

Vanuit ontspanning stralend jezelf!



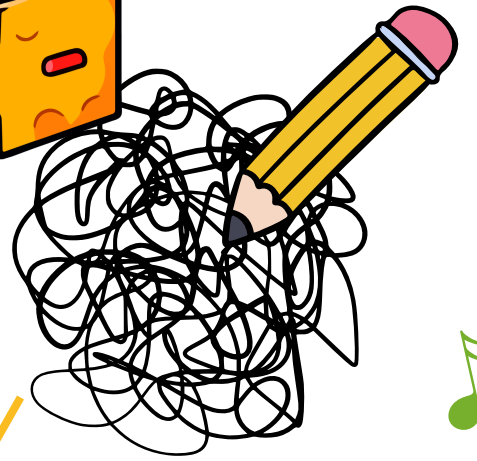
in- en uit
ademen



even rustig zitten



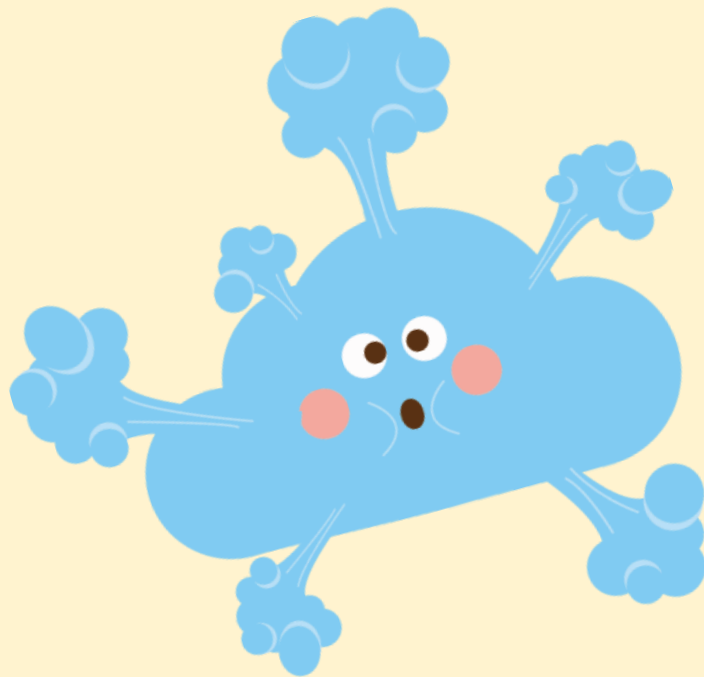
krassen en
inkleuren



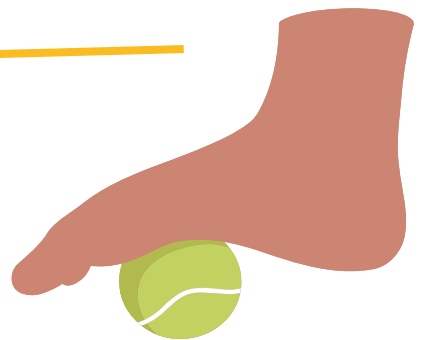
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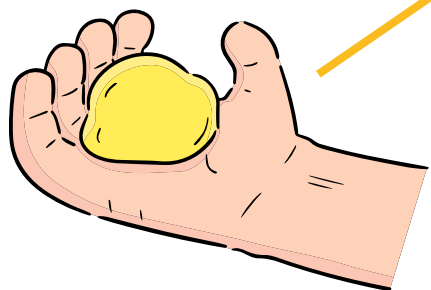
even losschudden



dansen



voetmassage



friemelen met
klei of zand



meditatieverhaal luisteren



puzzelen



uit je hoofd
schrijven



yoga

