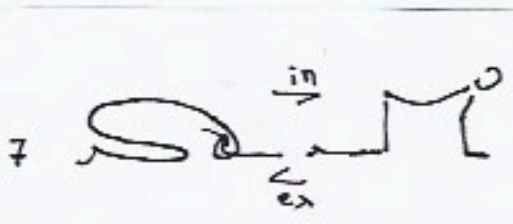
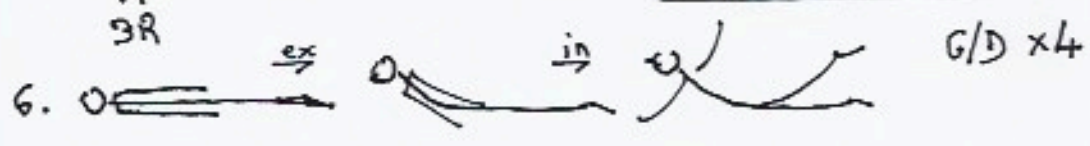


laisser les hanches se défendre appui du ventre



in = ouvrir l'avant } sans perdre la continuité vivante entre axis et sacrum
 ex = ouvrir l'arrière

X6

