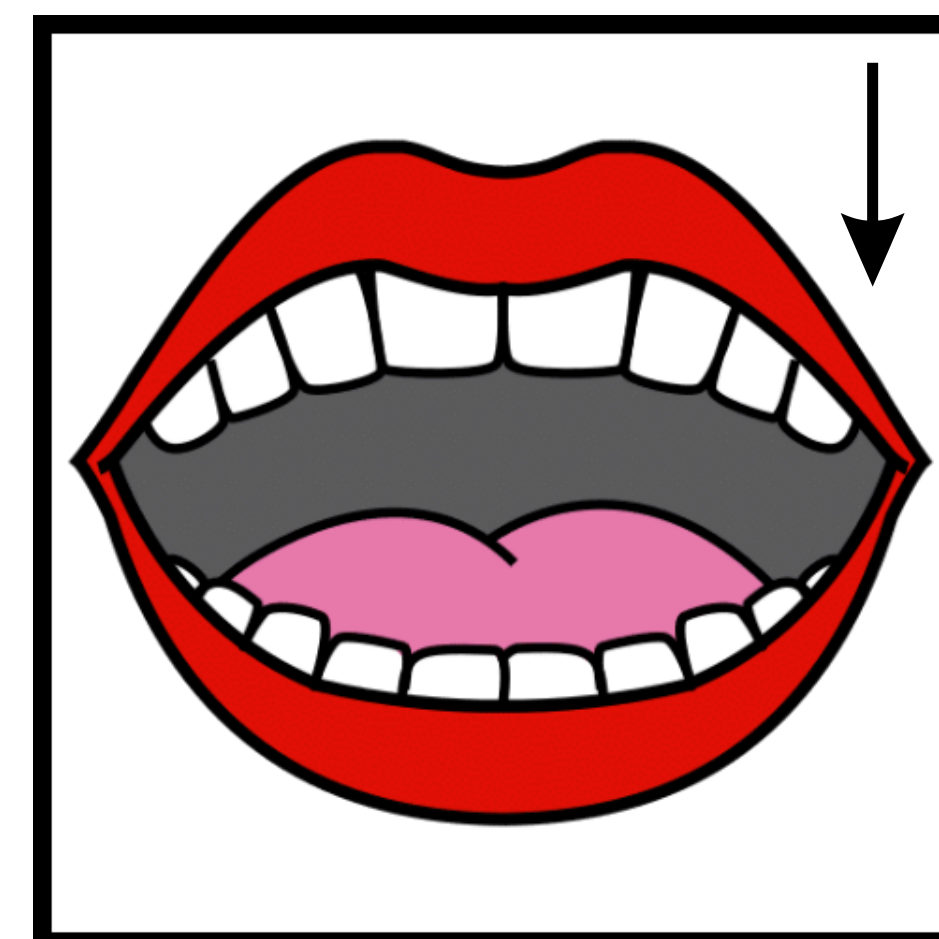
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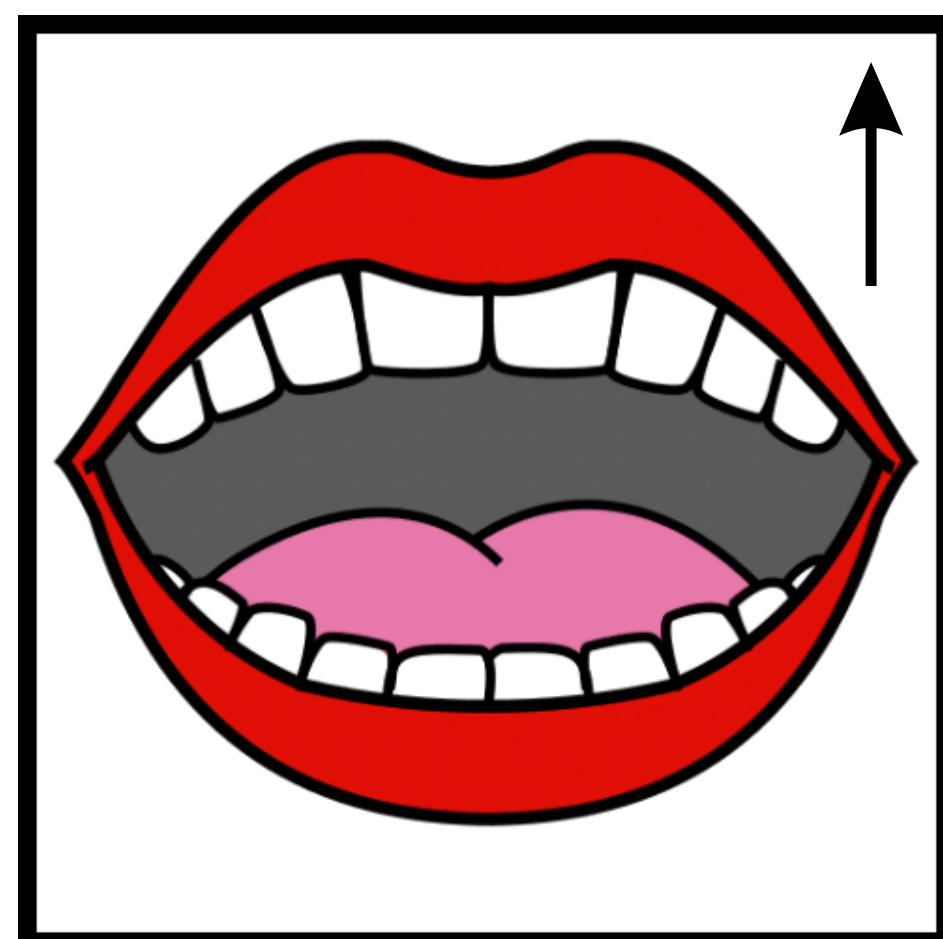
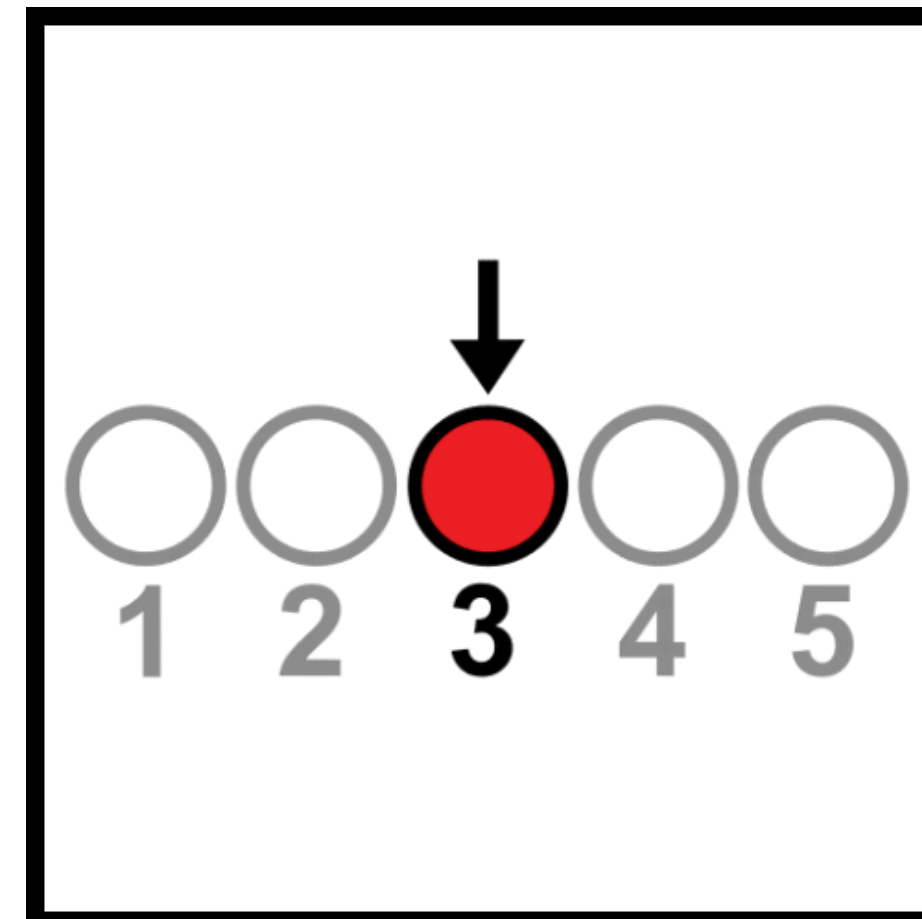
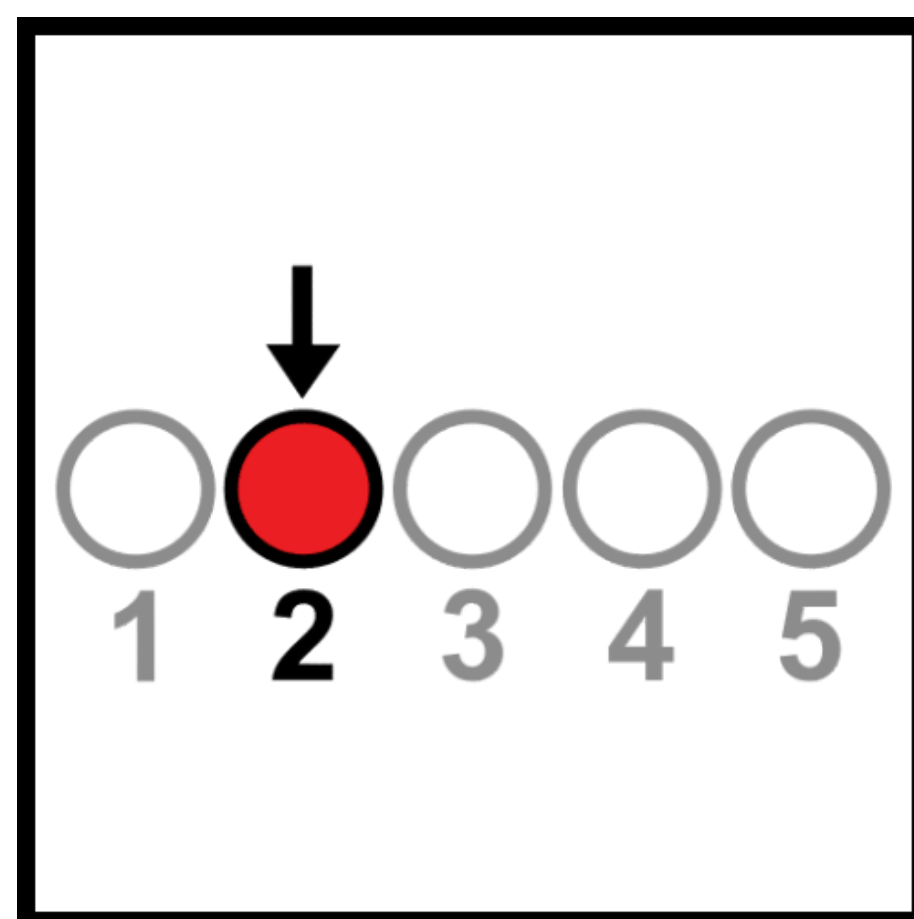
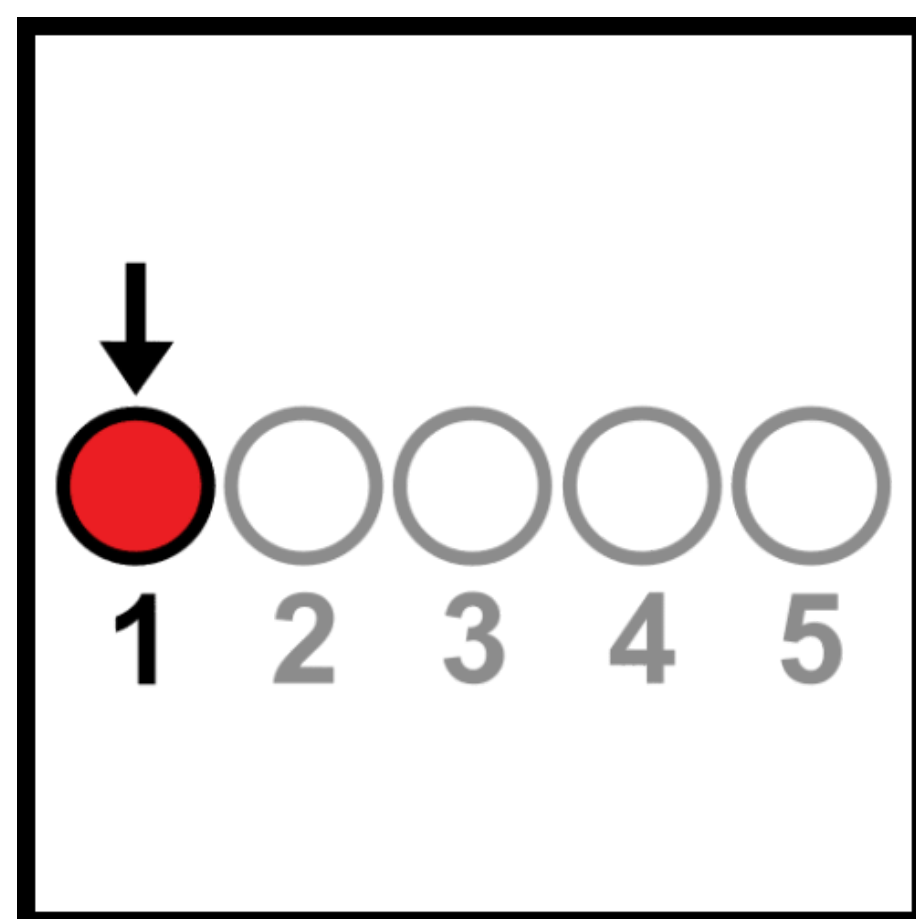
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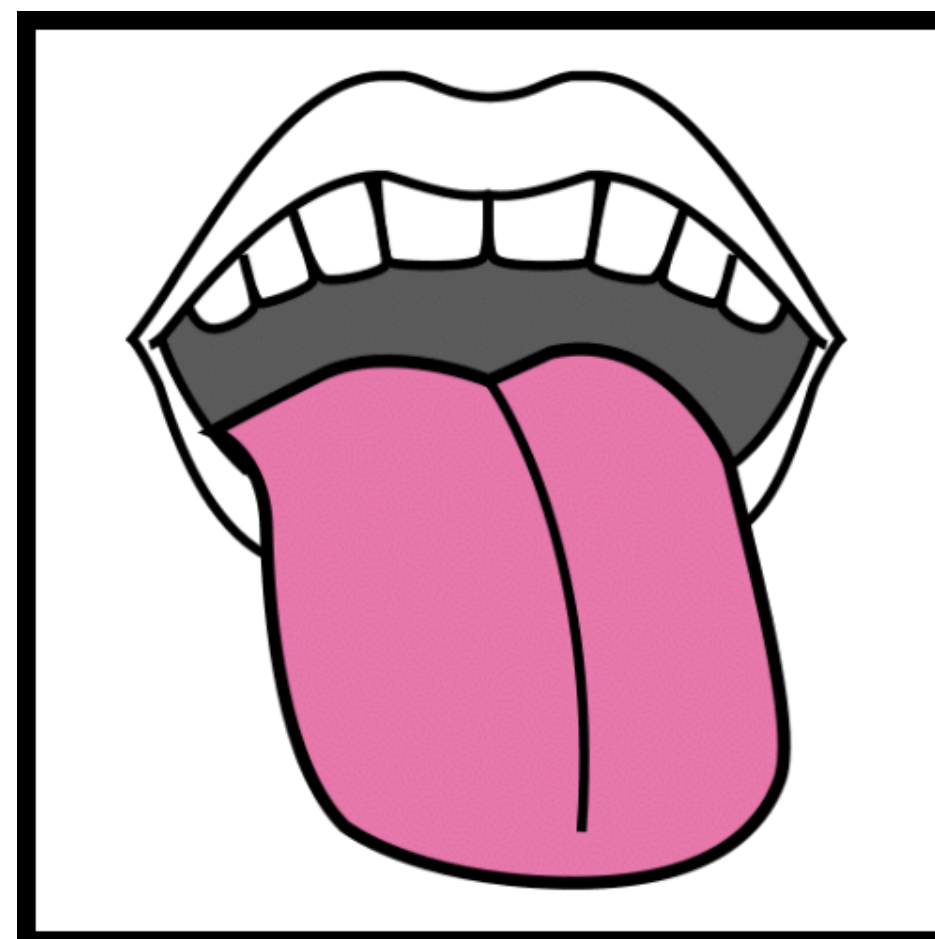
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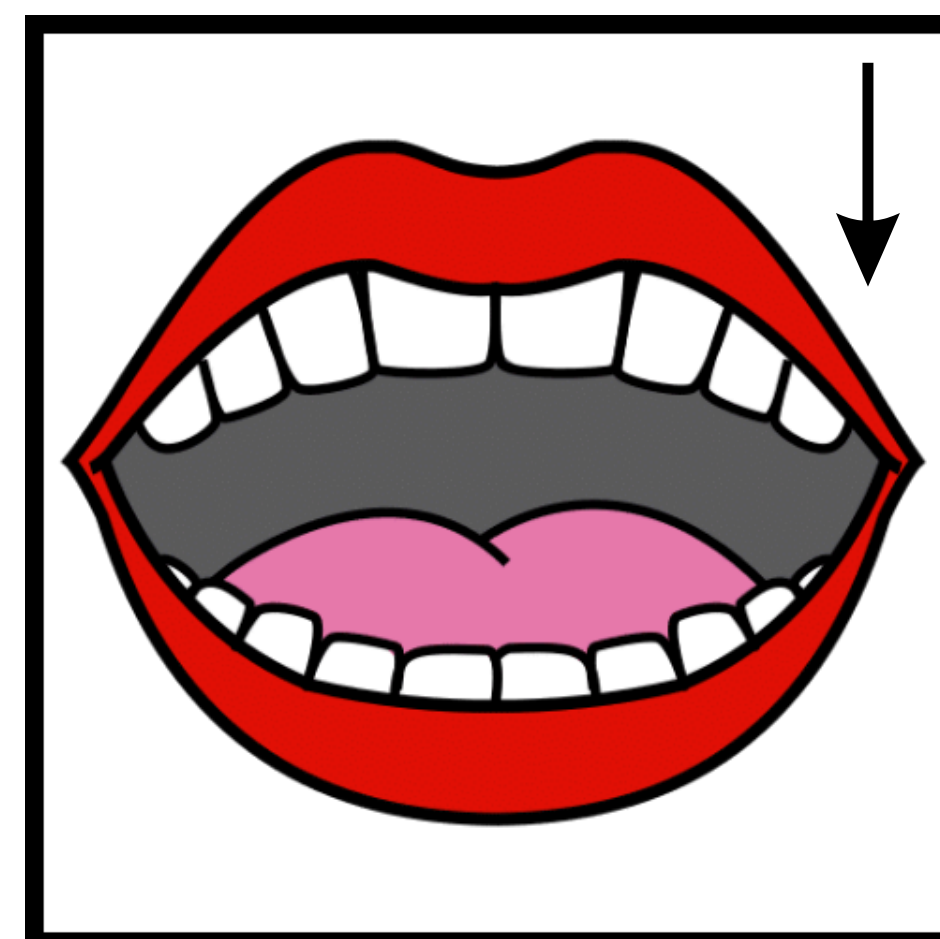
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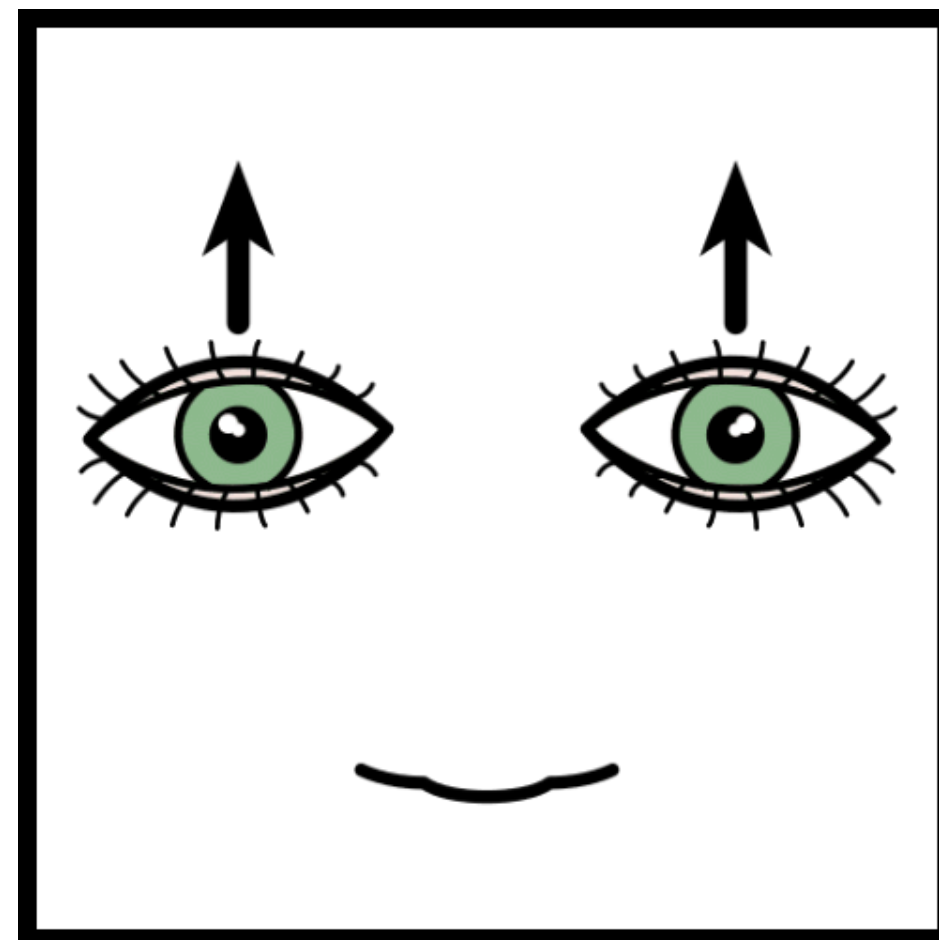
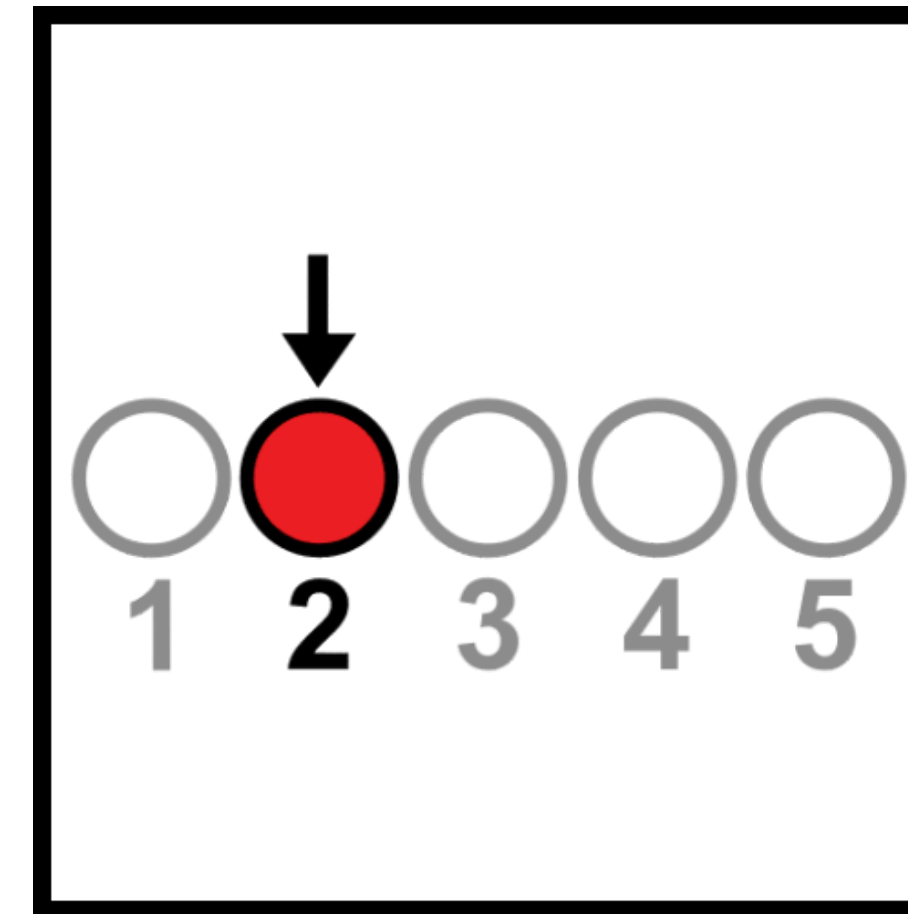
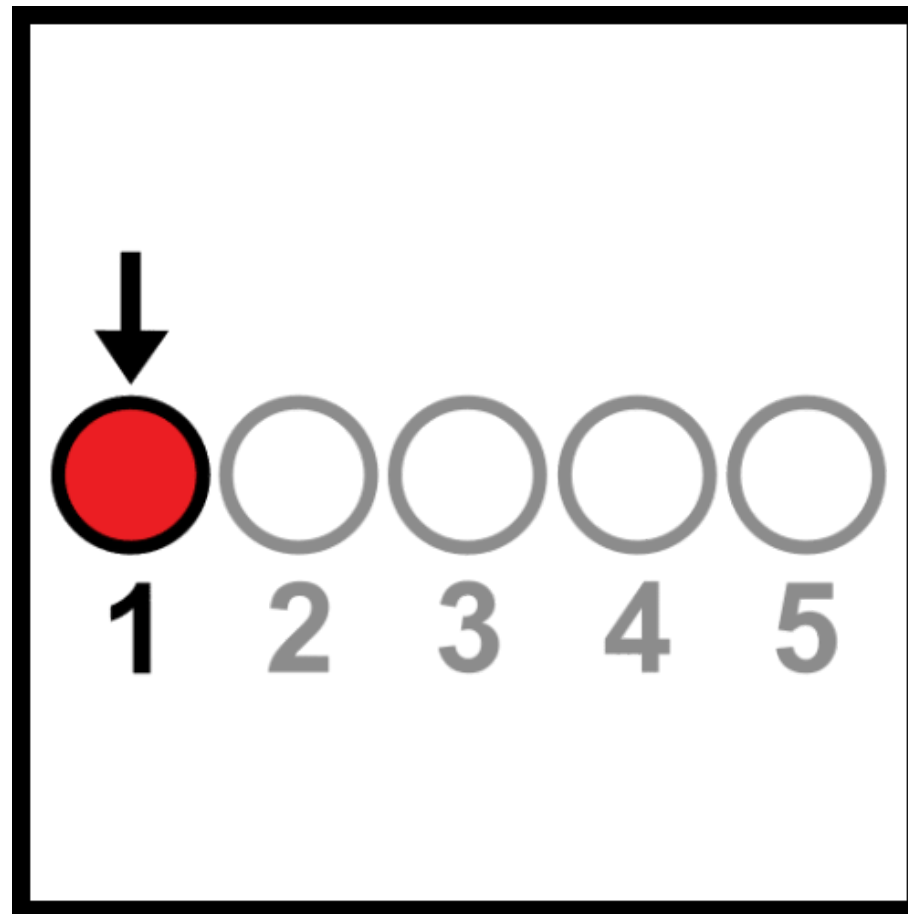
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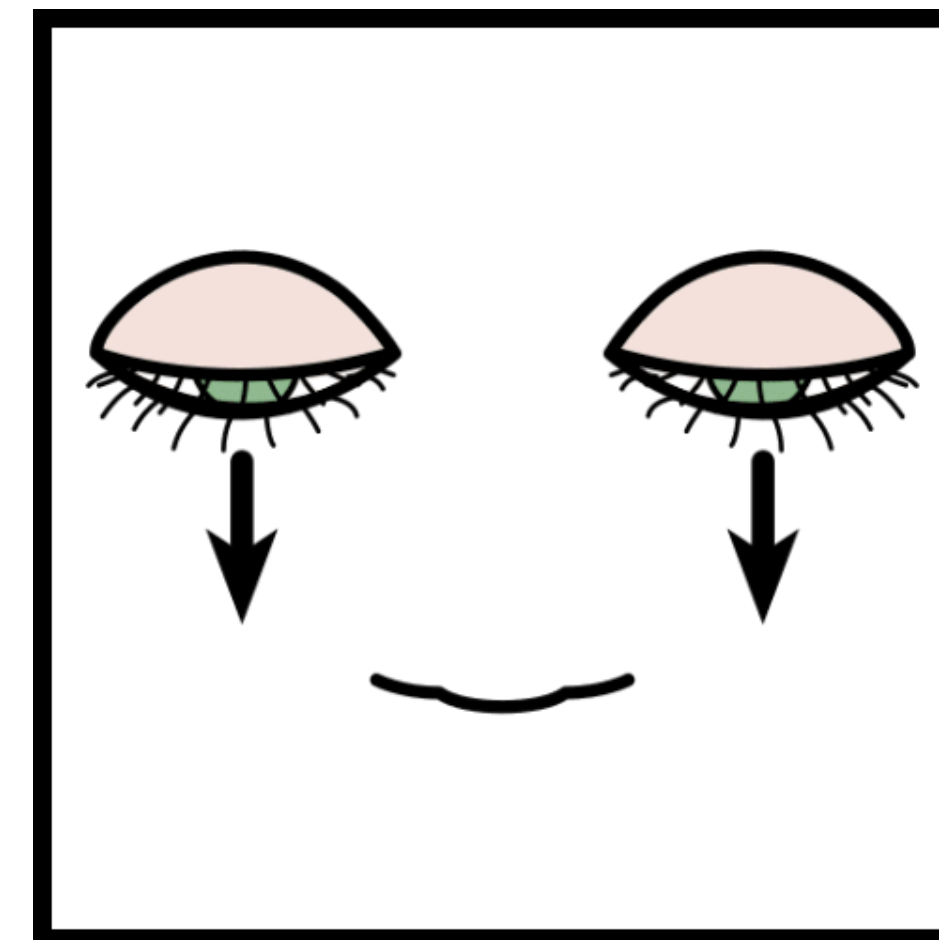
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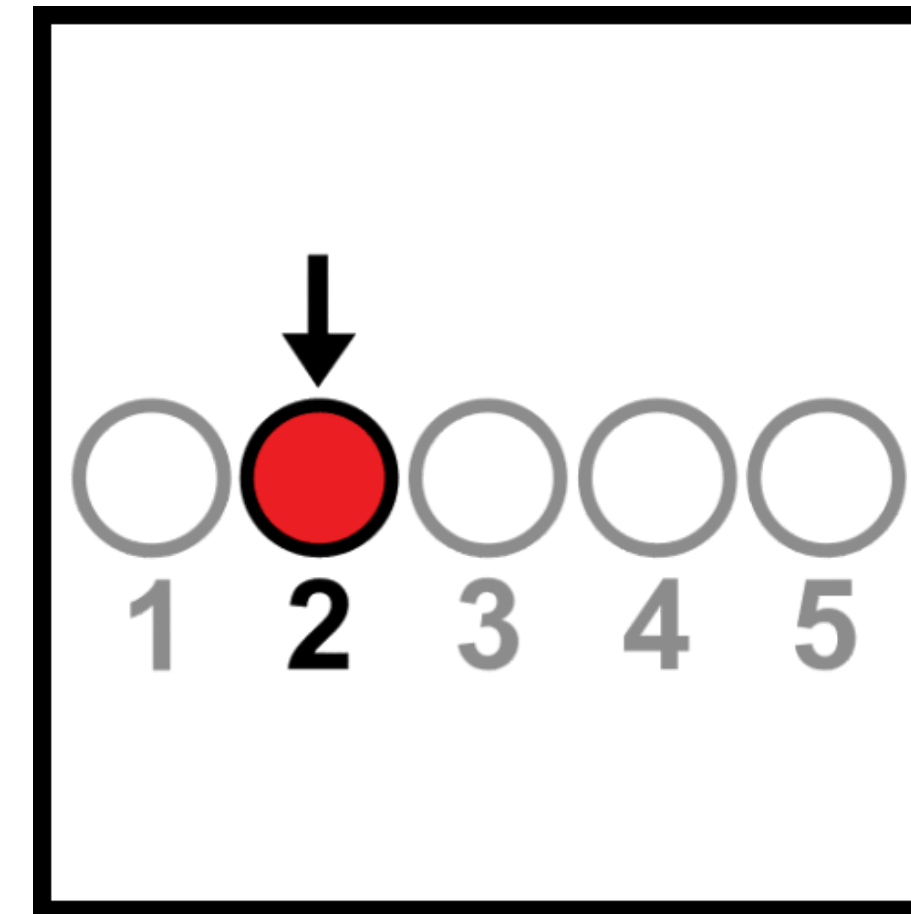
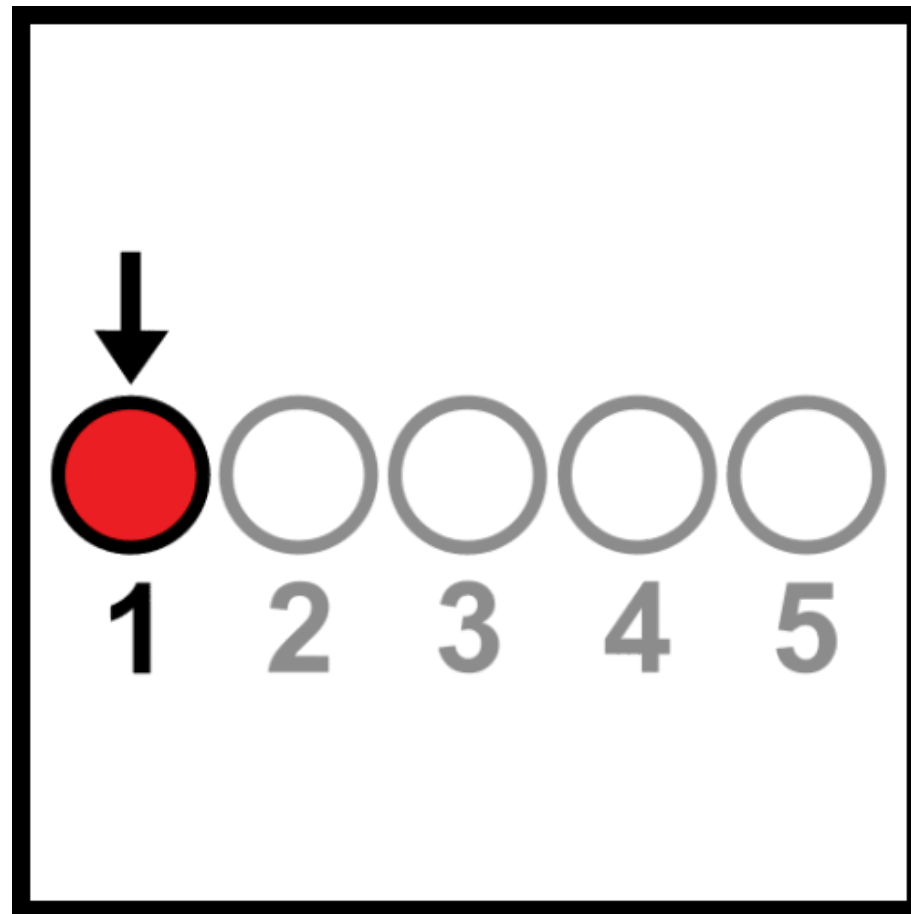
CERRAMOS LA BOCA



ABRIMOS LOS OJOS



CERRAMOS LOS OJOS



SUBIMOS LAS PIERNAS



BAJAMOS LAS PIERNAS