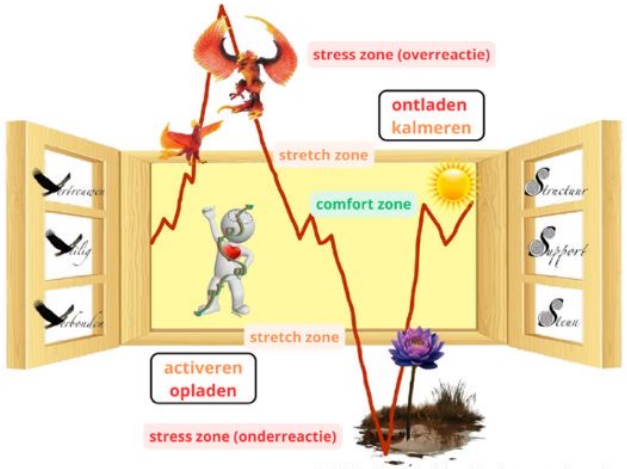
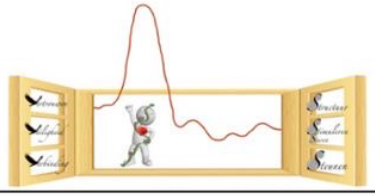


'symbolen, beelden, woorden die horen bij comfort-stress-stretchzone. -@congruent

ONTLADEN		
KALMEREN		
ACTIVEREN		
OPLADEN	