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| 9H30-10H | ACCEUIL | | | | |
| 10H-11H | | FITNESS | HYPNOSE | YOGA | |
| 10H-11H30 11H-12H* | QI GONG | | SOPHROLOGIE* | | CUISINE |
| 12h13h | FITNESS | | HYPNOSE | | INDIENNE |
| REPAS* | | | | | |
| 14h30-15h | REPRISE | | | | |
| 15h-16h | FITNESS | QI GONG | Sophrologie | | SOIN DU CORPS |
| 16h-17h | HATHA YOGA | | HYPNOSE | | |
| 17h-18h | QI GONG | FITNESS | Sophrologie Hypnose | | SOIN DU CORPS |
| 18h19h | MEDITATION | | | | |



**Troubles musculo-
squelettiques.**



Blocages énergétiques.



Gestion du stress.

*Panier repas à partager.