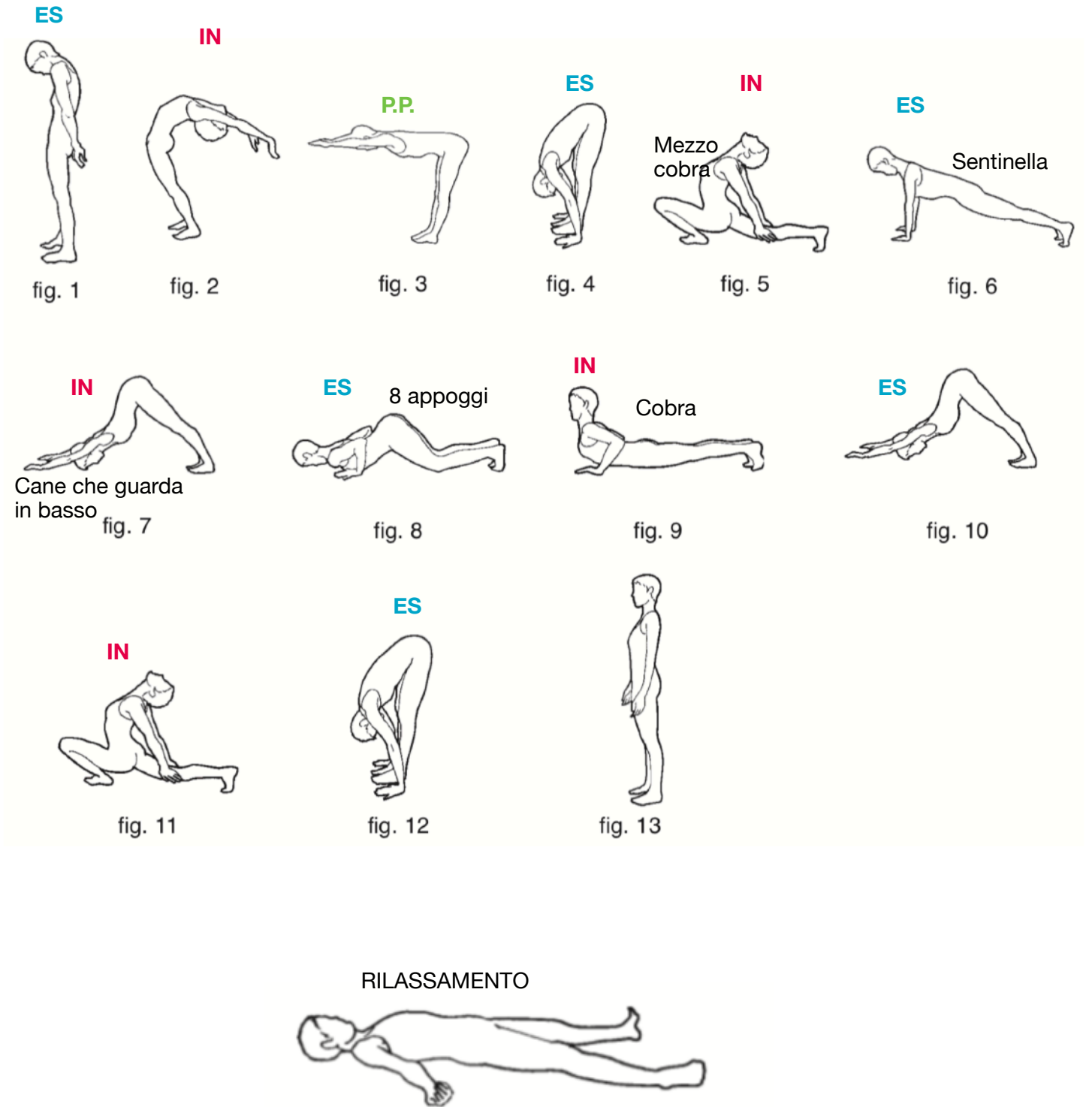


# Prosternazione al sole



ES = espirazione

IN= inspirazione

P.P = polmoni pieni