Relajacion

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| P | O | W | I | X | J | L | O | L | N | L | Y | L | H | N | M | T | S | B | O | P | D | L | R |
| E | T | Z | L | R | C | O | N | T | A | R | Q | M | G | K | A | C | U | A | D | A | I | Q | A |
| N | N | M | A | P | W | M | N | O | I | C | A | C | I | N | U | M | O | C | L | W | S | M | R |
| S | E | E | S | C | U | C | H | A | R | L | O | G | Y | V | N | Z | Z | N | Q | I | K | P | I |
| A | I | L | D | E | Q | D | T | D | W | D | M | N | K | G | R | Z | S | M | T | W | R | H | P |
| M | S | S | N | S | N | J | O | F | U | I | M | W | E | O | W | K | R | E | F | R | X | B | S |
| I | O | Q | O | V | V | O | B | I | C | C | V | J | K | G | S | I | C | D | M | A | O | P | E |
| E | Y | A | U | X | D | A | I | E | H | J | P | H | V | P | I | O | W | I | K | I | A | L | R |
| N | S | Q | Q | L | J | E | L | C | J | J | I | O | E | F | J | X | C | T | P | L | G | V | S |
| T | E | R | M | N | S | V | S | T | C | E | I | U | H | E | V | P | O | A | O | I | C | Q | O |
| O | S | T | I | F | M | E | B | A | E | A | R | L | B | S | I | J | Z | C | S | M | S | V | L |
| S | A | O | Y | S | O | N | S | A | H | R | R | C | O | W | U | P | S | I | I | A | U | P | U |
| P | R | J | T | J | J | Q | P | C | R | O | N | T | I | L | L | T | O | O | T | F | T | B | C |
| O | F | J | T | N | F | Y | D | I | B | W | G | A | S | S | I | E | Q | N | I | W | J | L | S |
| S | A | W | O | Y | E | Z | D | S | U | G | C | A | T | I | I | C | B | I | V | V | V | F | U |
| I | E | K | X | S | G | I | Z | U | K | O | N | W | R | I | D | O | L | T | I | X | D | G | M |
| T | G | Z | B | H | H | C | M | M | R | Z | J | F | V | R | V | K | G | Y | D | K | R | N | V |
| I | I | Z | F | C | X | V | I | I | T | V | I | W | E | E | A | A | D | S | A | G | M | Y | Q |
| V | S | N | W | E | A | G | C | Y | T | I | F | V | U | H | Y | J | S | Q | D | L | H | D | O |
| O | W | O | I | I | L | L | S | J | R | N | L | G | Y | R | U | Q | A | Q | P | B | R | I | Z |
| S | T | O | V | D | I | T | M | S | U | O | E | E | N | V | P | T | I | L | E | D | J | Z | A |
| M | S | G | M | A | L | E | Z | A | S | F | H | S | B | K | S | F | M | C | E | Z | P | H | R |
| Q | E | S | O | I | L | X | I | E | I | M | A | G | I | N | A | C | I | O | N | R | B | S | B |
| R | F | K | W | Z | M | V | R | B | T | H | C | N | X | B | N | H | T | Z | G | J | R | W | A |

   Salir       Alternativas       Oxigeno       Imaginacion       Sentimientos       Distraccion       Frases Yo Siento       Escuchar       Desahogar       Familia       Meditacion       Control       Ejercisio       Resolver       Contar       Musculos       Pensamientos Positivos       Positividad       Abrazo       Musica       Relajar       Calma       Comunicacion       Respirar