



Avec les Nuls, tout devient facile !

La Méditation de pleine conscience

POUR LES NULS

- ✓ Apprendre à méditer
- ✓ Devenir conscient
et se découvrir soi-même
- ✓ Trouver le temps d'être,
tout simplement
- ✓ Réduire stress, colère et fatigue

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Formateur et coach

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Exercices De Meacuteditation De Pleine Conscience Pour Les Nuls

JE Gale



Exercices De Meacuteditation De Pleine Conscience Pour Les Nuls:

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