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REIKI POUR TOUS **10 JOURS POUR APPRENDRE À VOUS RELAXER ET RELAXER L'AUTRE**



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Ce guide va droit à l'essentiel et vous explique clairement comment vous initier au Reiki.

A l'aide de plus de 50 photos illustratives et 10 exercices complets, découvrez comment...

- ...harmoniser vos chakras
- ...relaxer le dos et les épaules
- ...vous mettre dans l'état d'esprit adéquat

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- ...réaliser des auto traitements
- ...traiter votre prochain en différents endroits du corps
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- ...préparer votre séance et la mener parfaitement du début à la fin.

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