

6 BIENFAITS

DE LA MÉDITATION OLFACTIVE



6

Réduit
l'anxiété

1

Améliore
la mémoire

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Résilience
émotionnelle

2

Alignement
énergétique

4

Augmente
l'énergie

3

Diminue
le stress



Sms Savoir Mediter Simplement Mes Memos T

Chao Zhang



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