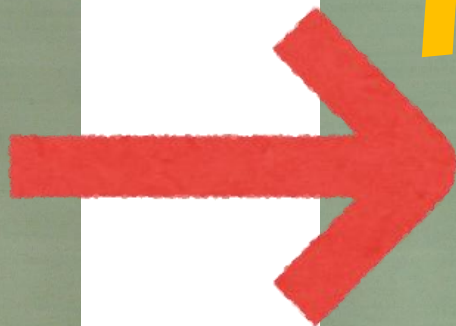
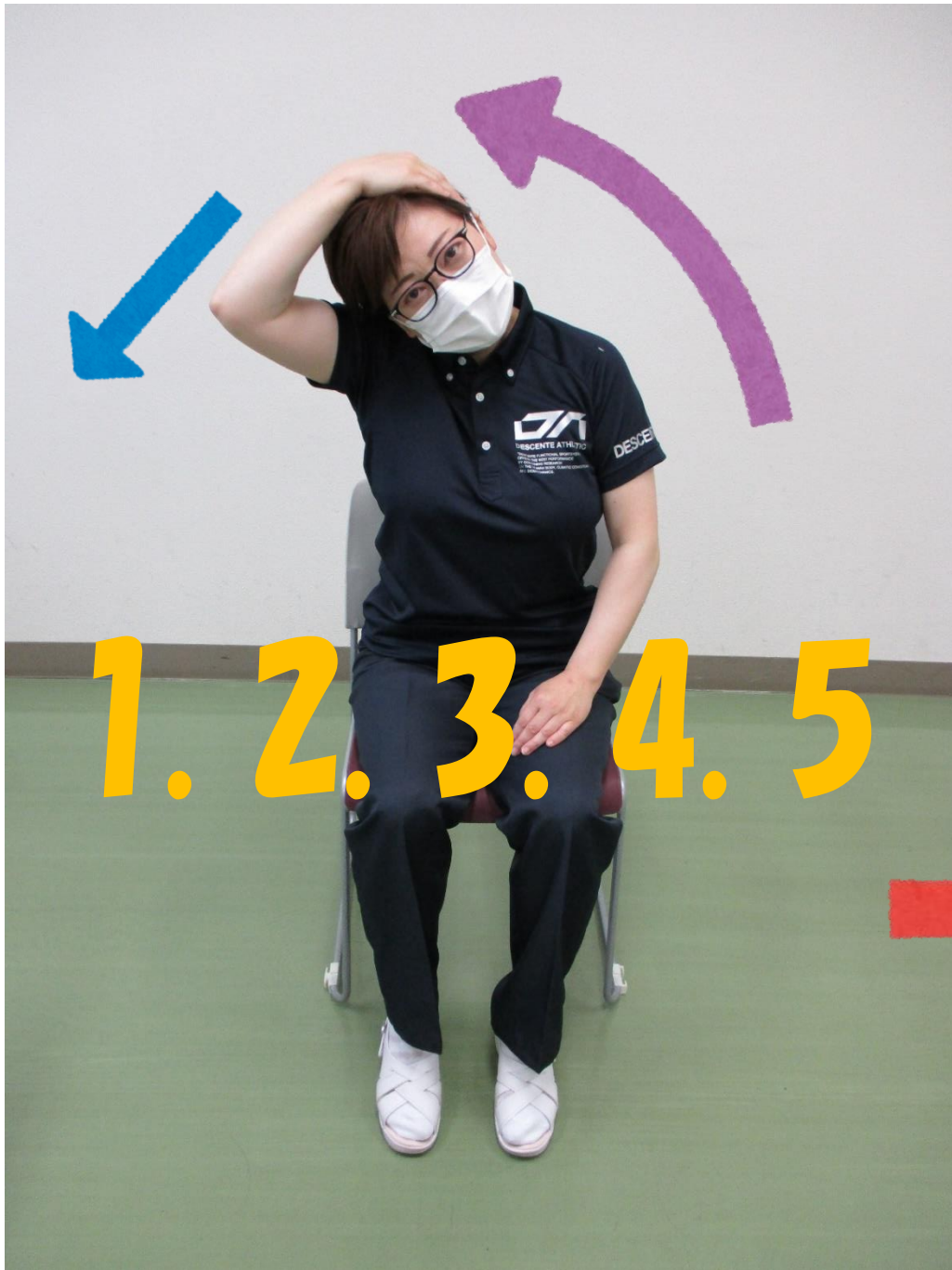


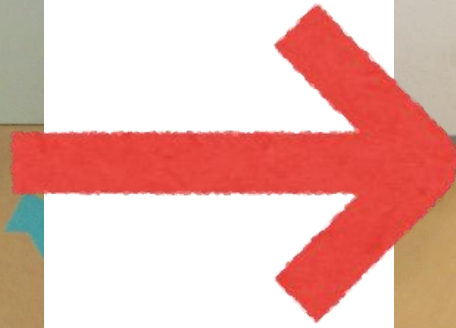


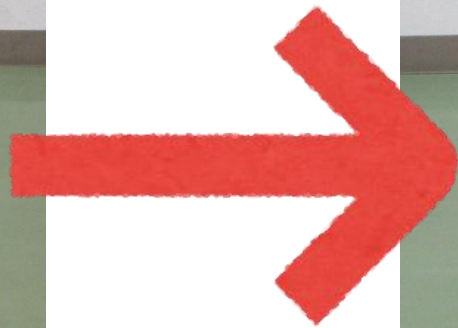
# リラックス体操





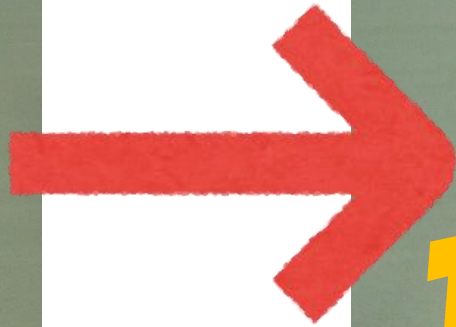
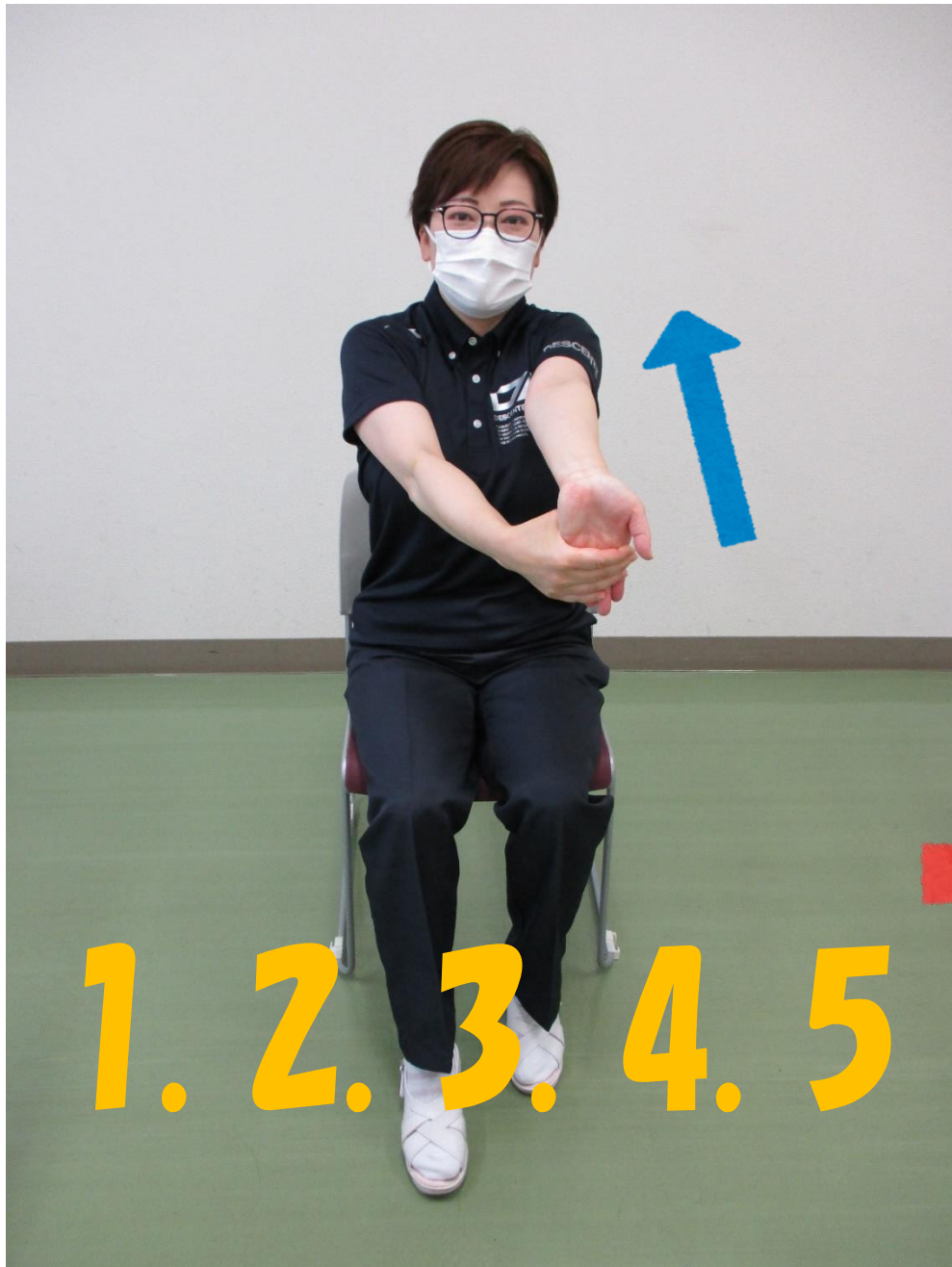




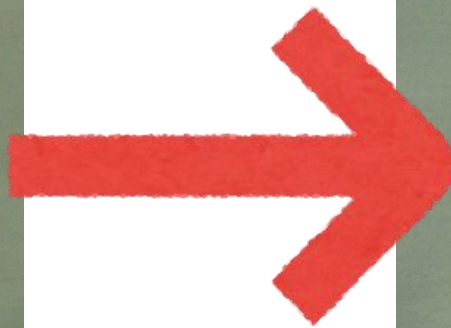




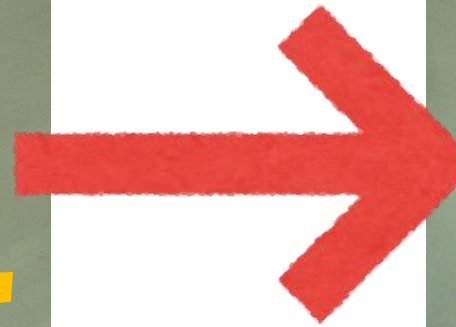














1. 2. 3. 4. 5

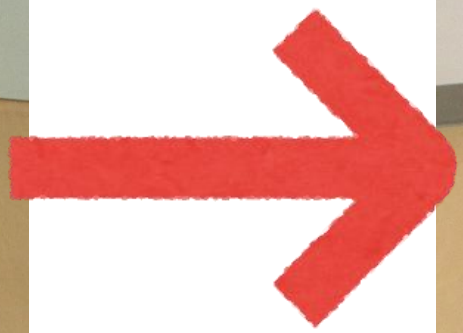


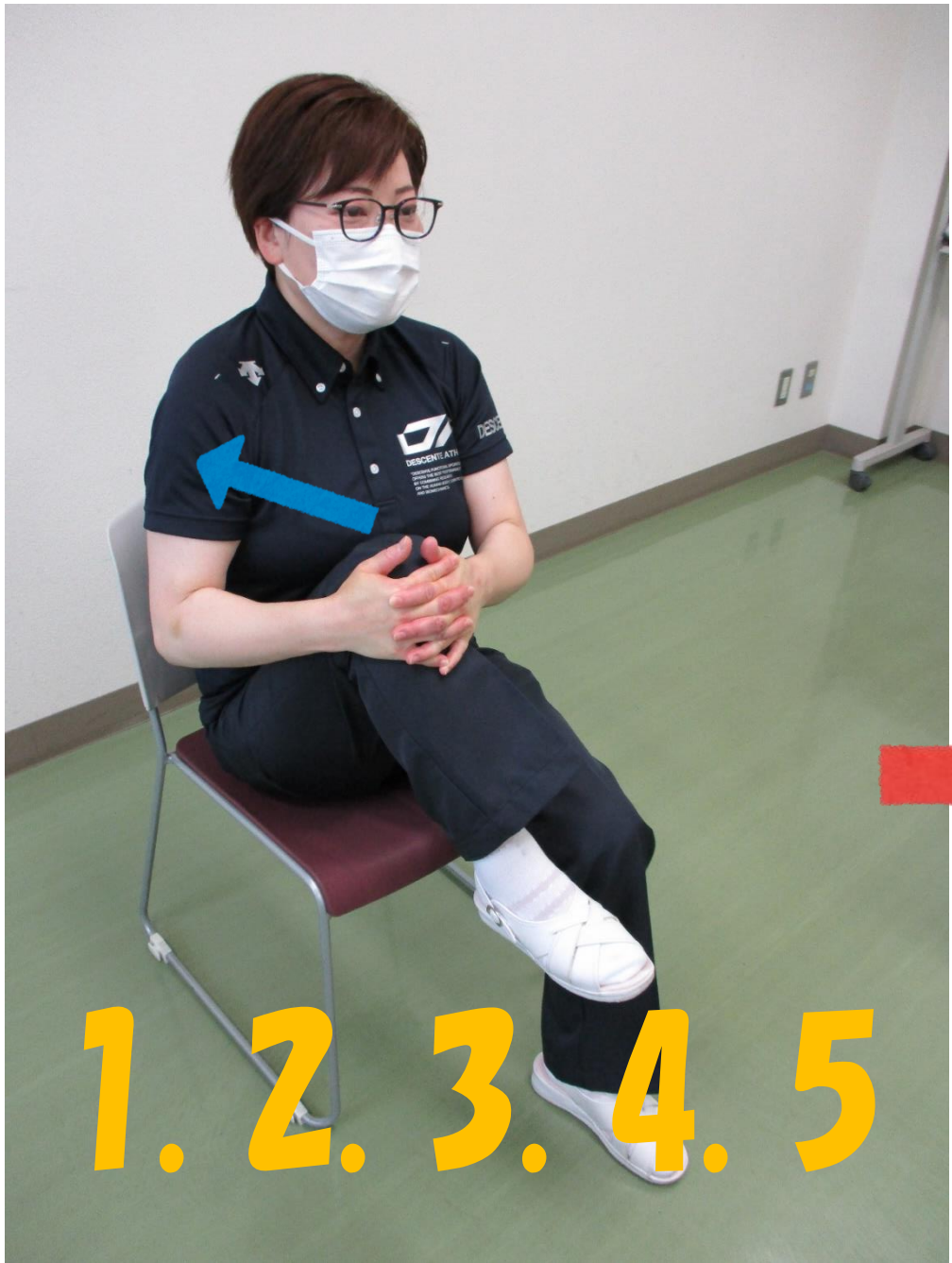
1. 2. 3. 4. 5



1. 2. 3. 4. 5



















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# 最後は深呼吸 \ ( ^ o ^ ) /

