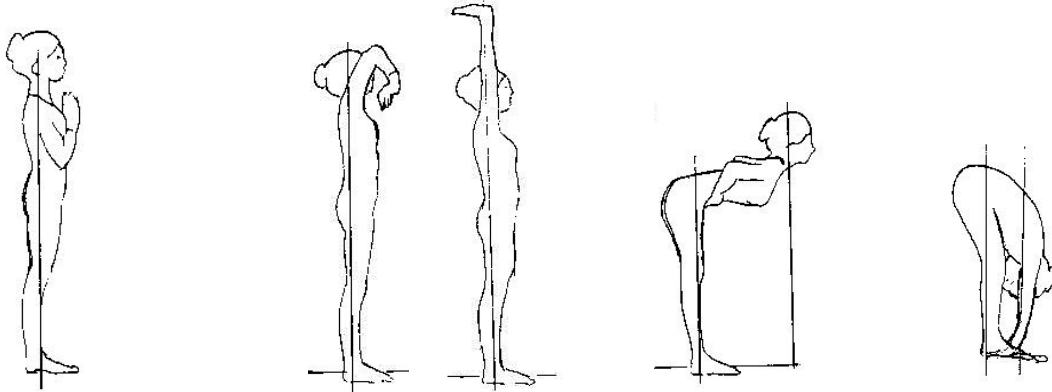
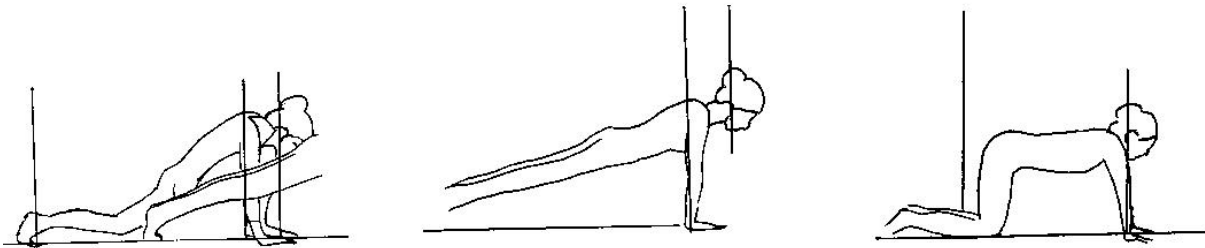


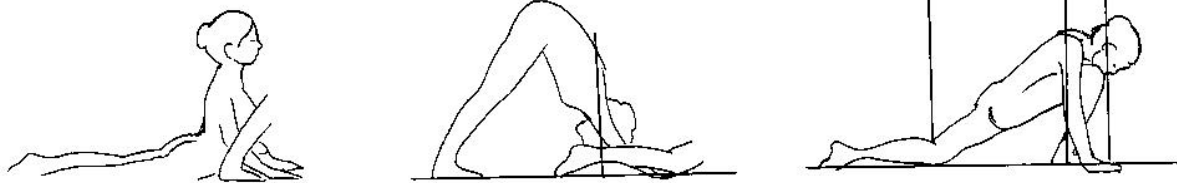
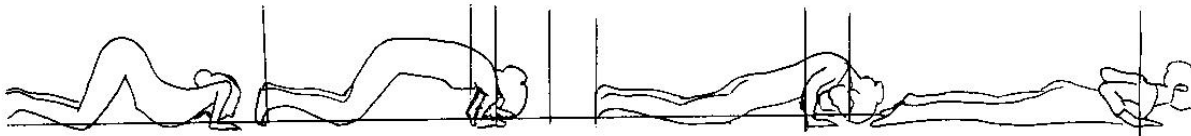
Solhilsen



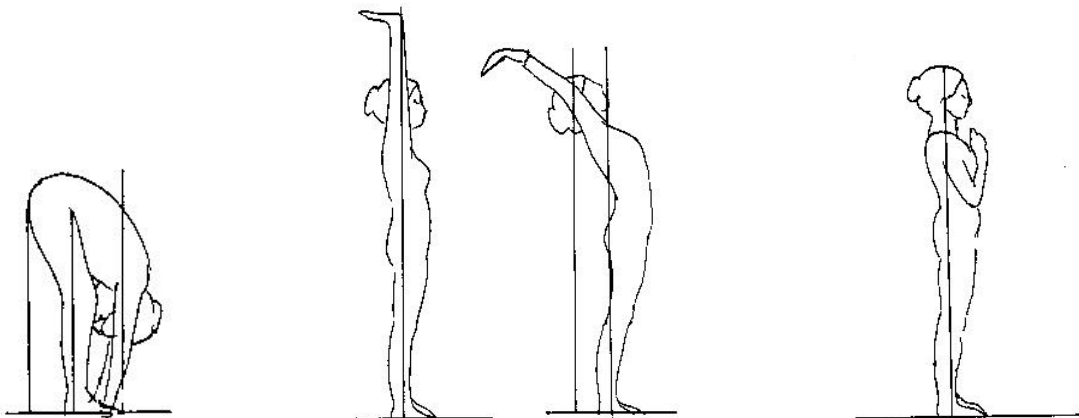
Pust behagelig inn og begynn med å løfte albue mot taket...



Pust ut her...



Pust inn her...



Pust ut....

Pust inn....

Pust ut