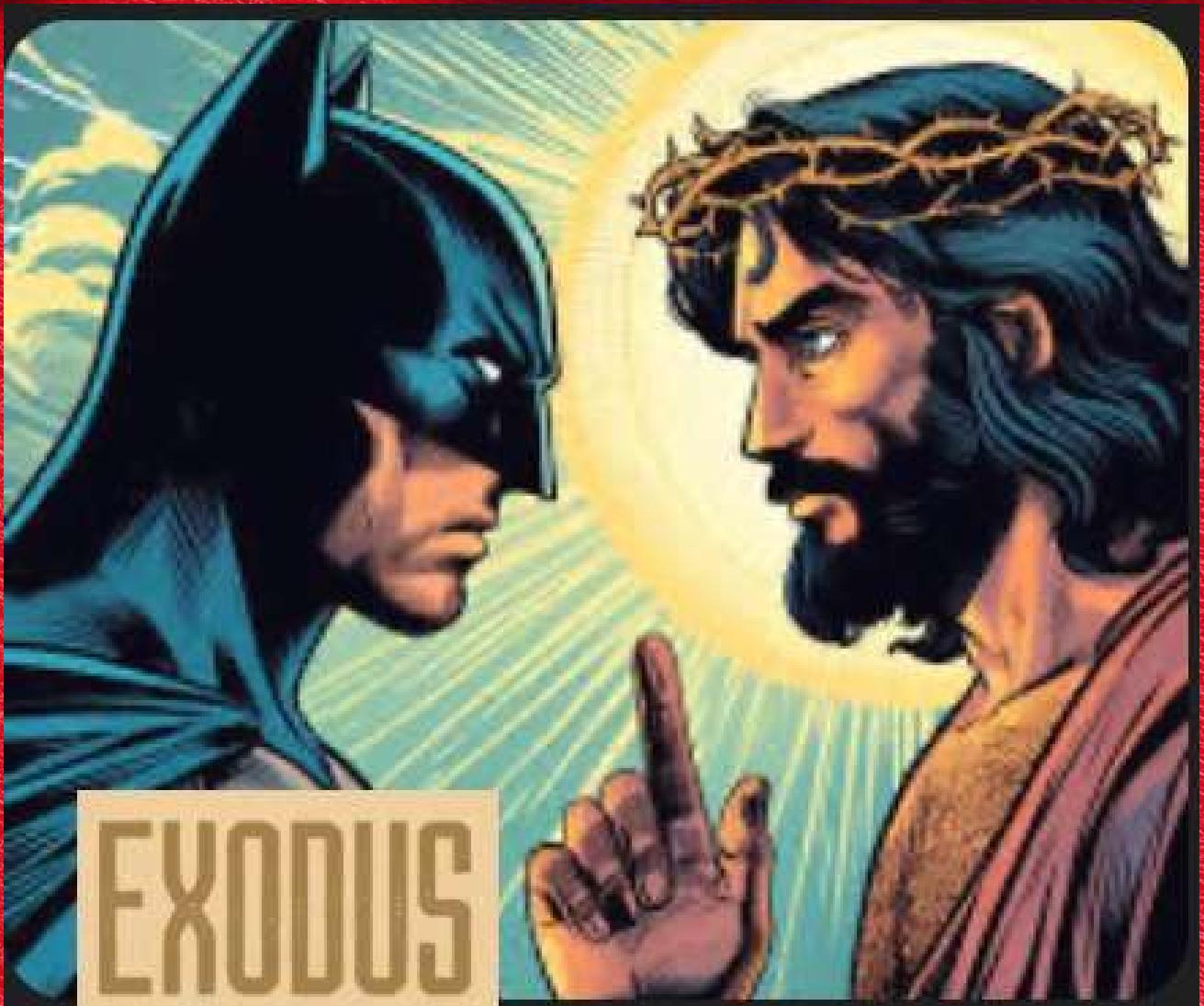


Exodus





Exodus - Semaine __

Pratiques quotidiennes

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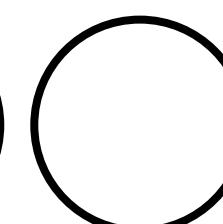
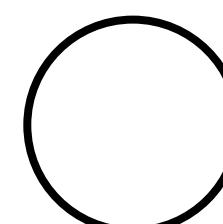
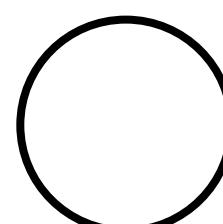
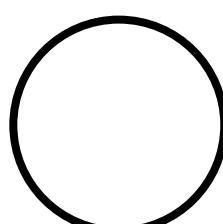
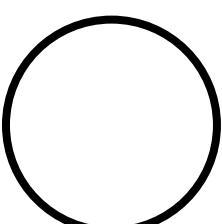
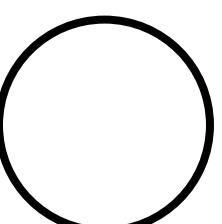
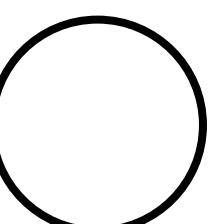
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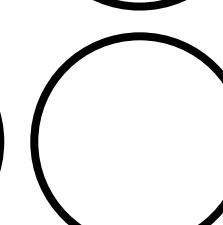
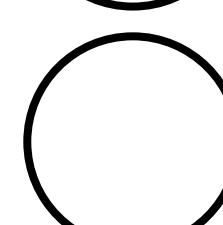
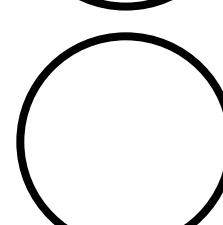
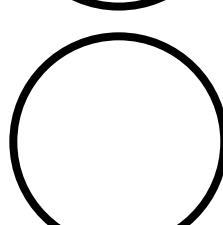
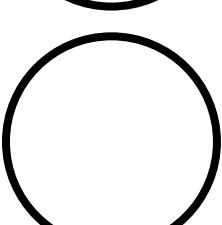
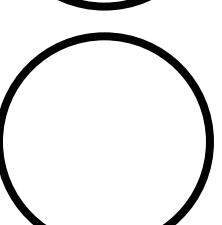
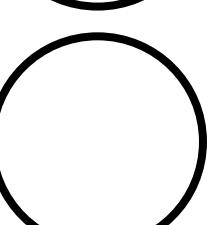
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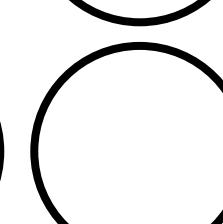
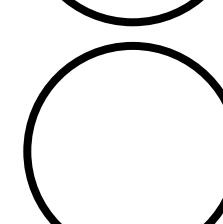
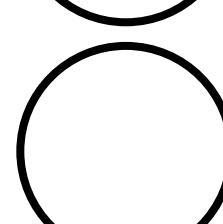
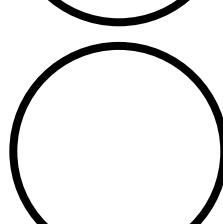
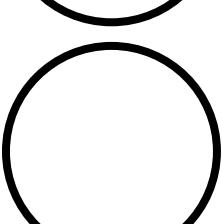
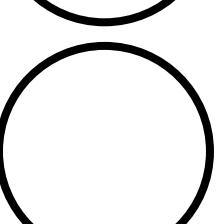
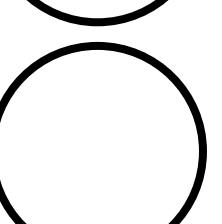
Lecture et méditation



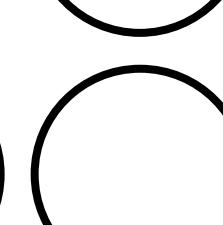
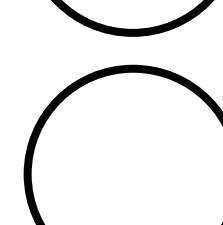
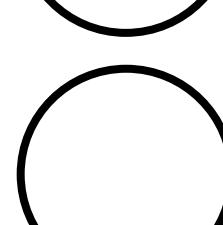
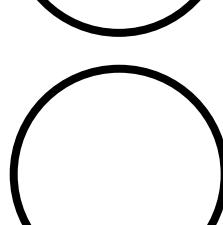
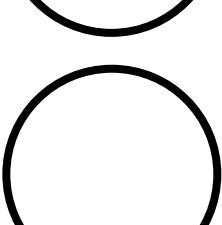
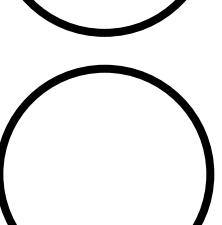
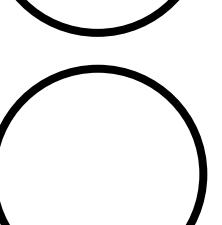
Heure sainte



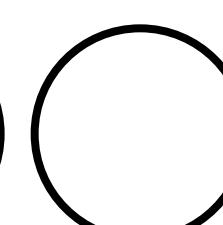
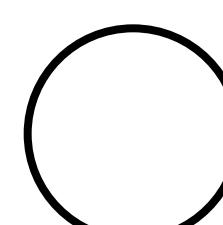
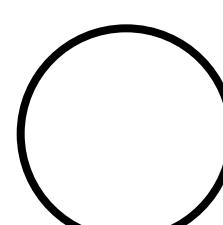
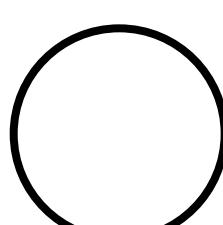
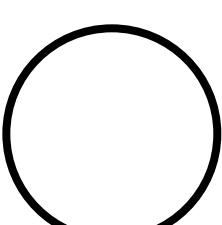
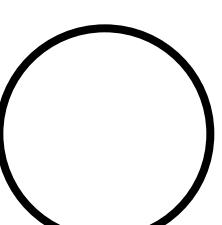
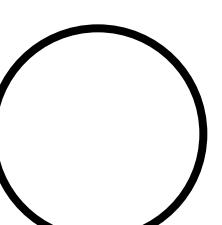
Examen de conscience



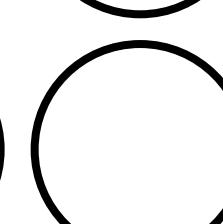
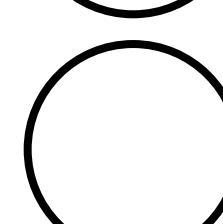
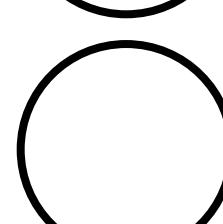
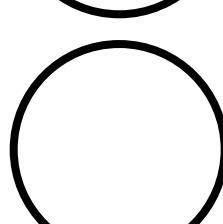
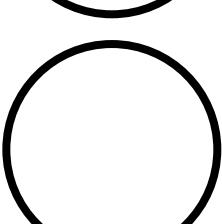
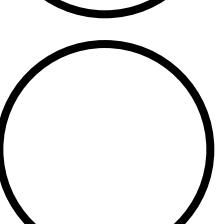
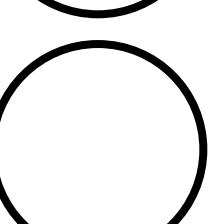
Douche froide



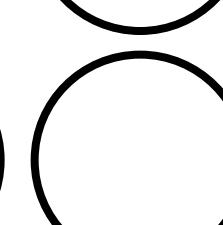
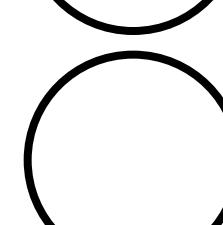
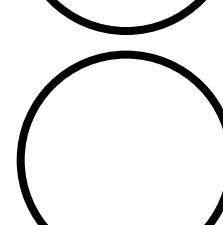
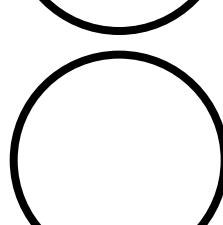
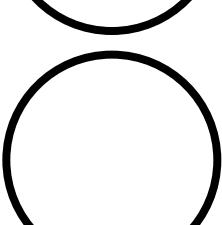
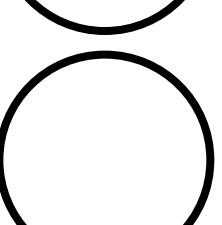
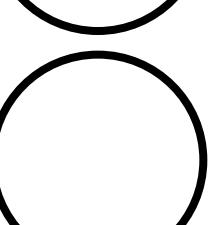
Exercice (3 x semaine)



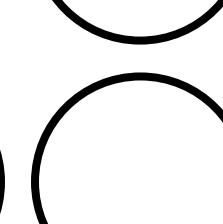
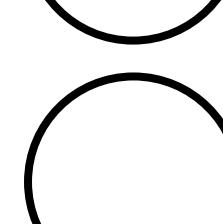
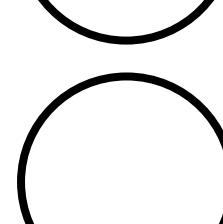
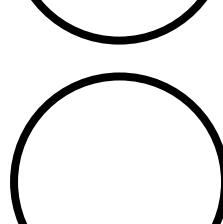
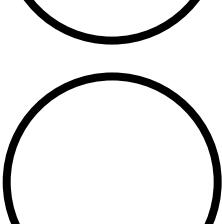
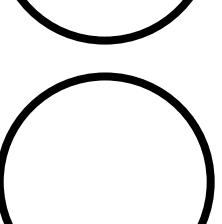
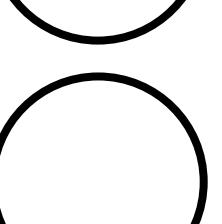
Nuit (+ de 7h de sommeil)



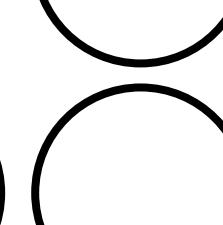
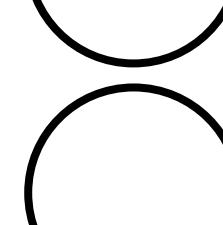
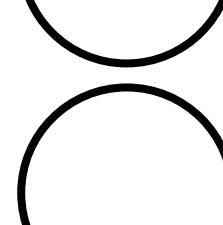
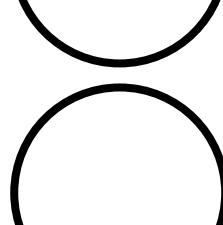
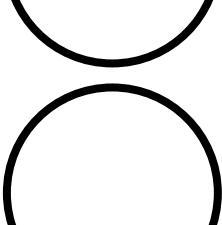
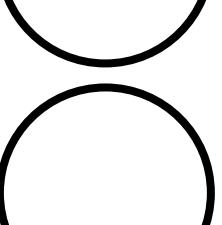
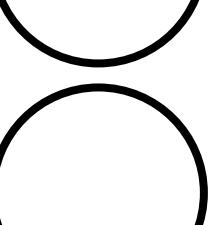
Abstention d'alcool



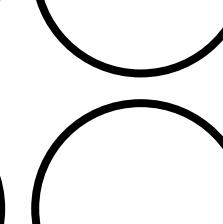
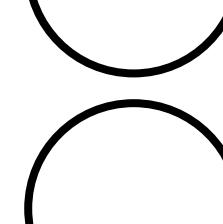
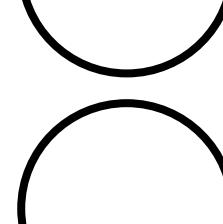
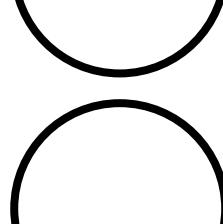
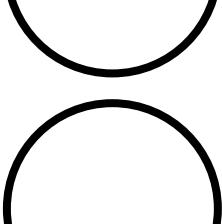
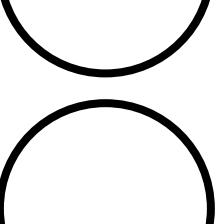
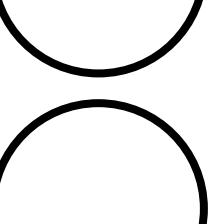
Abstention desserts et sucreries

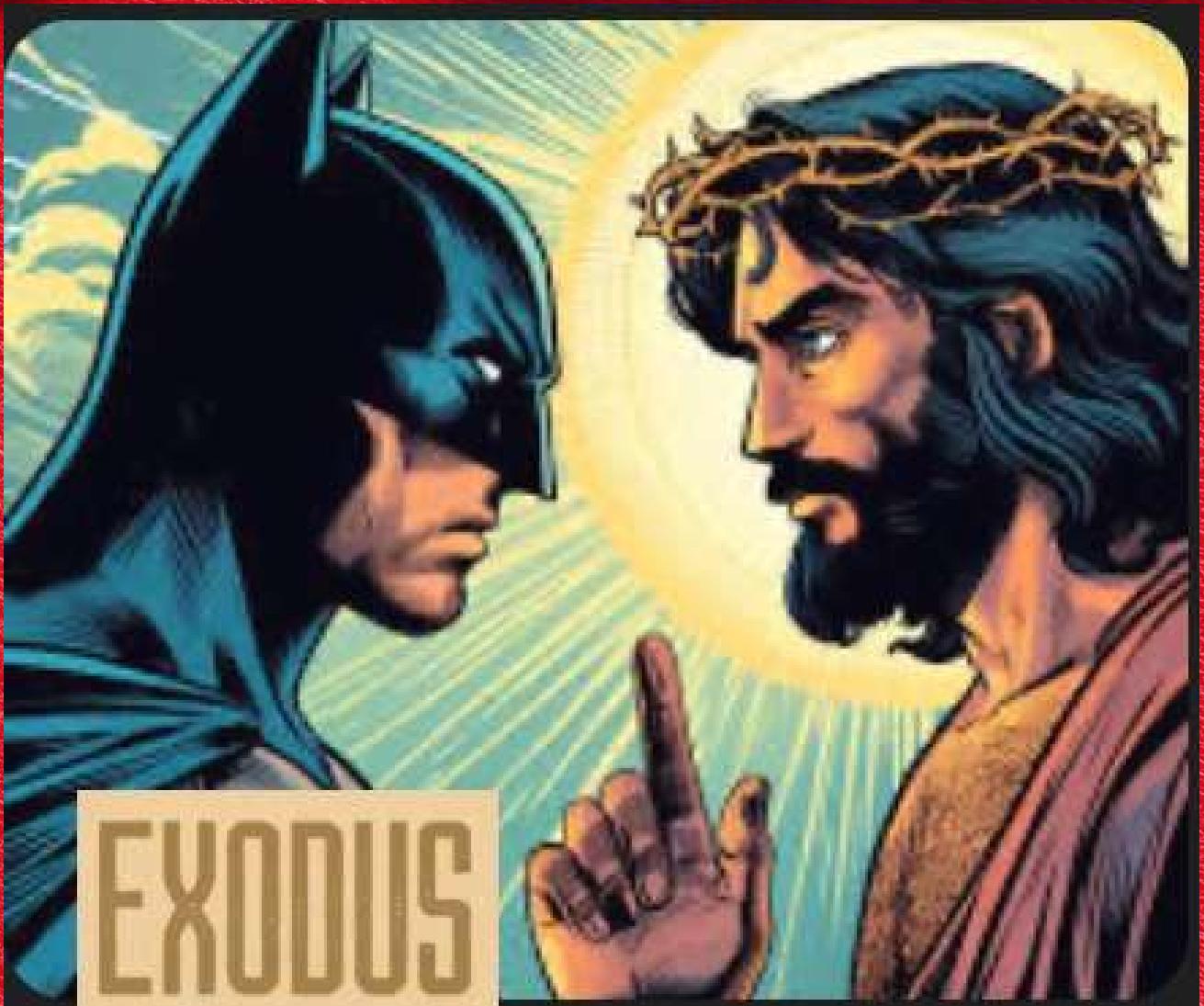


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

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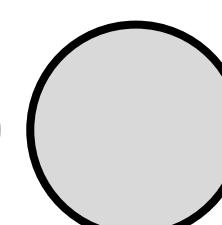
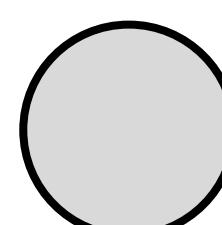
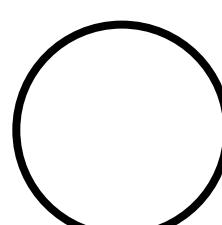
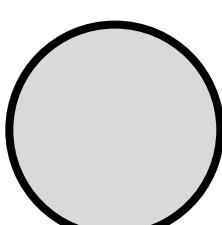
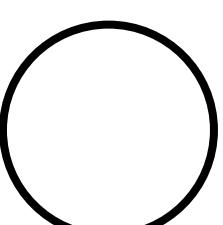
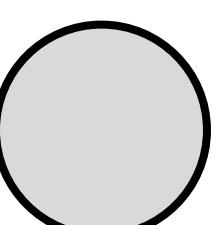
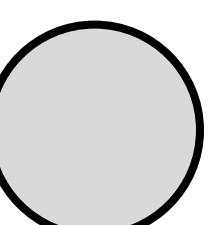
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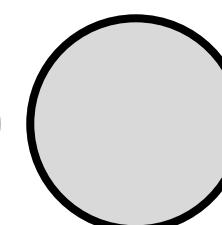
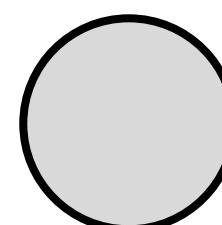
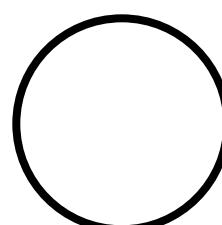
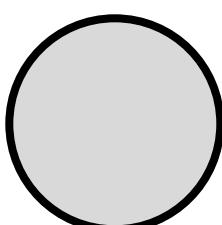
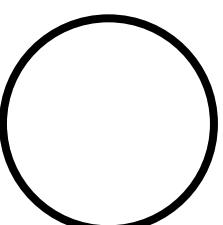
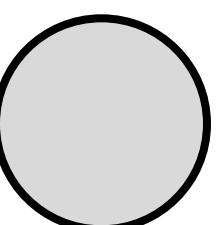
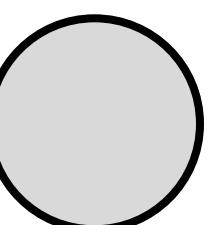
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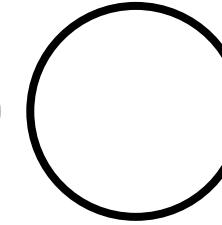
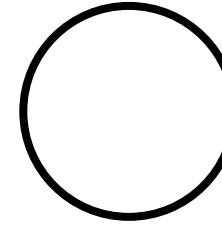
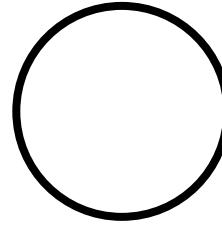
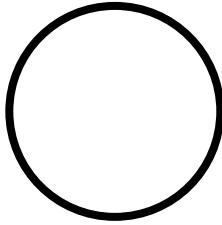
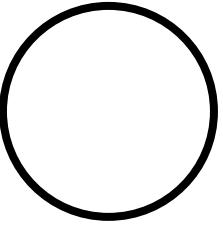
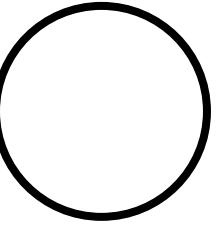
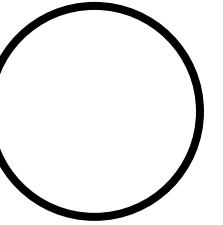
Jeûne (mercredi / vendredi)



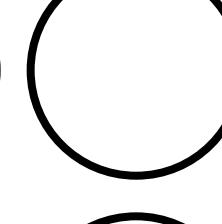
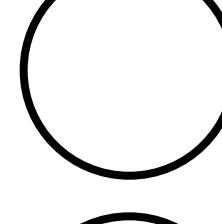
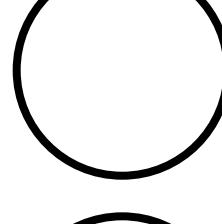
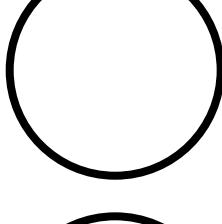
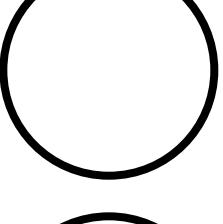
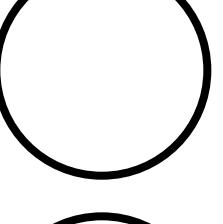
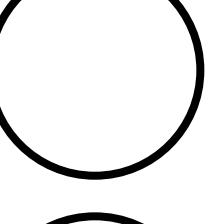
Viande (mercredi / vendredi)



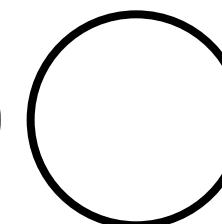
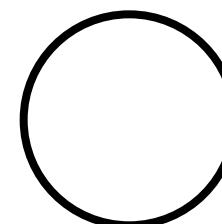
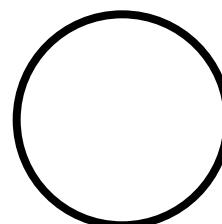
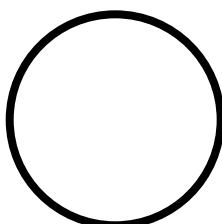
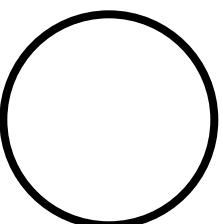
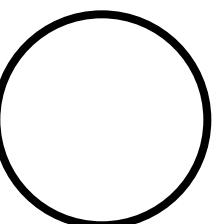
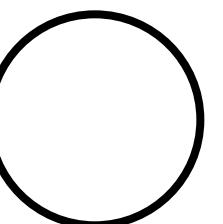
Abstention TV / Films



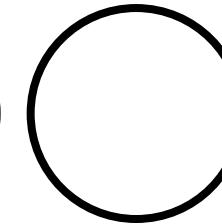
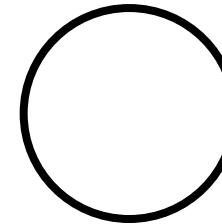
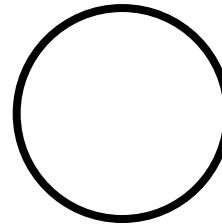
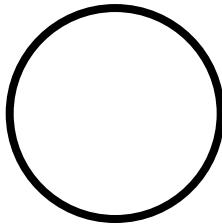
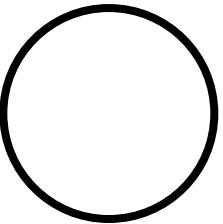
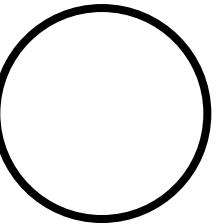
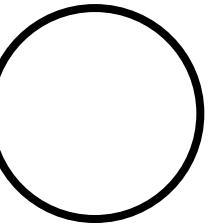
Abstention jeux vidéos



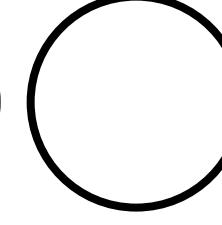
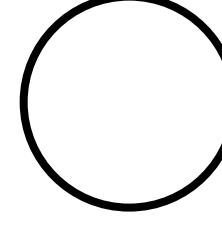
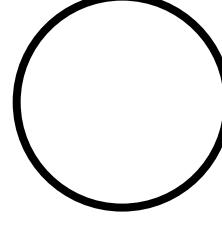
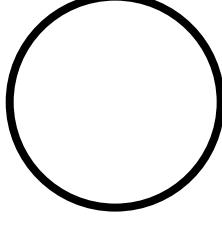
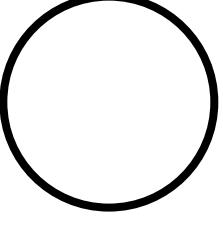
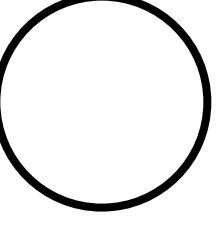
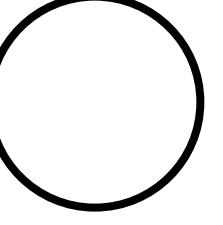
Abs. d'achats non essentiels



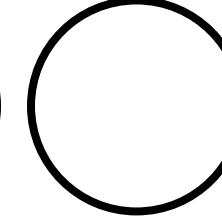
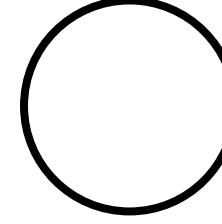
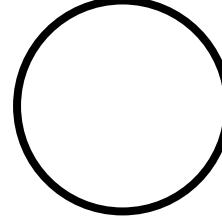
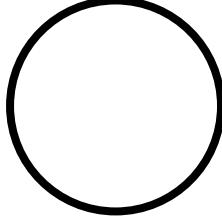
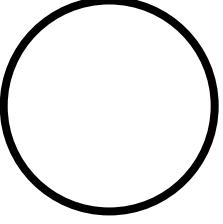
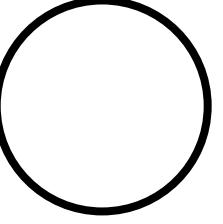
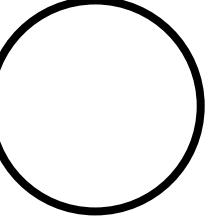
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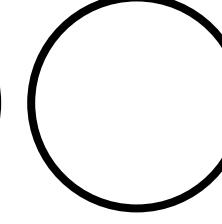
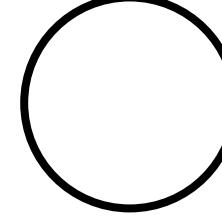
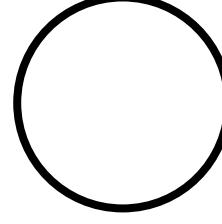
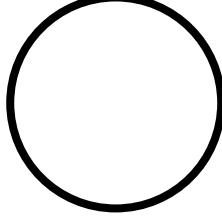
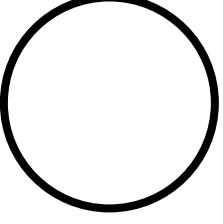
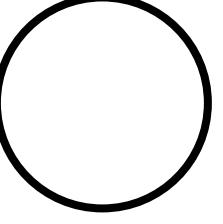
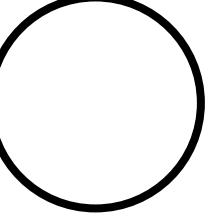
Abstention de smartphone



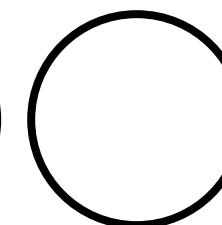
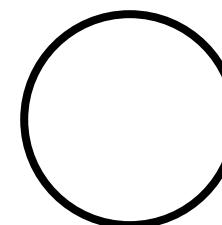
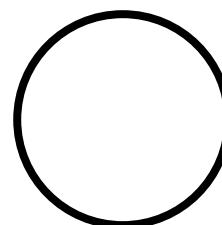
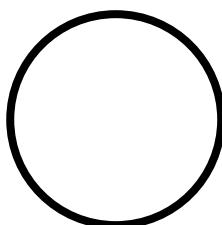
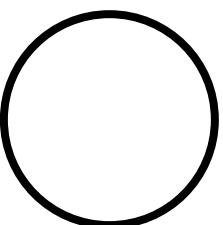
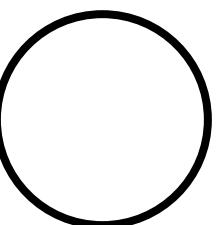
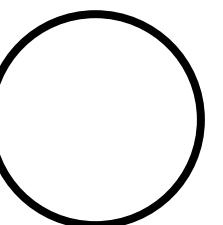
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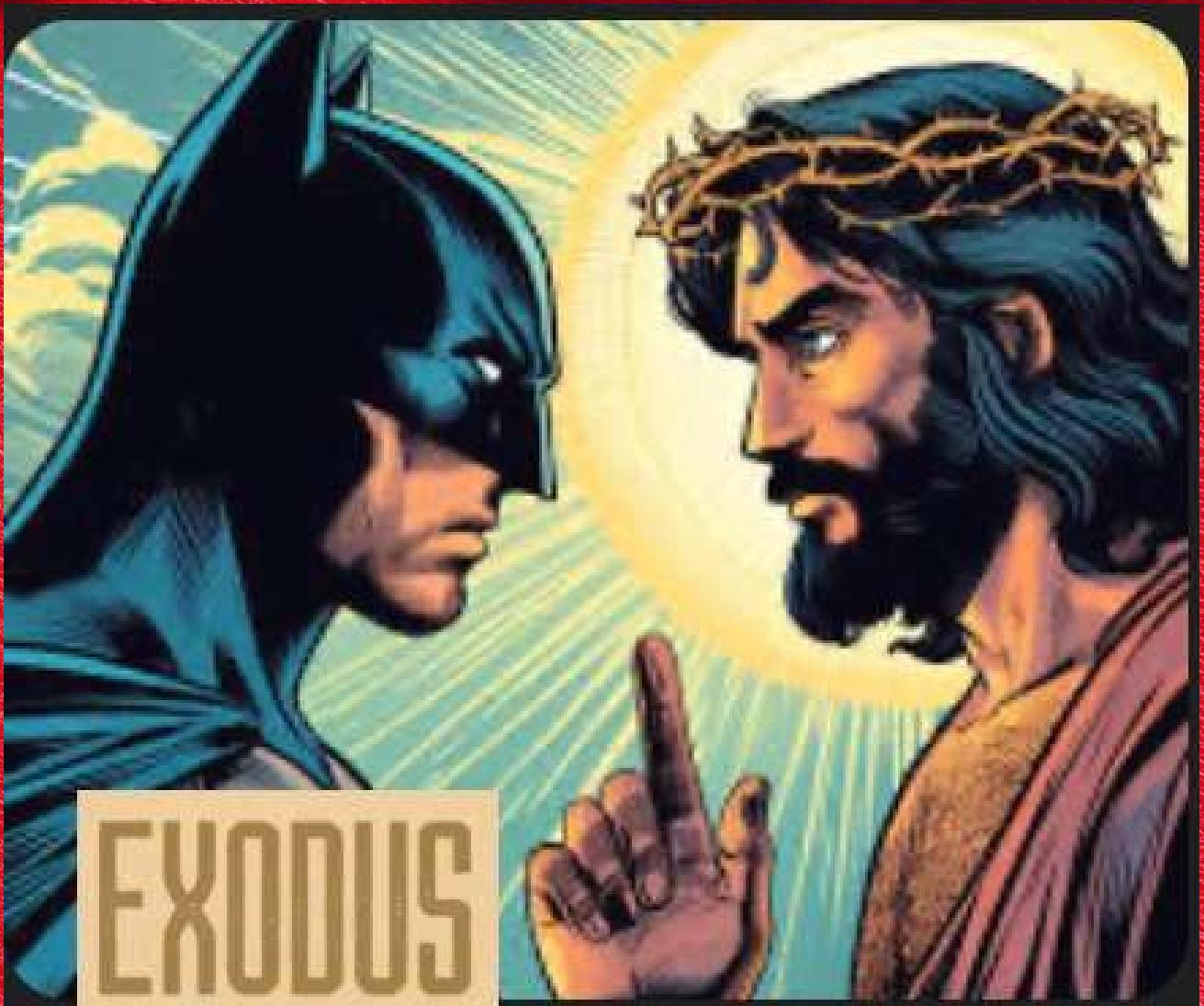


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

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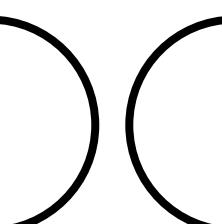
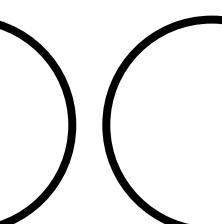
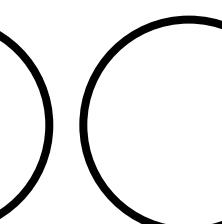
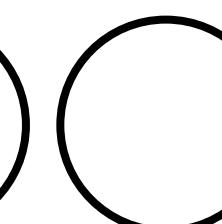
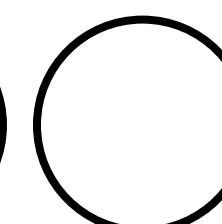
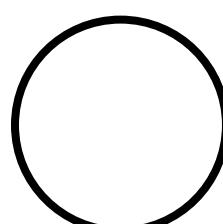
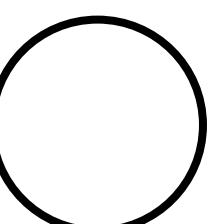
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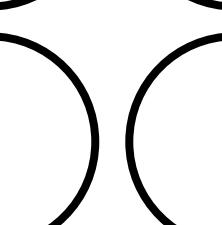
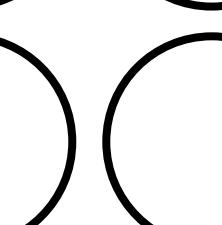
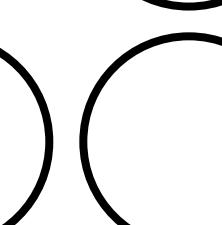
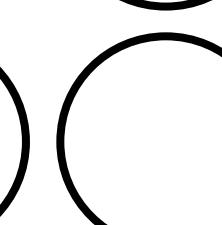
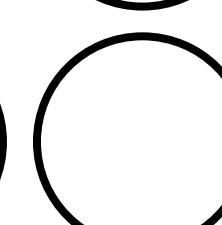
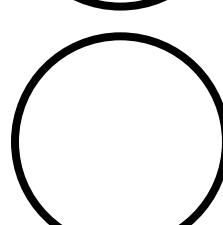
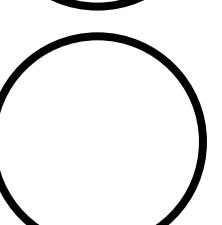
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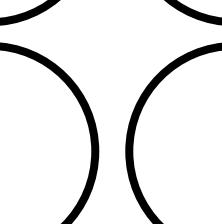
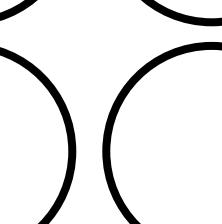
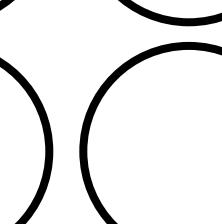
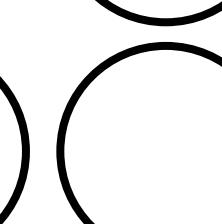
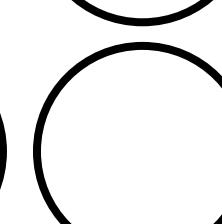
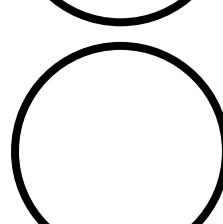
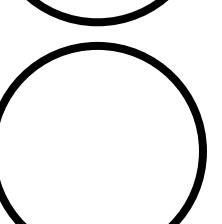
Lecture et méditation



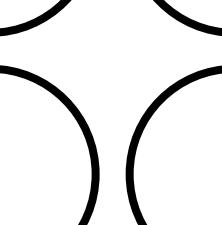
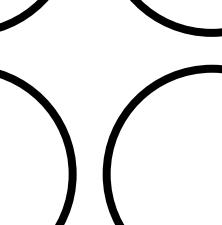
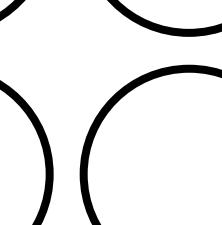
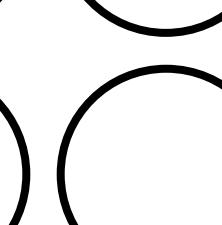
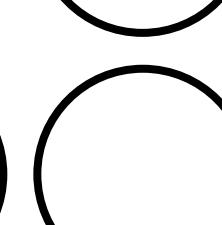
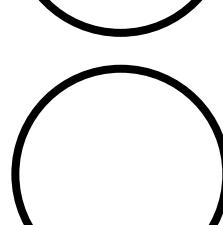
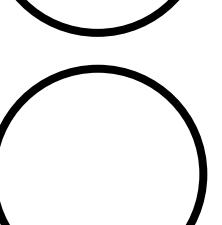
Heure sainte



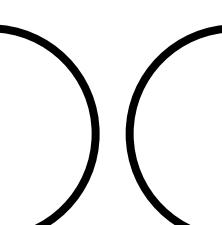
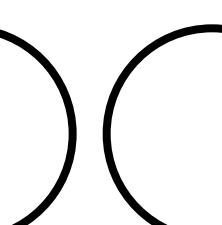
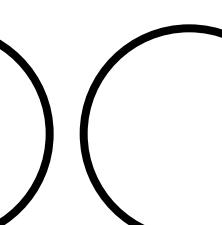
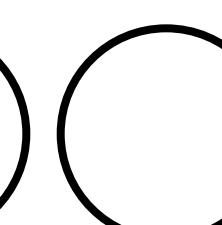
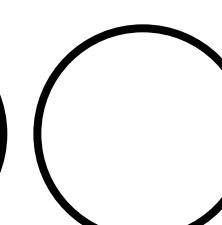
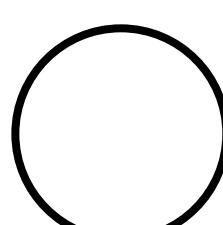
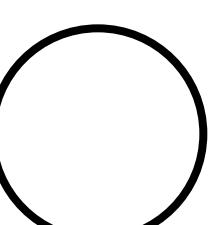
Examen de conscience



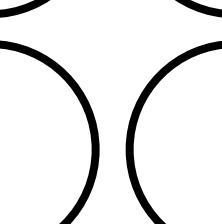
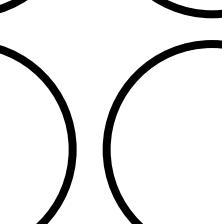
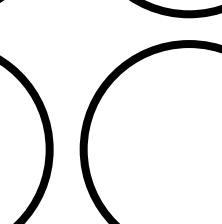
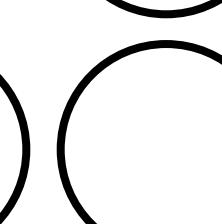
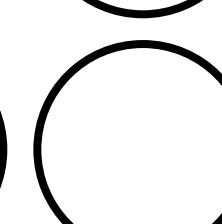
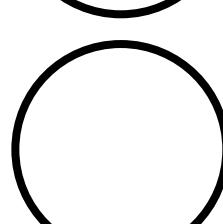
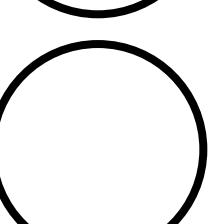
Douche froide



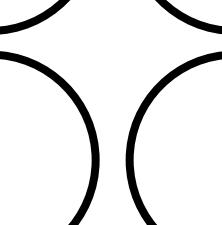
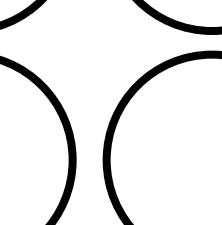
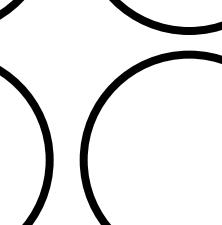
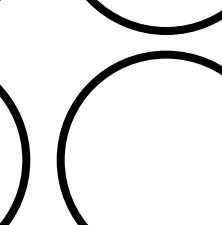
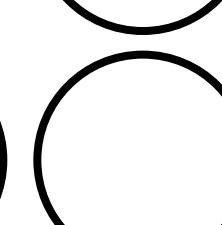
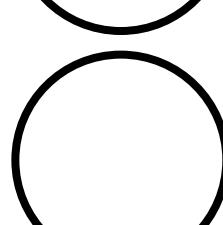
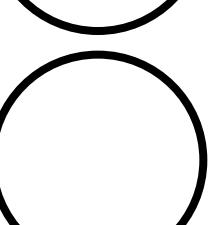
Exercice (3 x semaine)



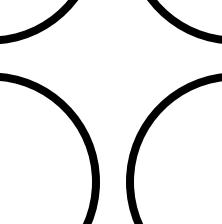
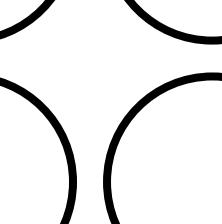
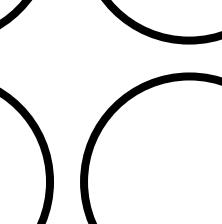
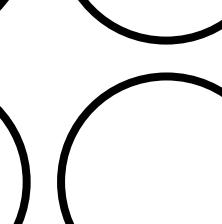
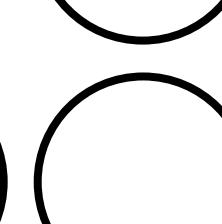
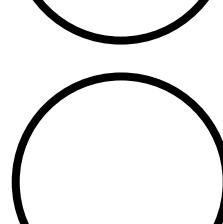
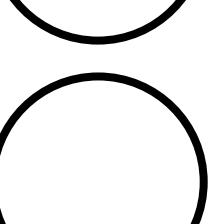
Nuit (+ de 7h de sommeil)



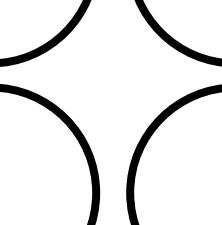
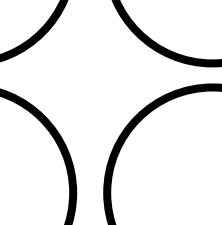
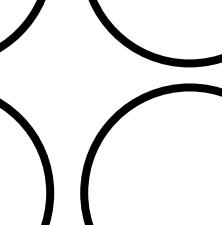
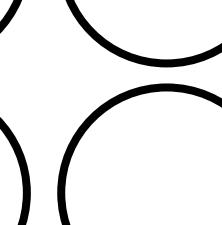
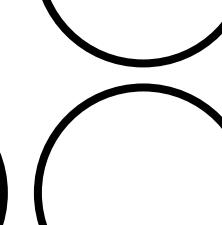
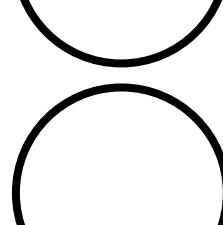
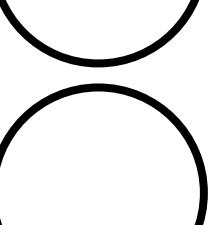
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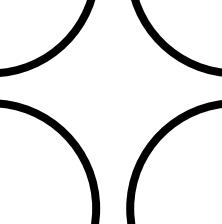
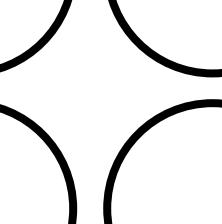
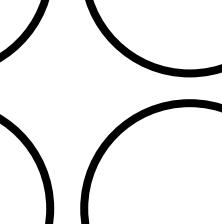
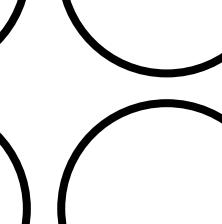
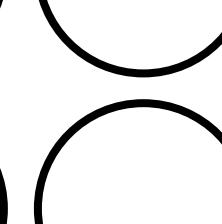
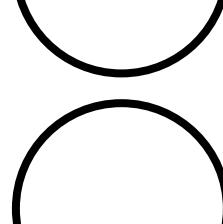
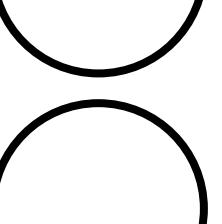
Abstention desserts et sucreries

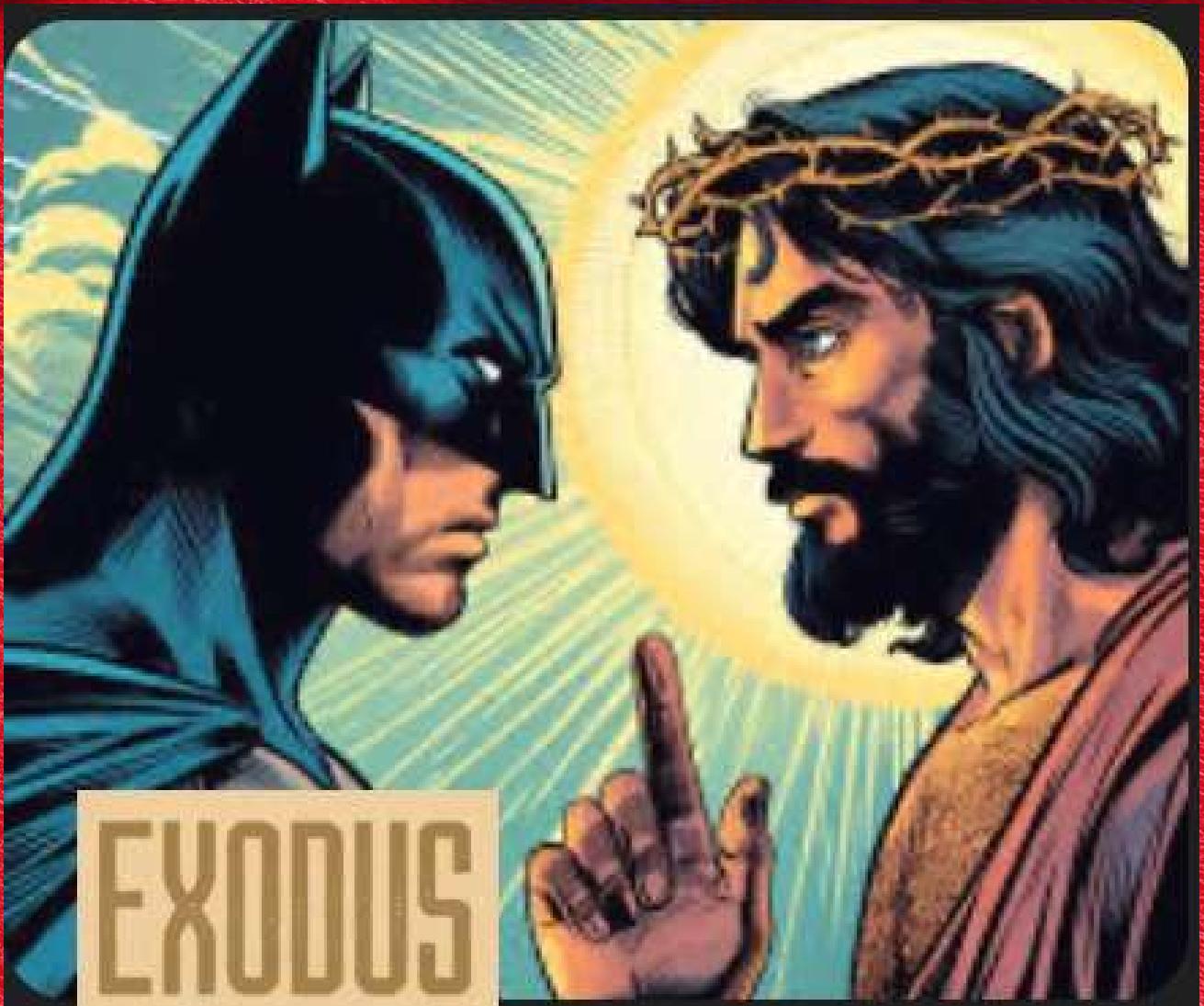


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

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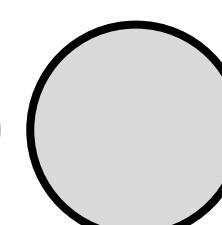
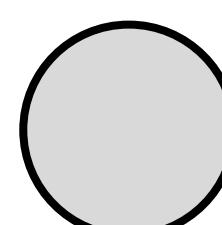
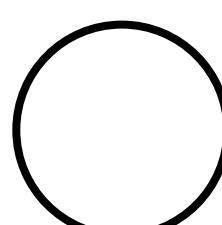
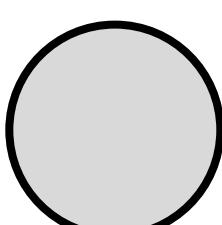
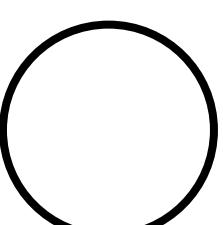
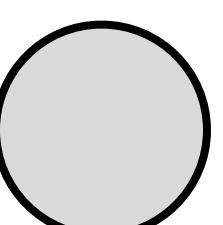
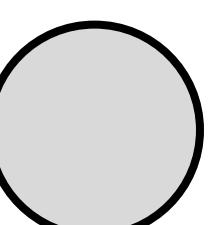
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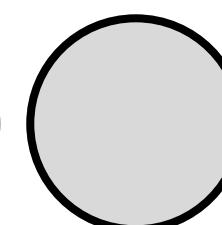
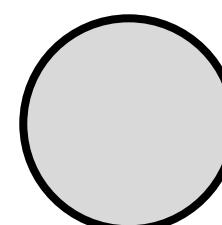
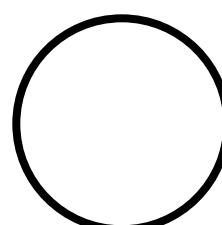
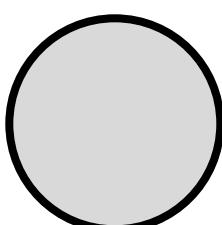
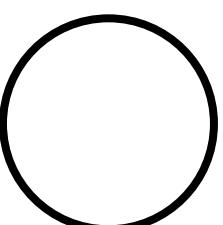
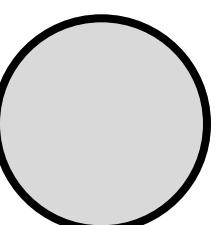
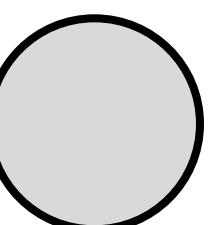
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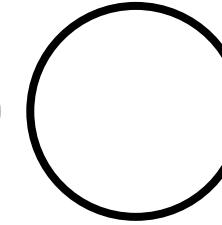
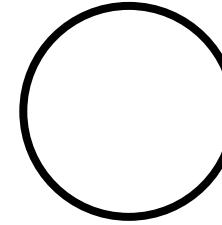
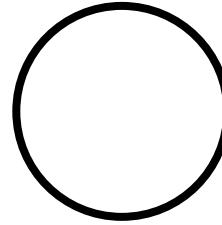
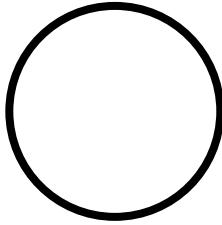
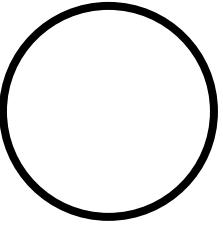
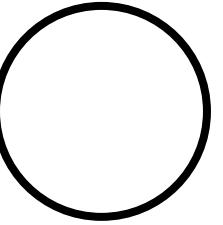
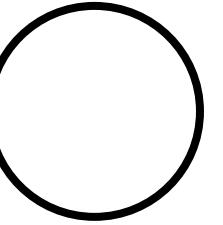
Jeûne (mercredi / vendredi)



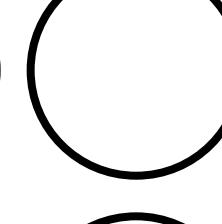
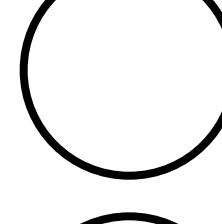
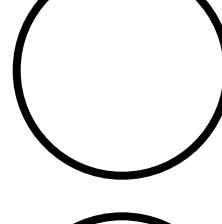
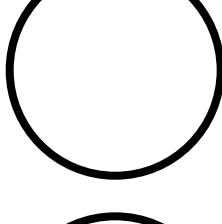
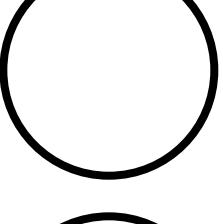
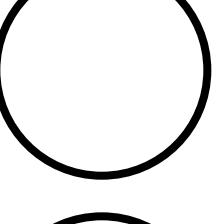
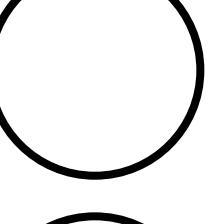
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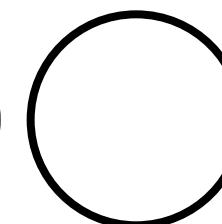
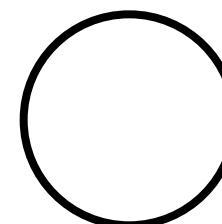
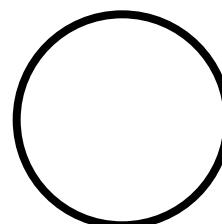
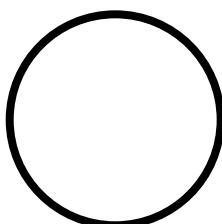
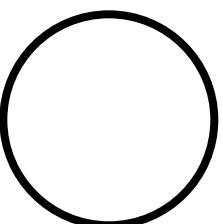
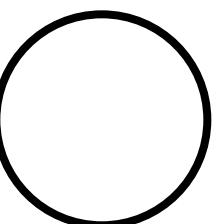
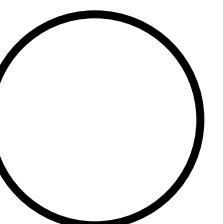
Abstention TV / Films



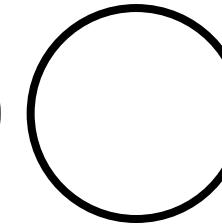
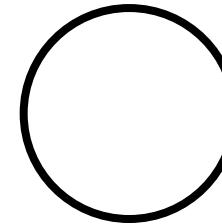
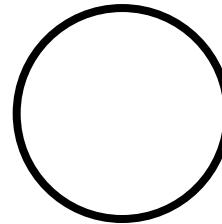
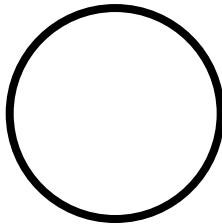
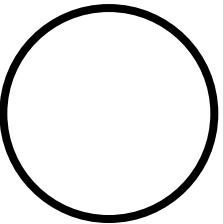
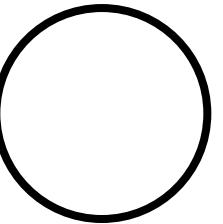
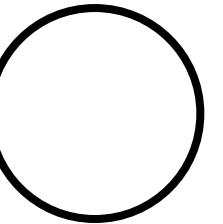
Abstention jeux vidéos



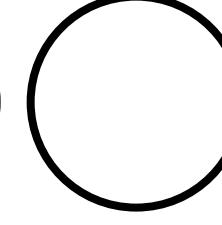
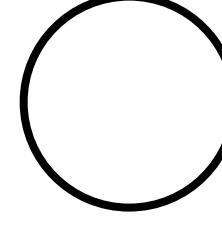
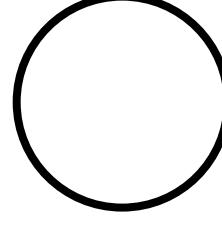
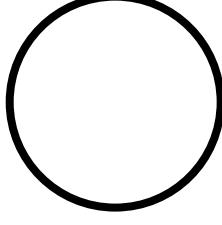
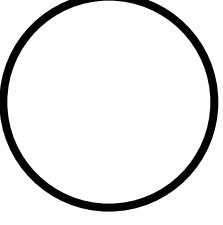
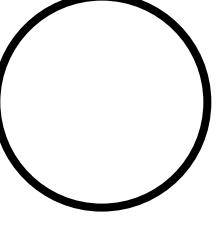
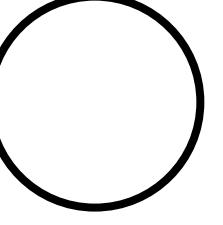
Abs. d'achats non essentiels



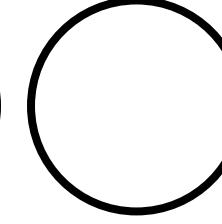
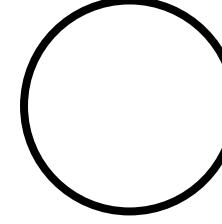
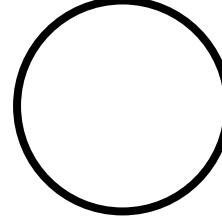
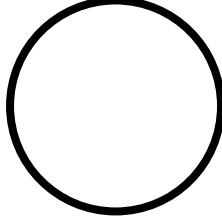
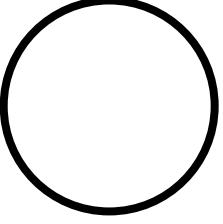
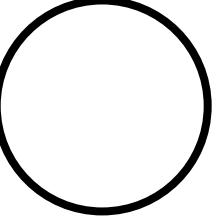
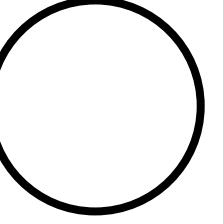
Abstention d'ordinateur



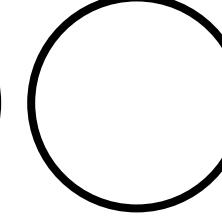
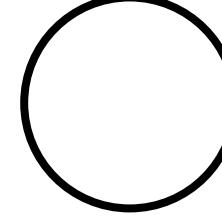
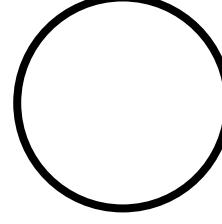
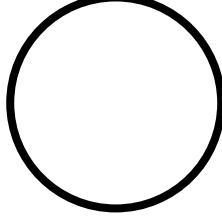
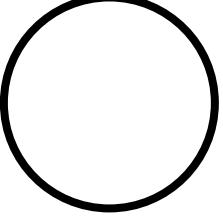
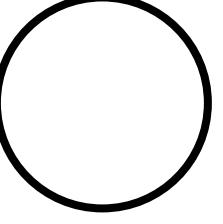
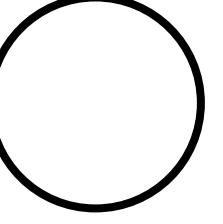
Abstention de smartphone



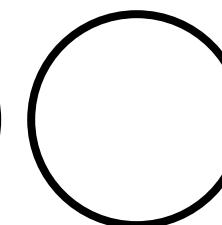
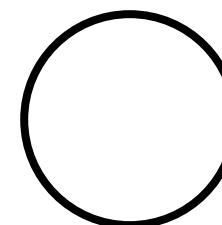
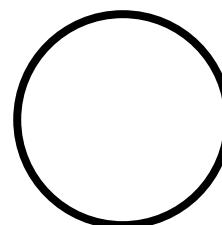
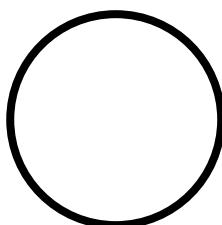
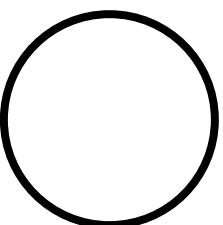
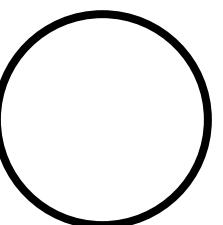
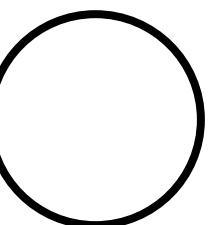
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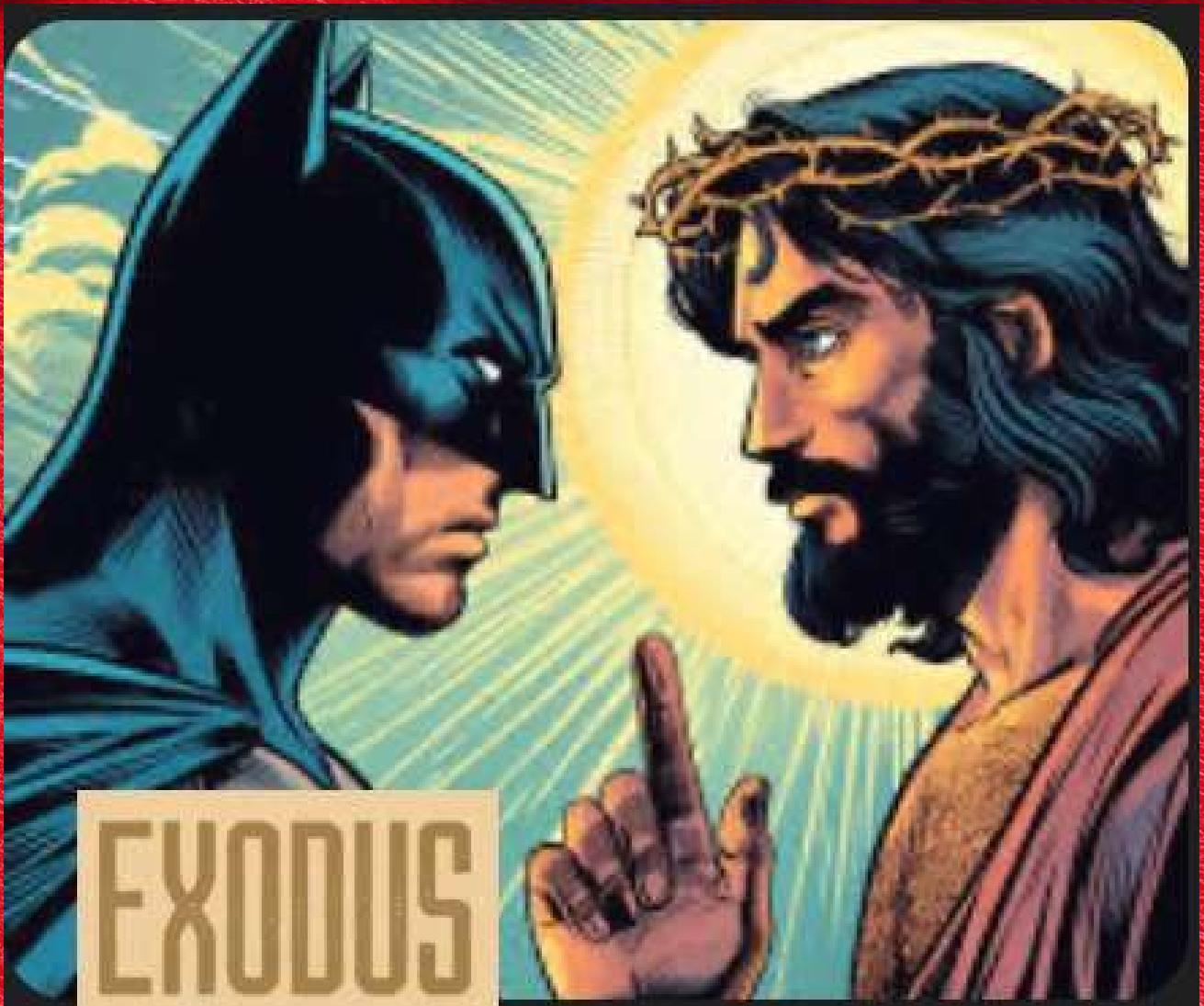


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

Me

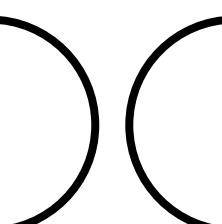
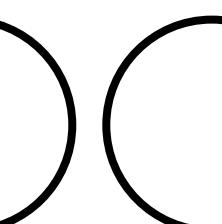
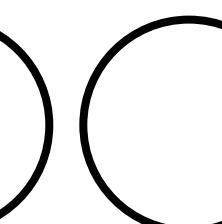
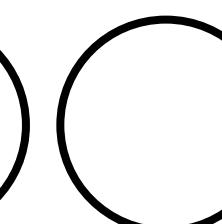
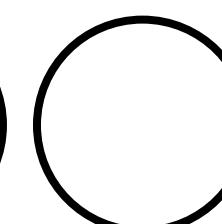
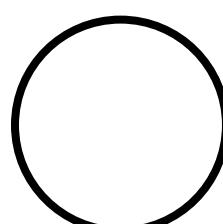
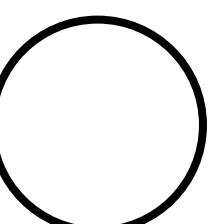
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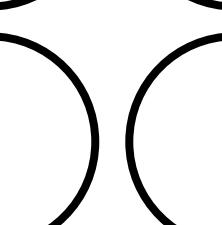
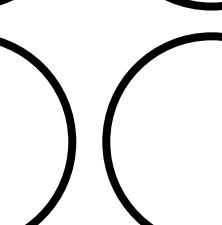
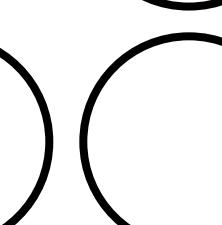
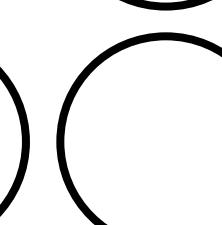
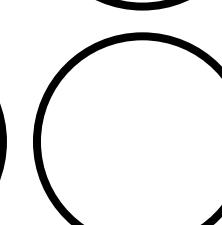
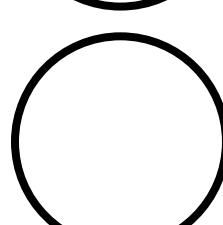
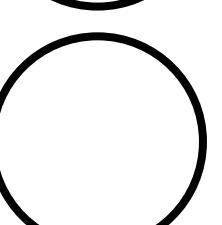
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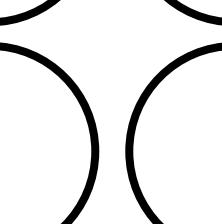
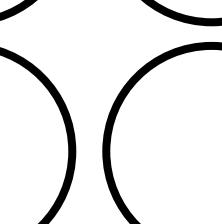
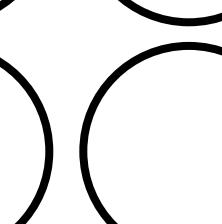
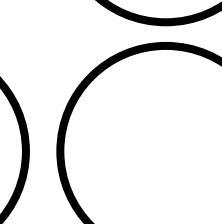
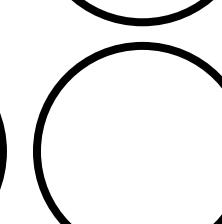
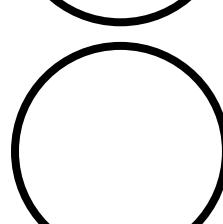
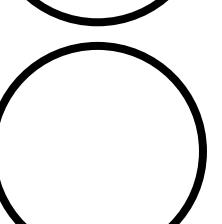
Lecture et méditation



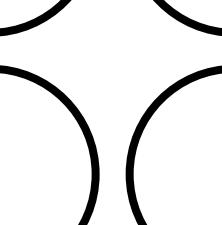
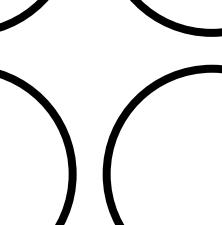
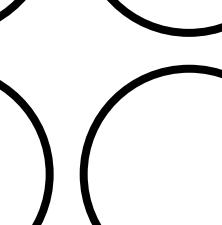
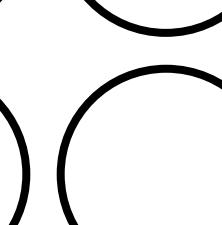
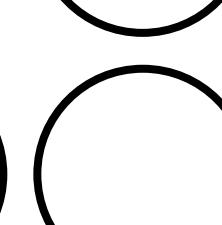
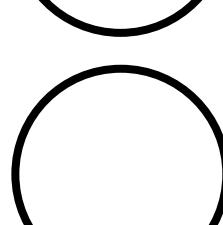
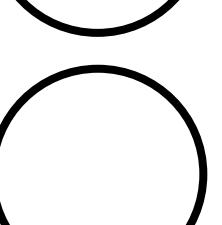
Heure sainte



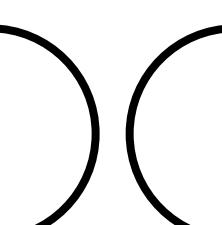
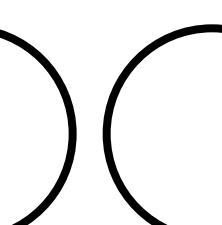
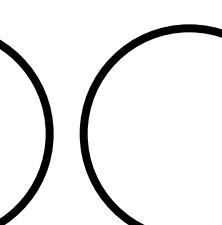
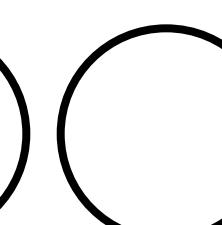
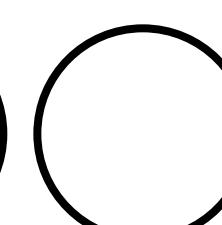
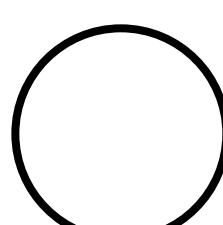
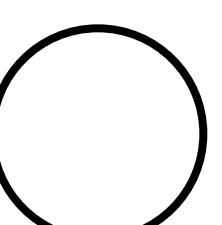
Examen de conscience



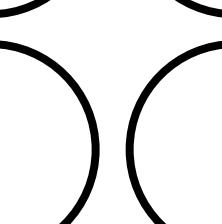
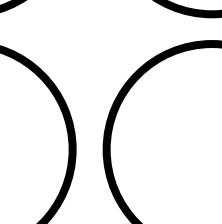
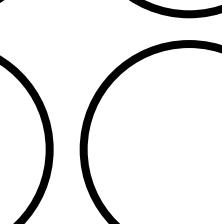
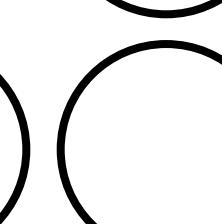
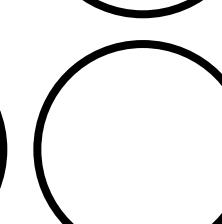
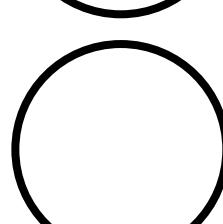
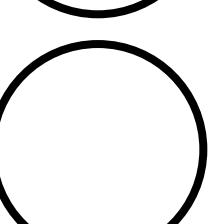
Douche froide



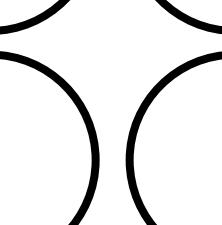
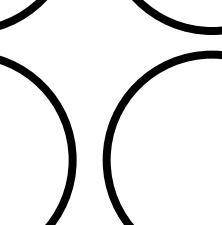
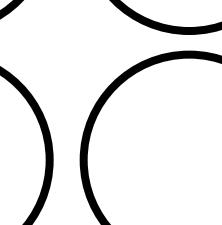
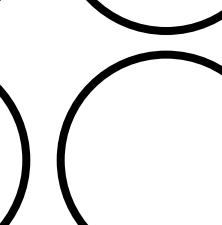
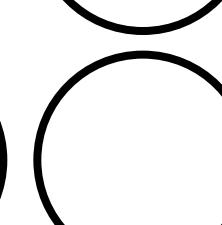
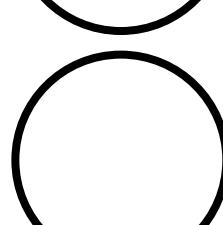
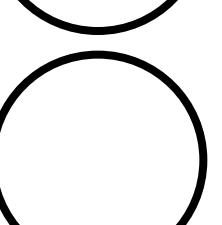
Exercice (3 x semaine)



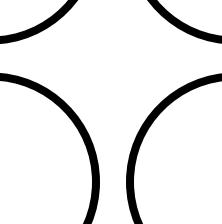
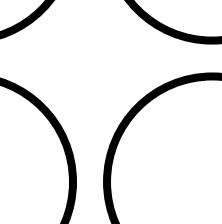
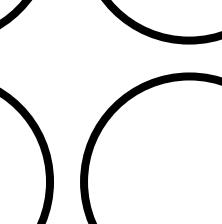
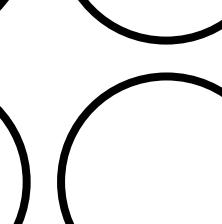
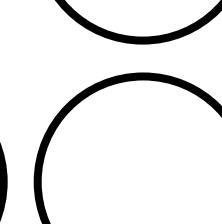
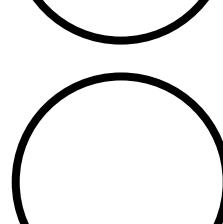
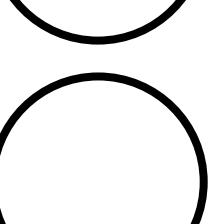
Nuit (+ de 7h de sommeil)



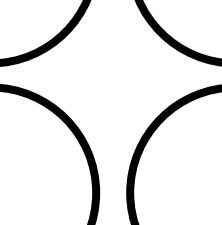
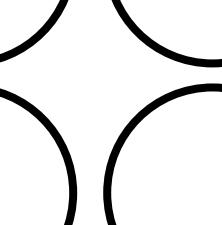
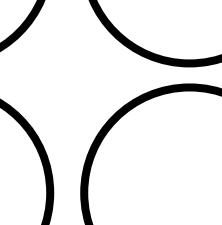
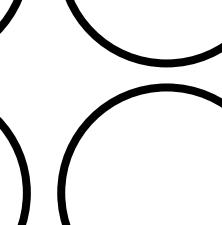
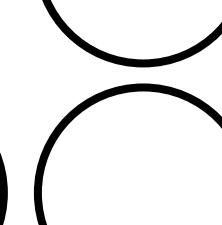
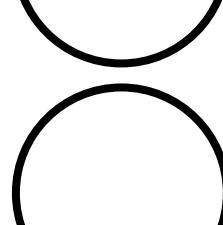
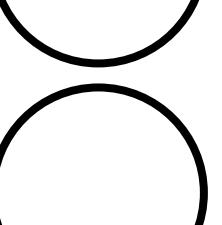
Abstention d'alcool



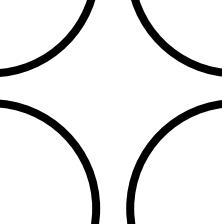
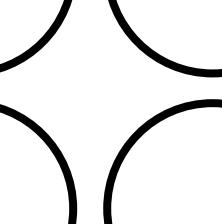
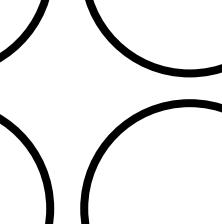
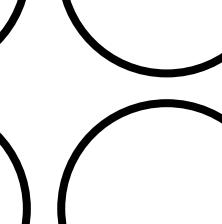
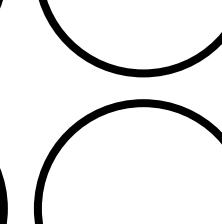
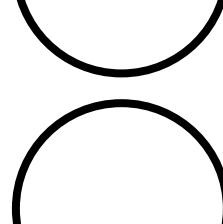
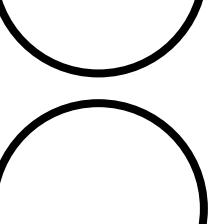
Abstention desserts et sucreries

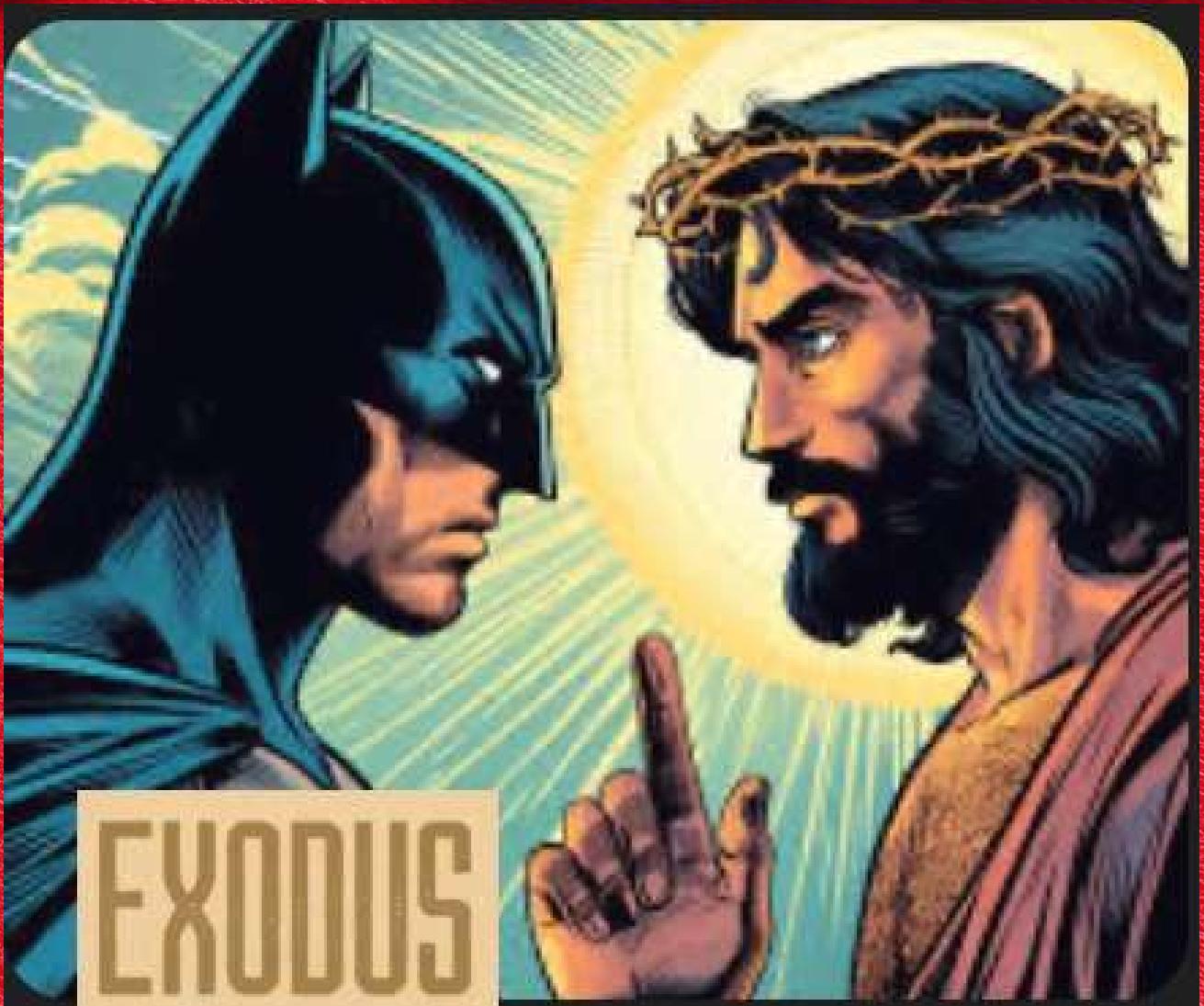


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

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Me

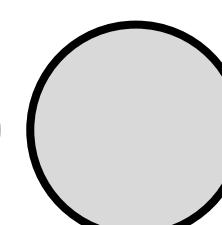
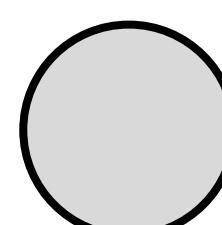
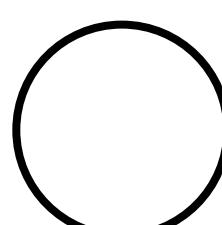
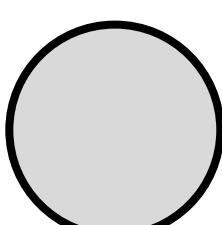
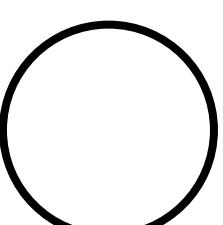
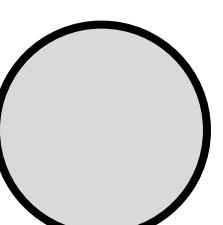
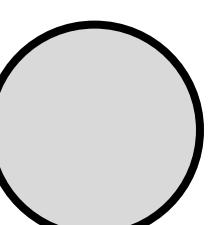
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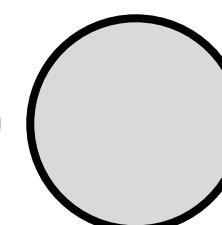
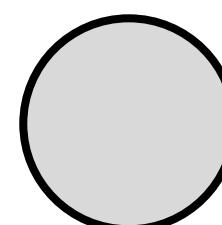
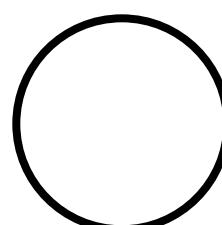
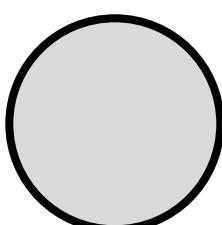
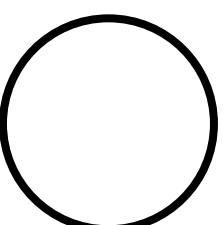
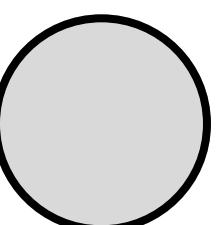
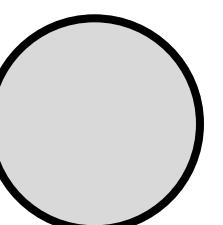
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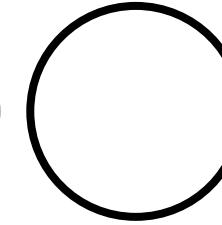
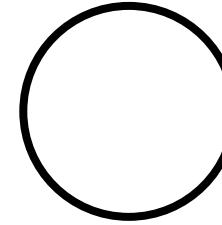
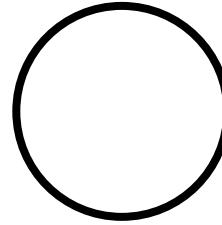
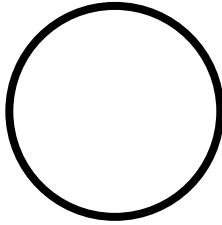
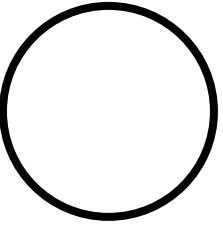
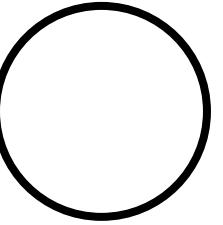
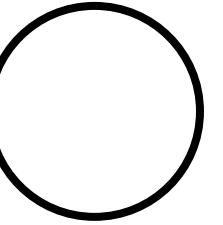
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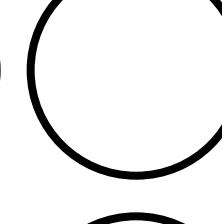
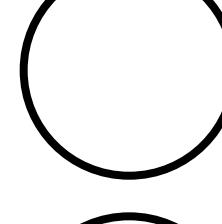
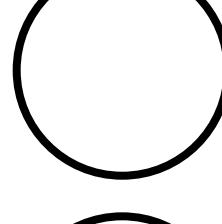
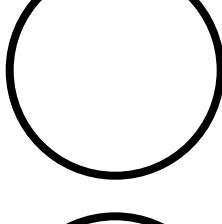
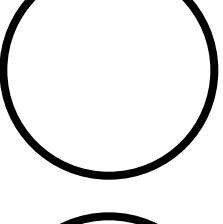
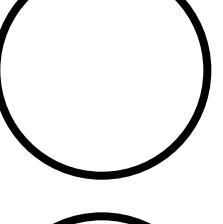
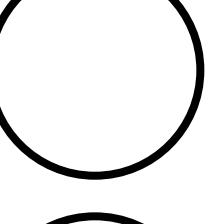
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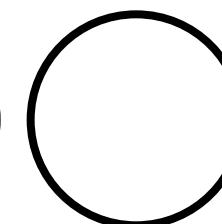
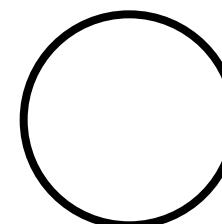
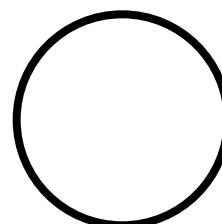
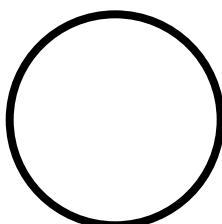
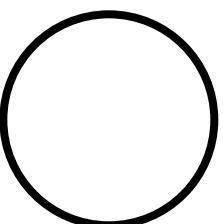
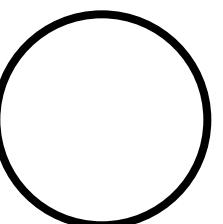
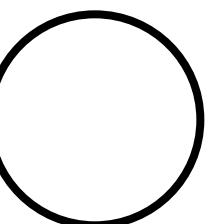
Abstention TV / Films



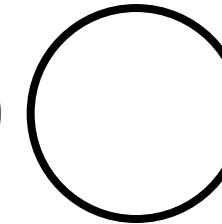
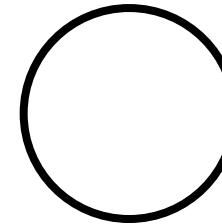
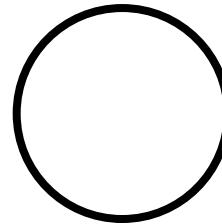
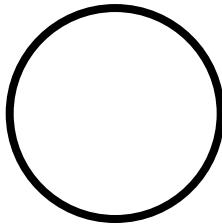
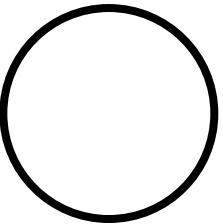
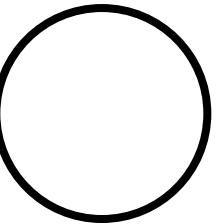
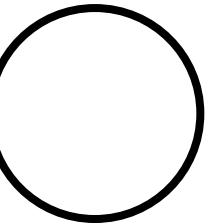
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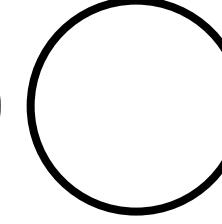
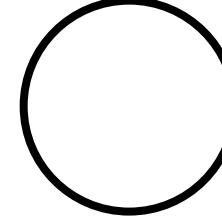
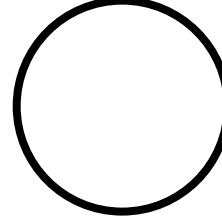
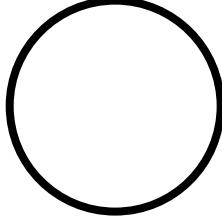
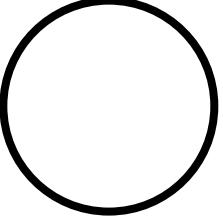
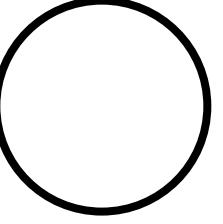
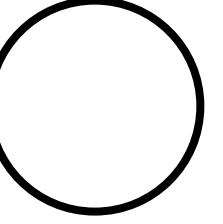
Abs. d'achats non essentiels



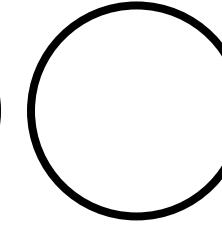
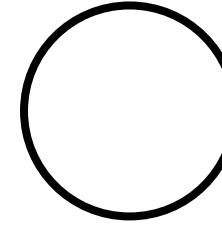
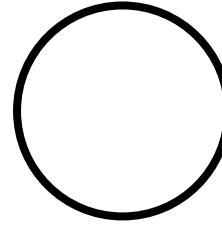
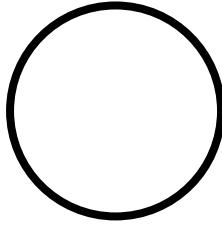
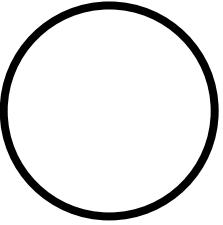
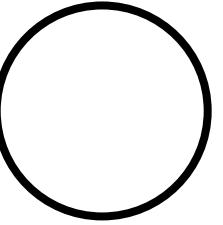
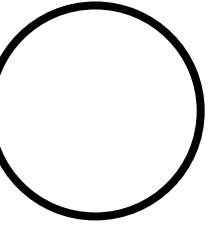
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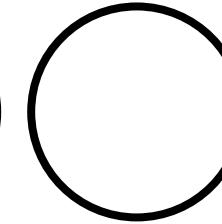
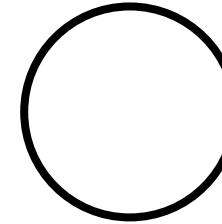
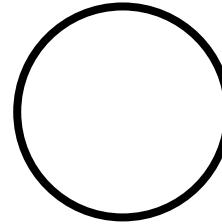
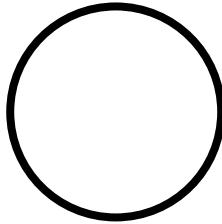
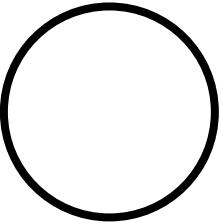
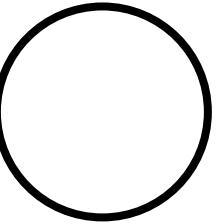
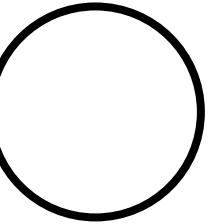
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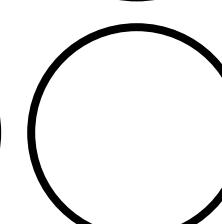
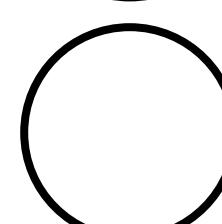
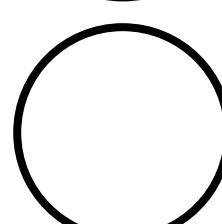
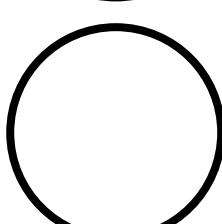
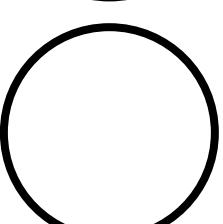
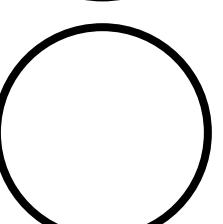
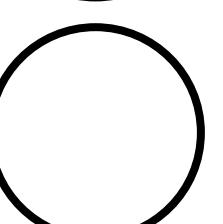
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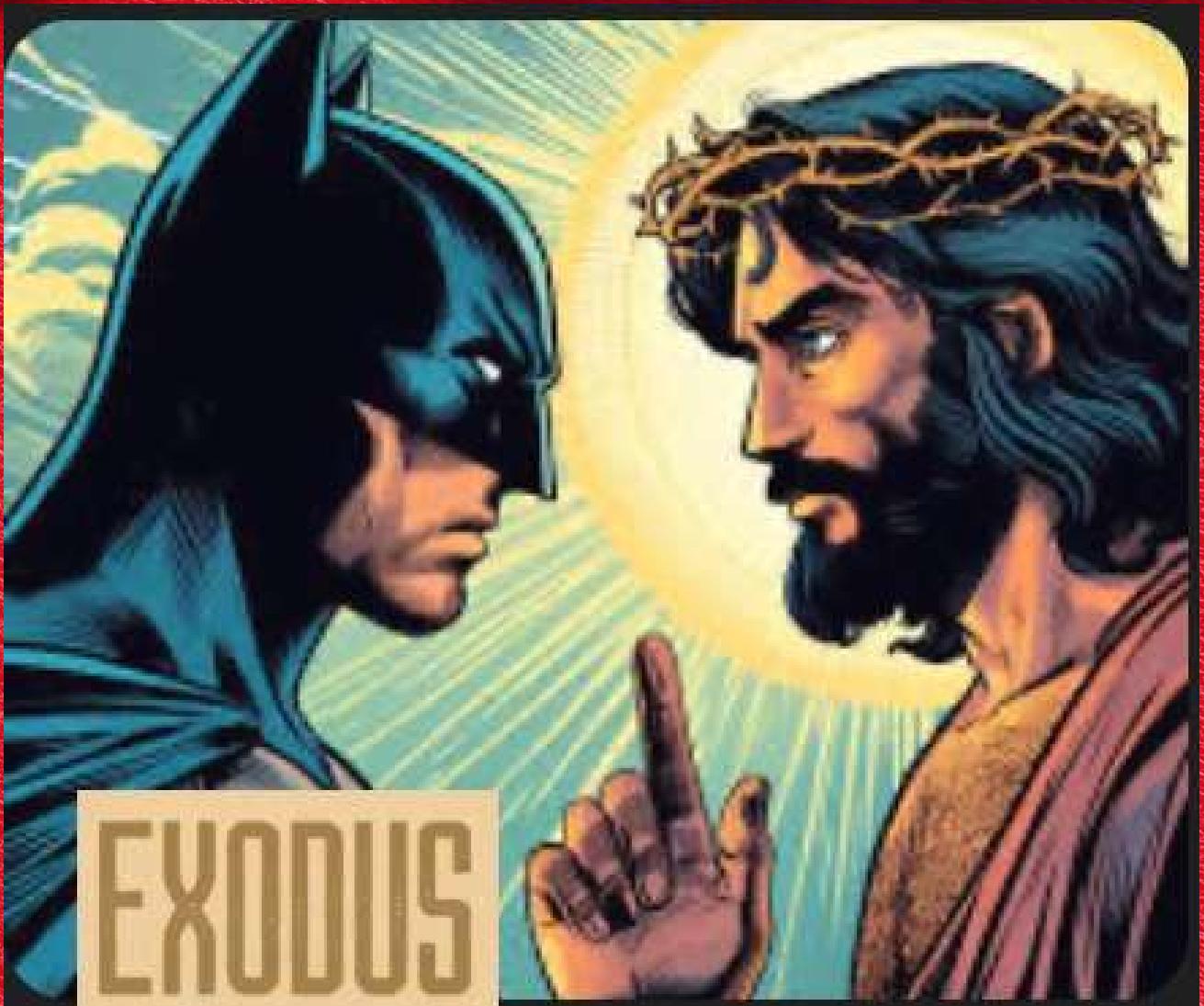


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

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Ma

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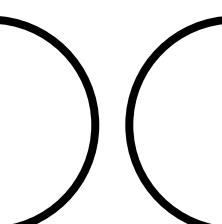
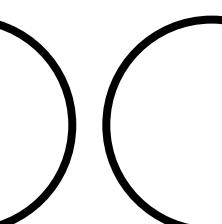
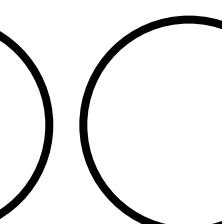
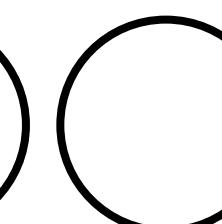
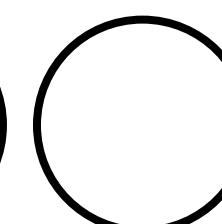
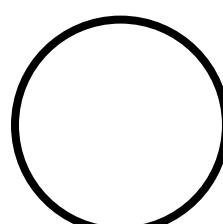
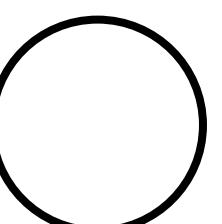
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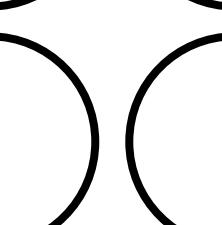
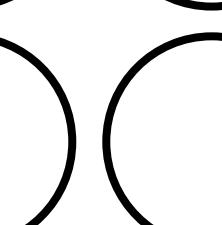
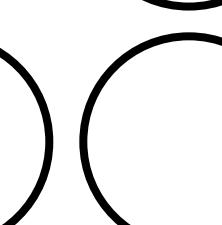
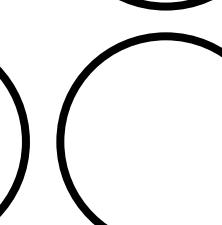
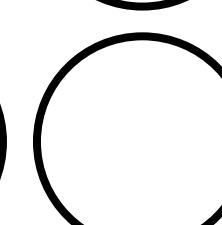
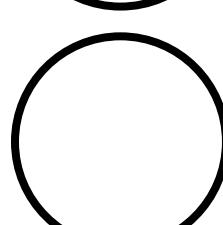
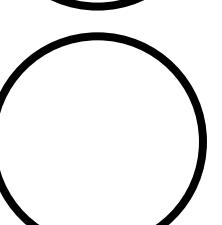
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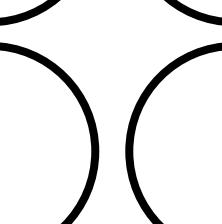
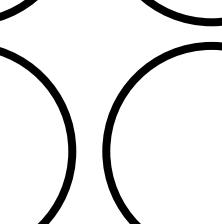
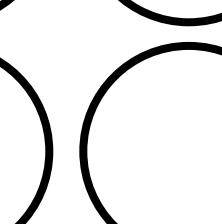
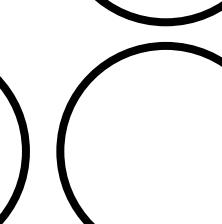
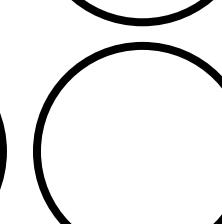
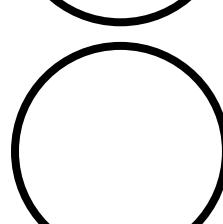
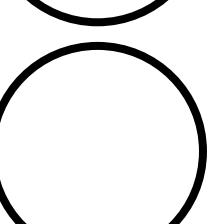
Lecture et méditation



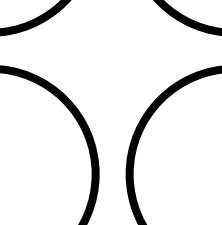
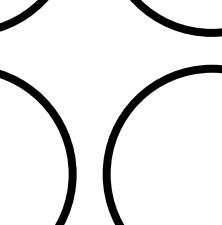
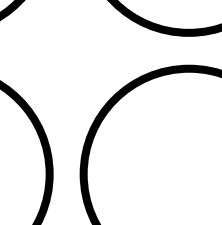
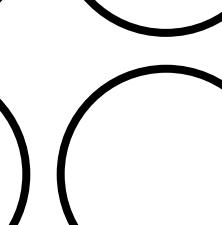
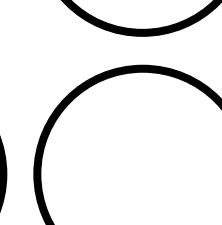
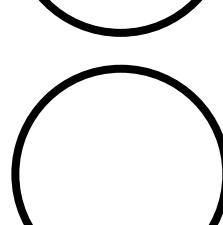
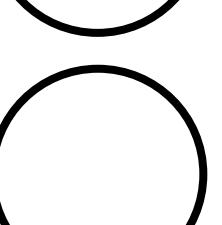
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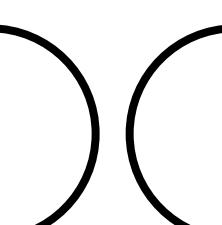
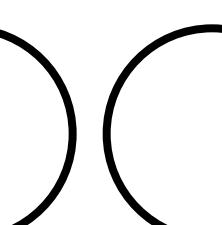
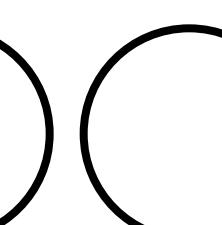
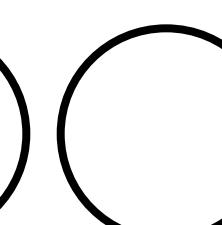
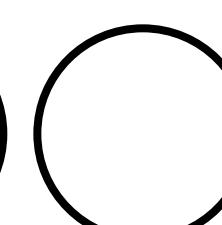
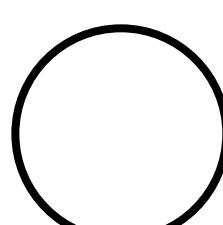
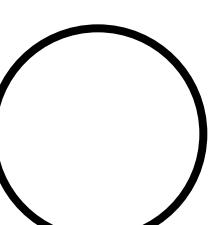
Examen de conscience



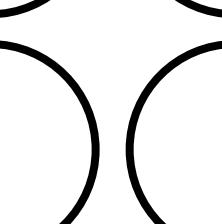
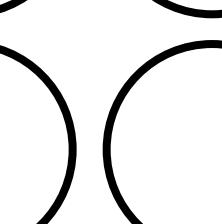
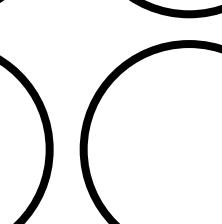
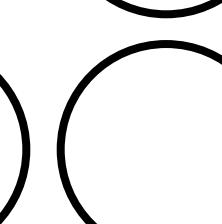
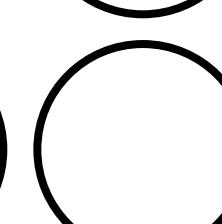
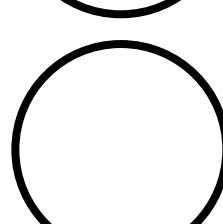
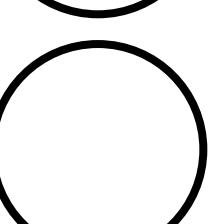
Douche froide



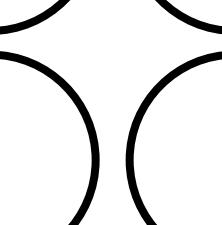
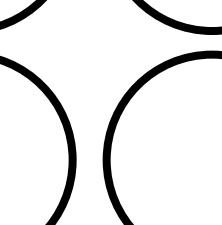
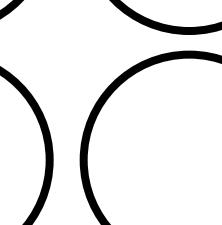
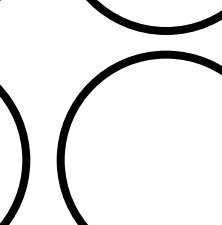
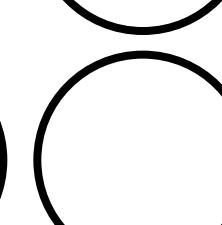
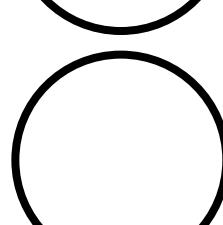
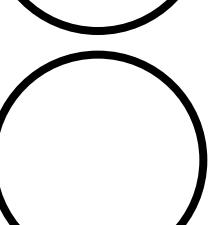
Exercice (3 x semaine)



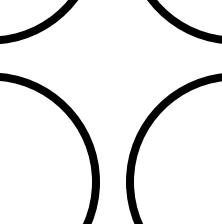
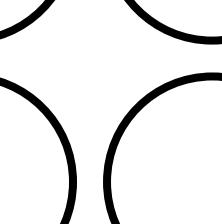
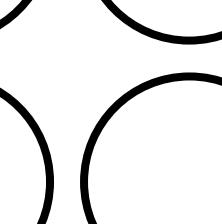
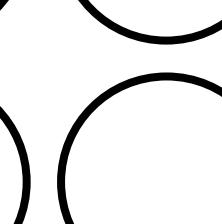
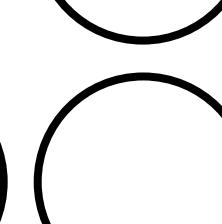
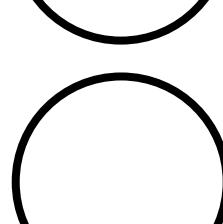
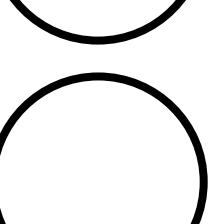
Nuit (+ de 7h de sommeil)



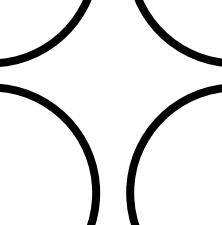
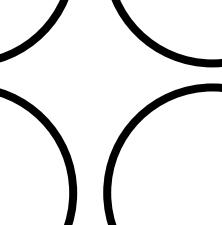
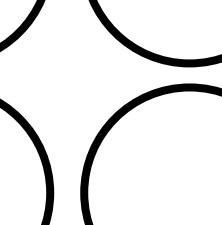
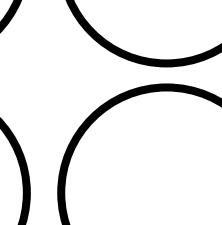
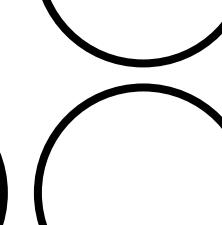
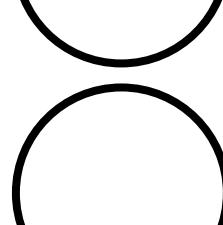
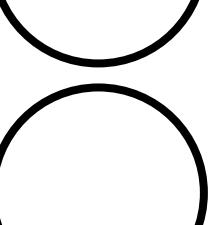
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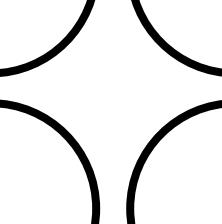
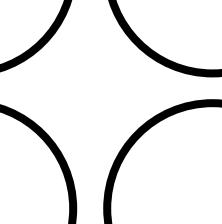
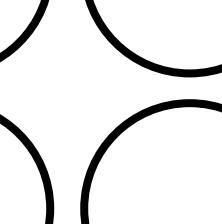
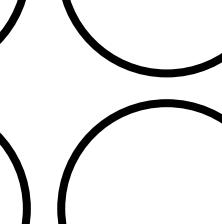
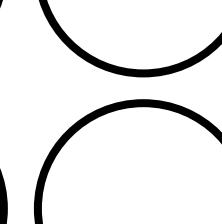
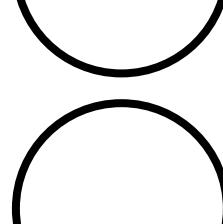
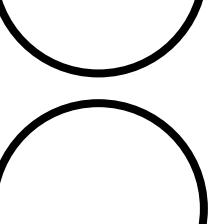
Abstention desserts et sucreries

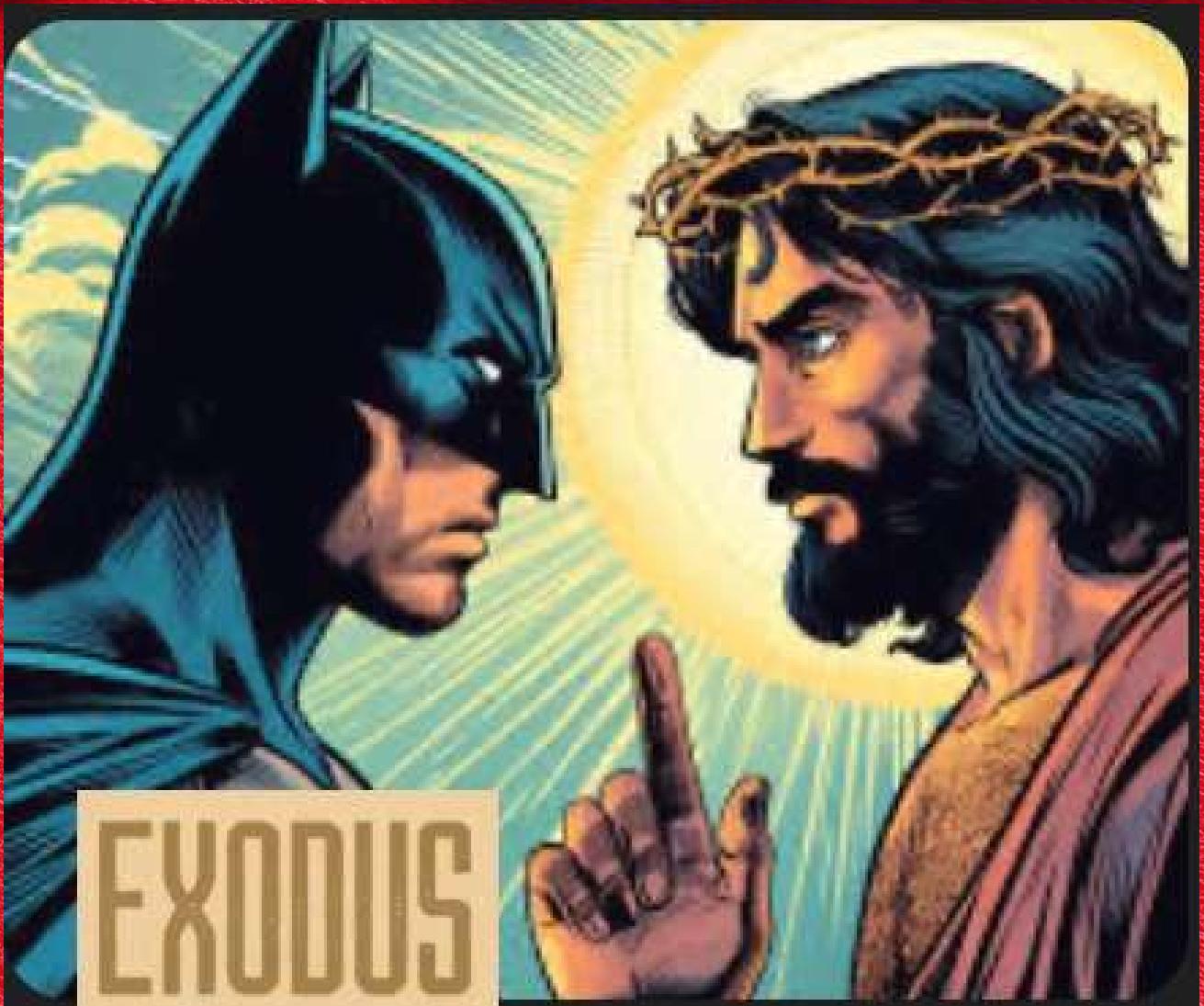


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

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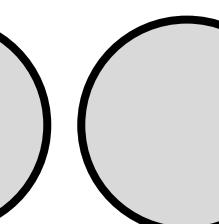
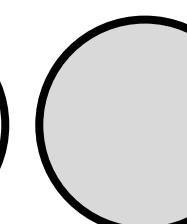
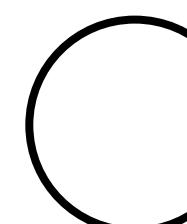
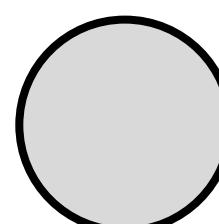
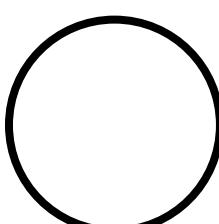
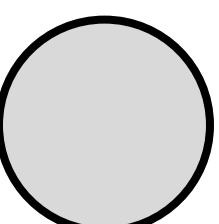
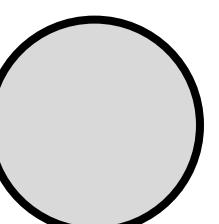
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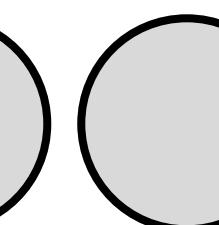
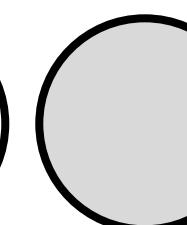
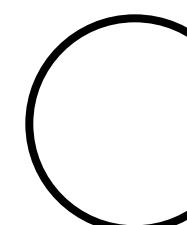
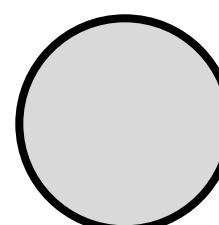
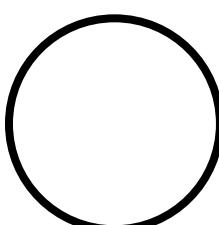
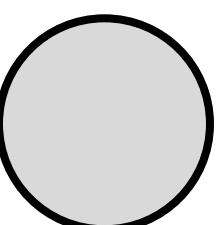
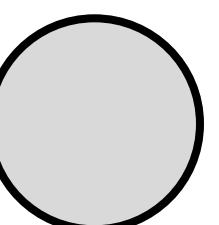
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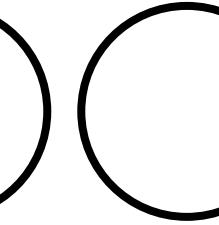
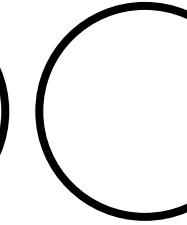
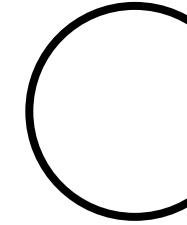
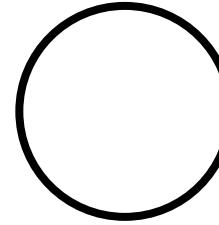
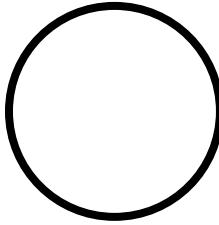
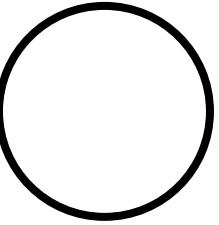
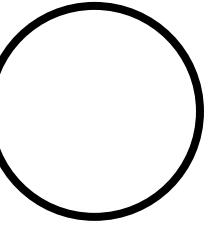
Jeûne (mercredi / vendredi)



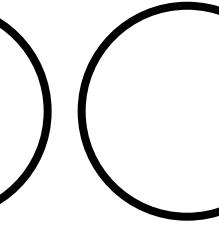
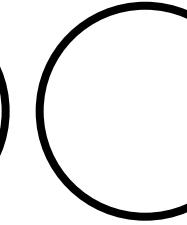
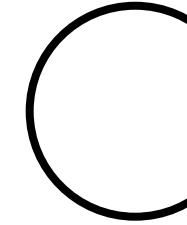
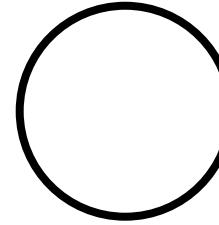
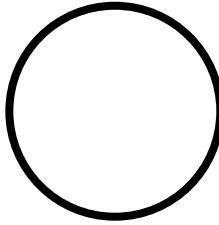
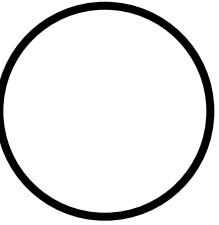
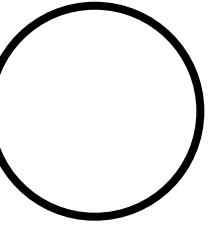
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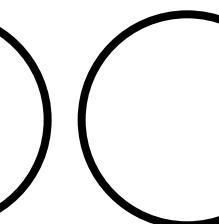
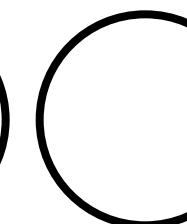
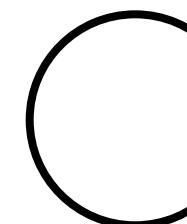
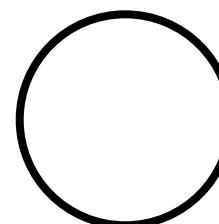
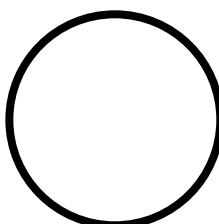
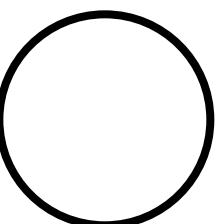
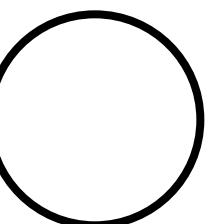
Abstention TV / Films



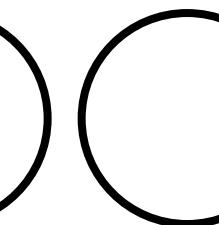
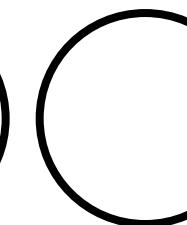
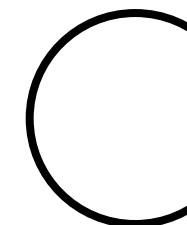
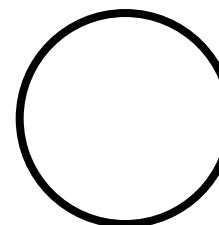
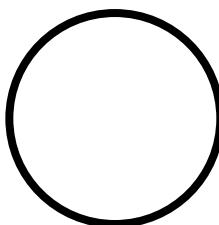
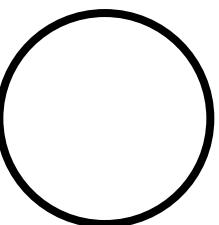
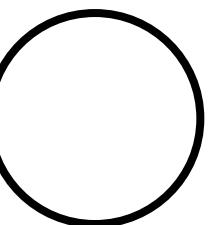
Abstention jeux vidéos



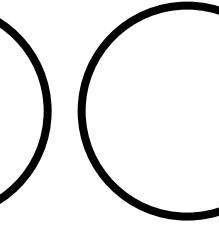
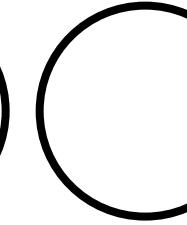
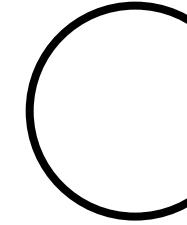
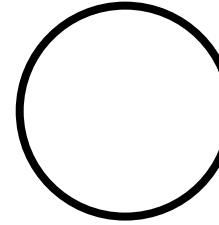
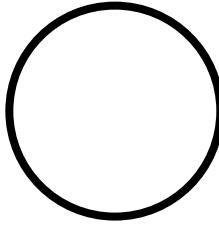
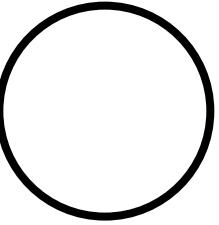
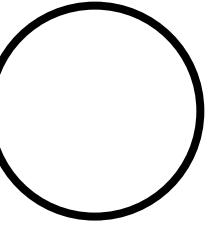
Abs. d'achats non essentiels



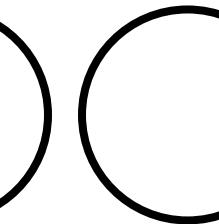
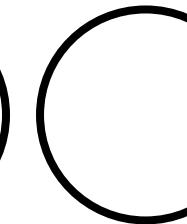
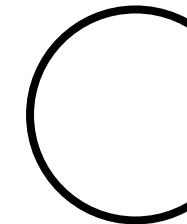
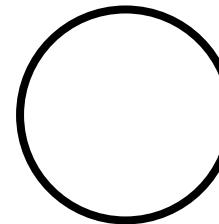
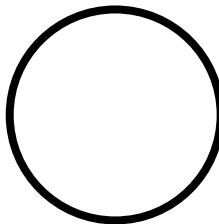
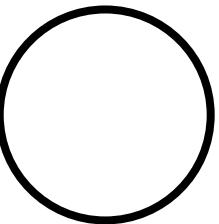
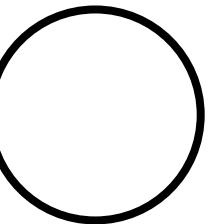
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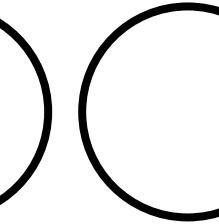
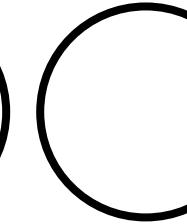
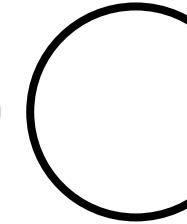
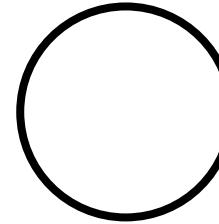
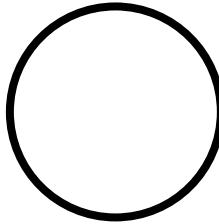
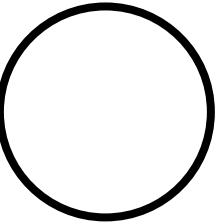
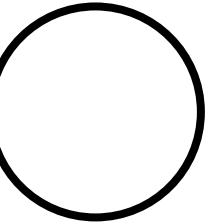
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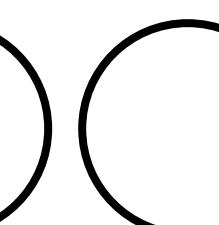
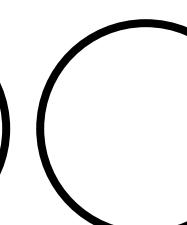
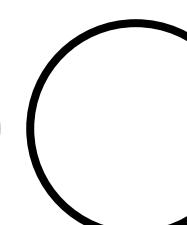
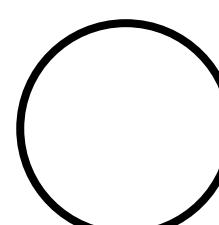
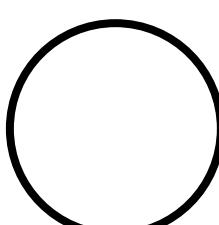
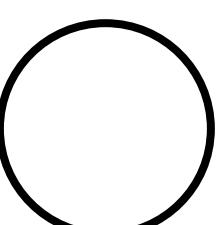
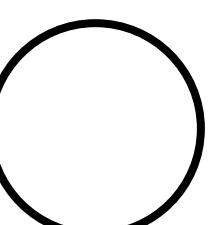
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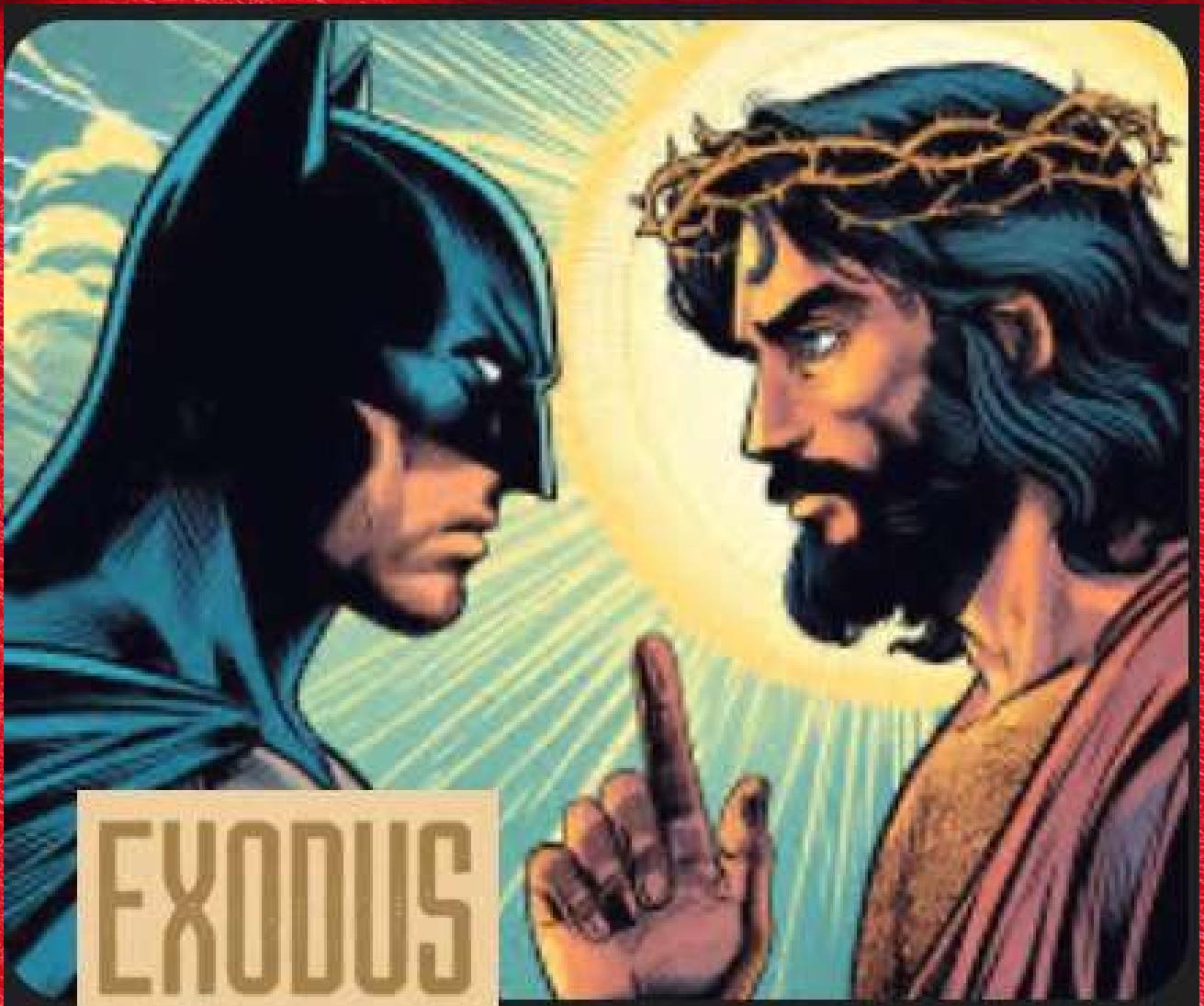


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

Me

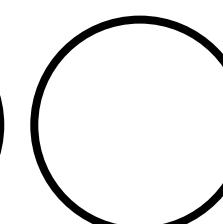
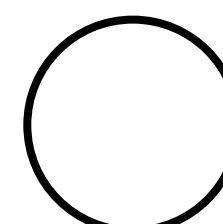
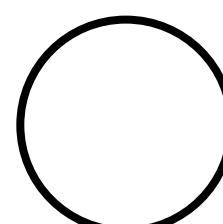
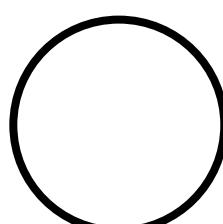
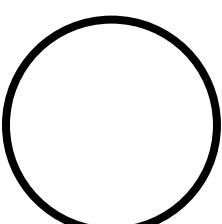
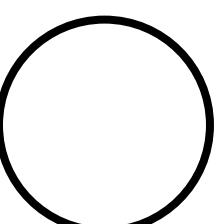
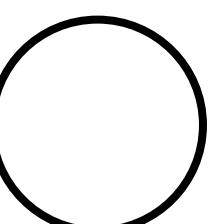
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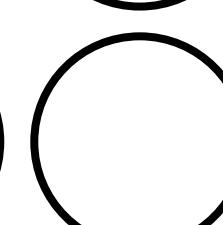
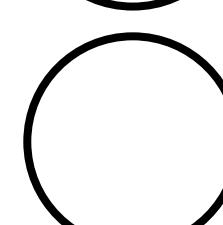
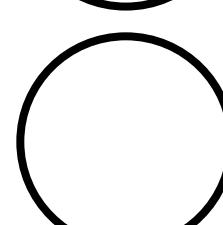
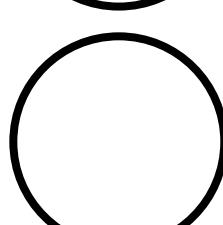
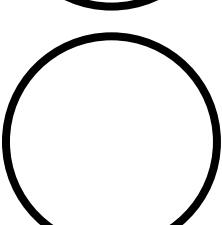
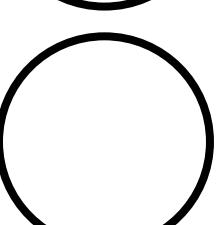
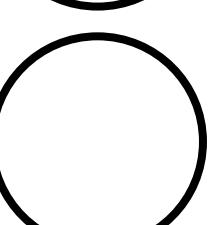
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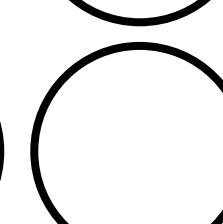
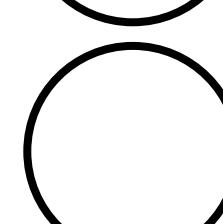
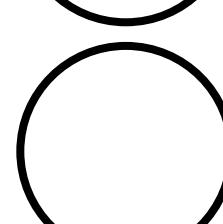
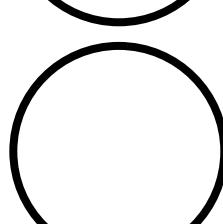
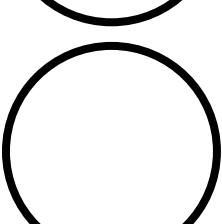
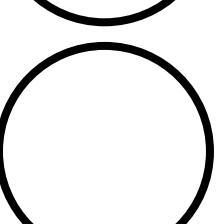
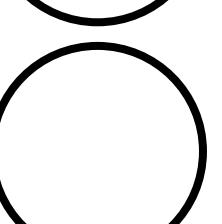
Lecture et méditation



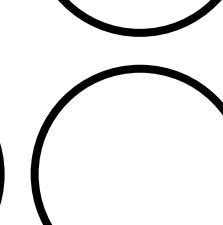
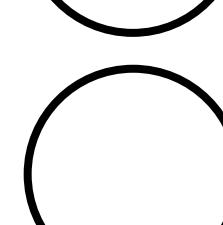
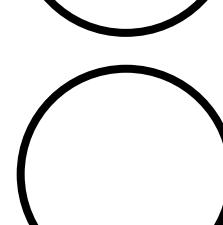
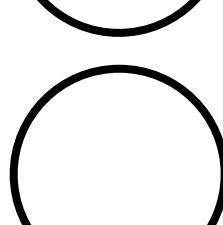
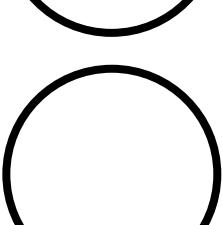
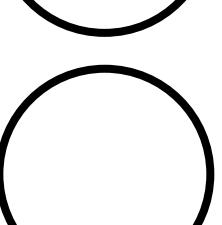
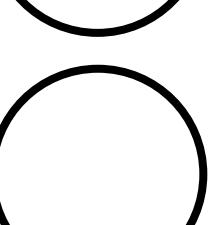
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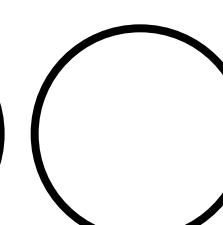
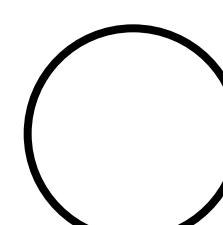
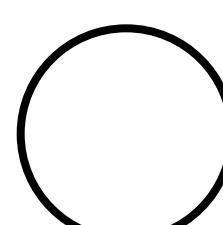
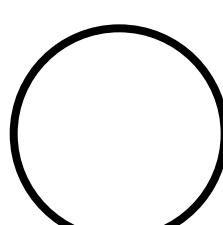
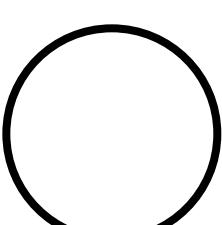
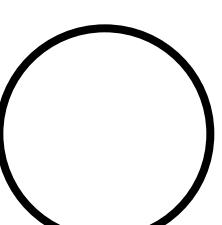
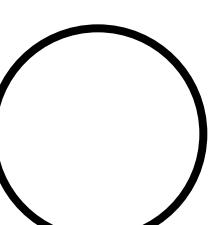
Examen de conscience



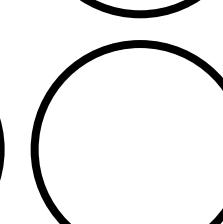
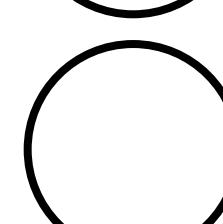
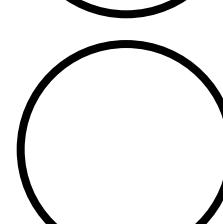
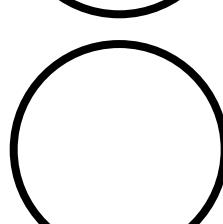
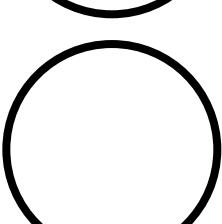
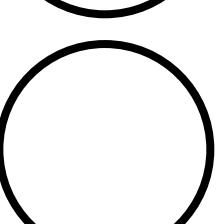
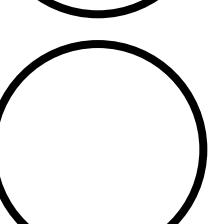
Douche froide



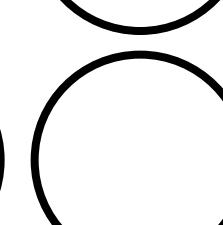
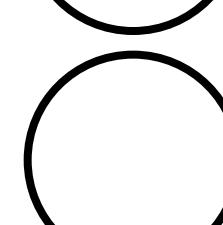
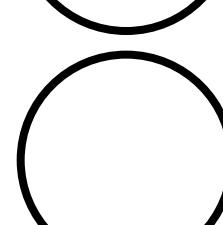
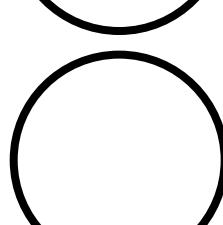
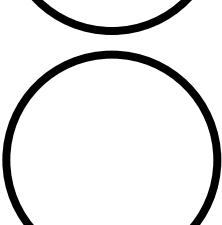
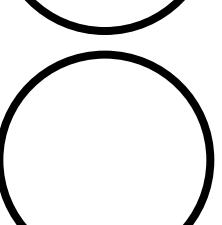
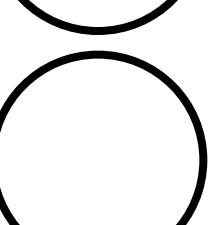
Exercice (3 x semaine)



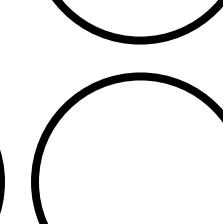
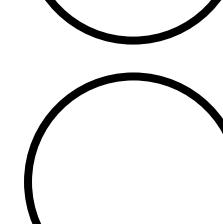
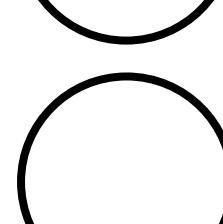
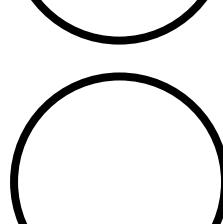
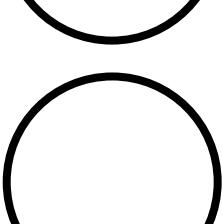
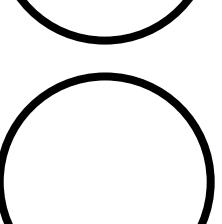
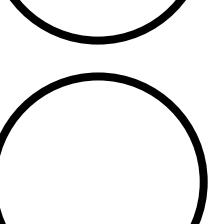
Nuit (+ de 7h de sommeil)



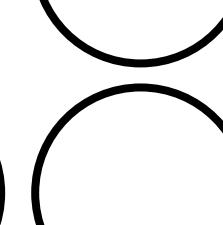
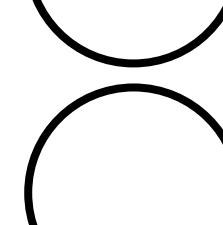
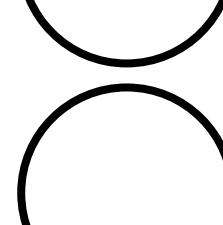
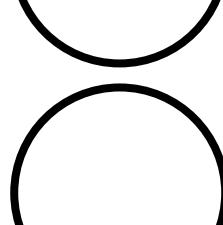
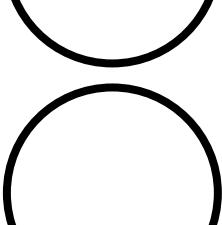
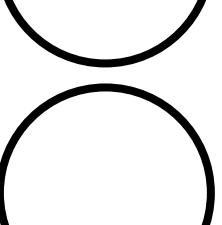
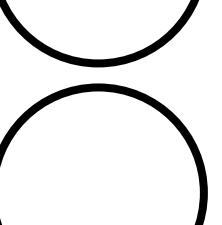
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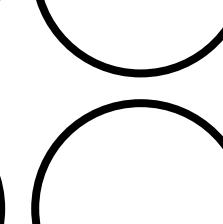
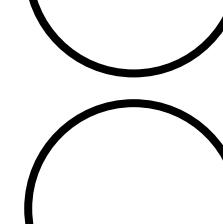
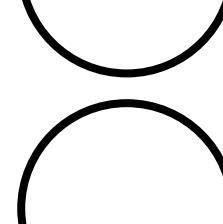
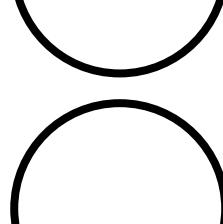
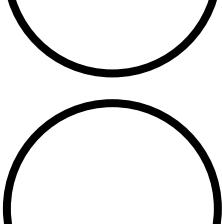
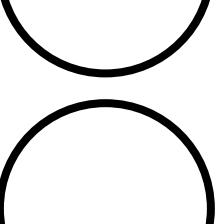
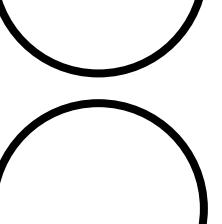
Abstention desserts et sucreries

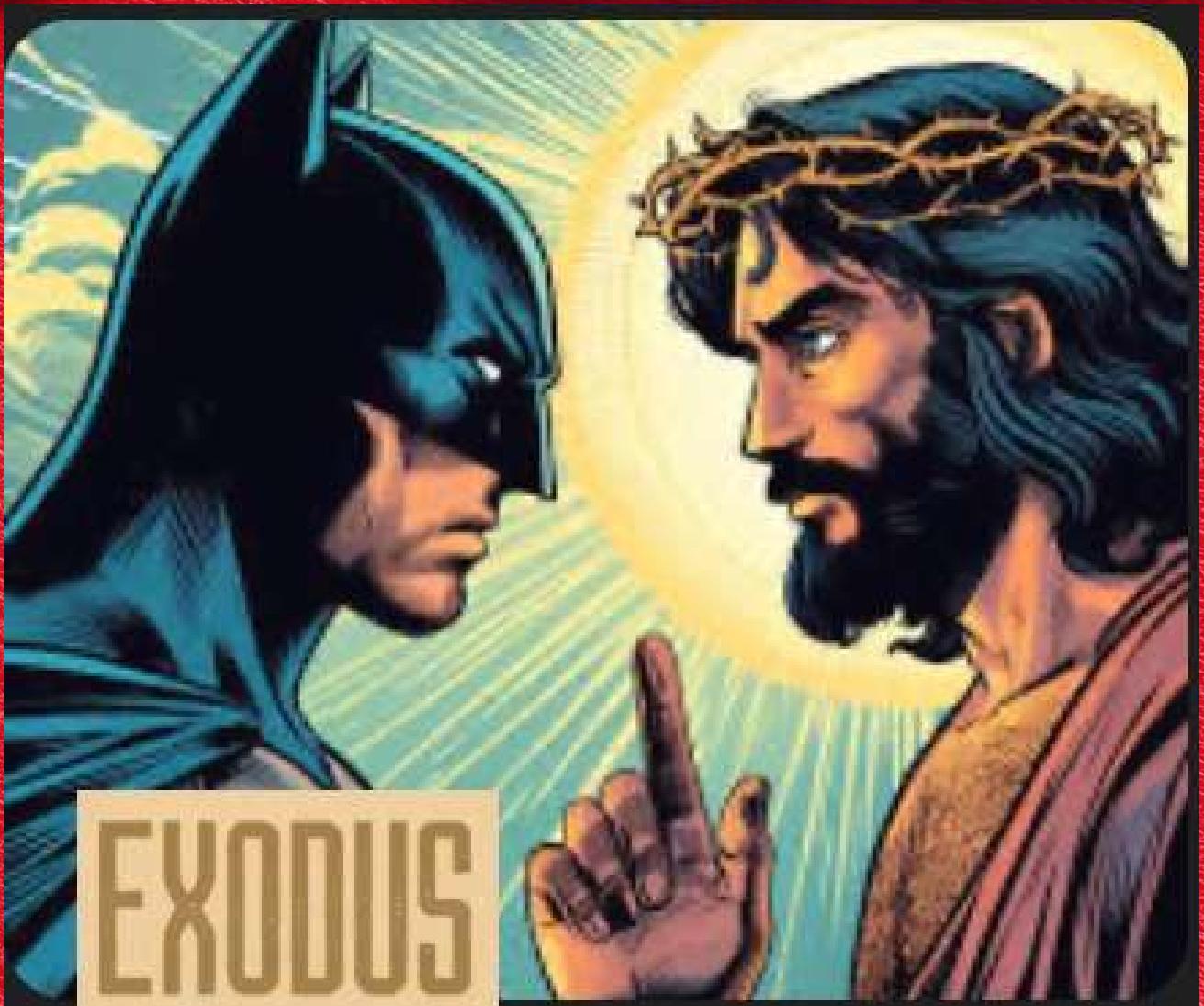


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

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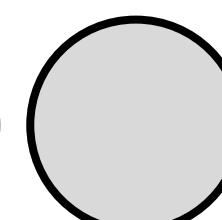
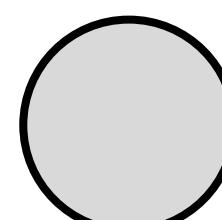
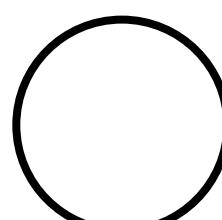
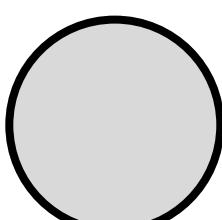
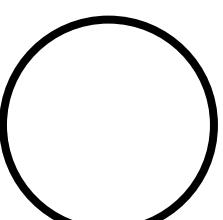
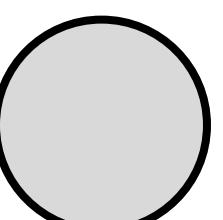
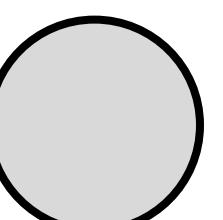
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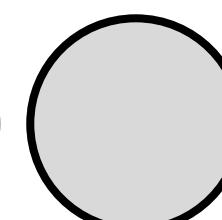
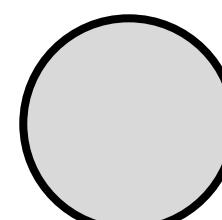
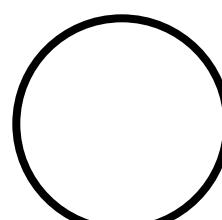
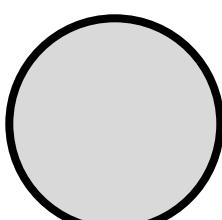
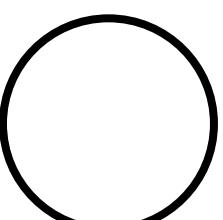
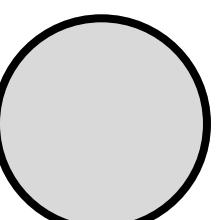
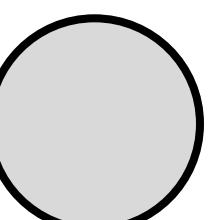
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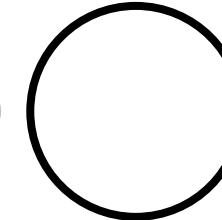
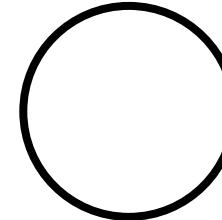
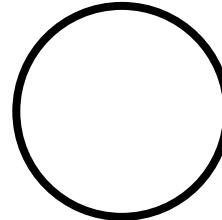
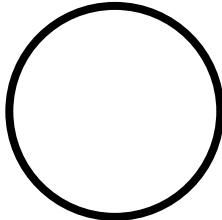
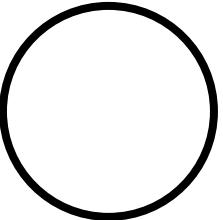
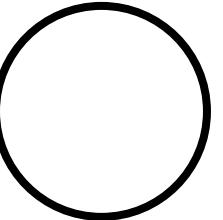
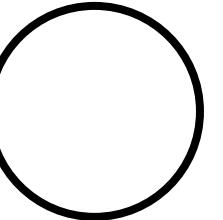
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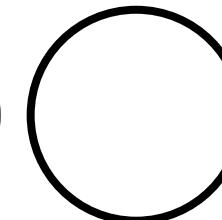
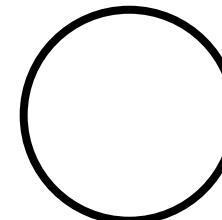
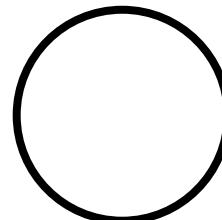
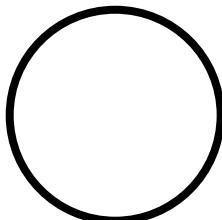
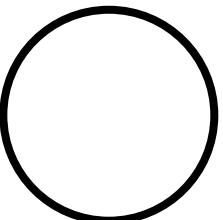
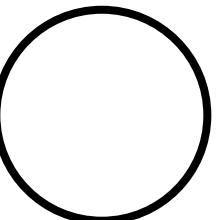
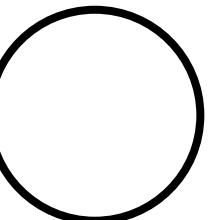
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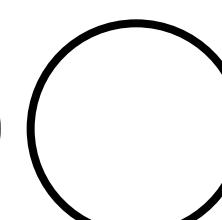
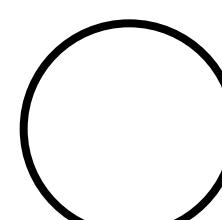
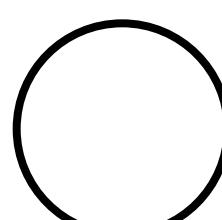
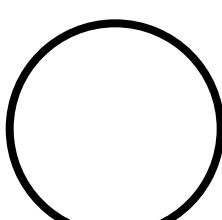
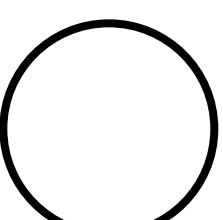
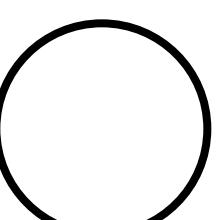
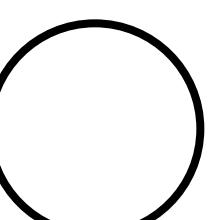
Abstention TV / Films



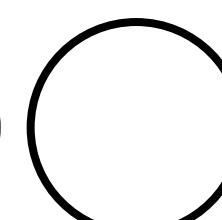
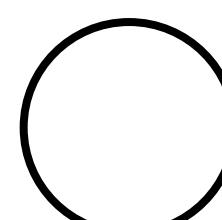
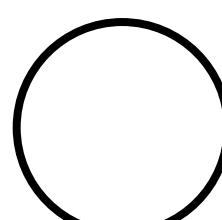
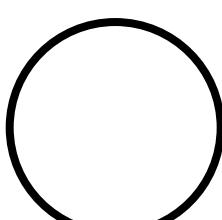
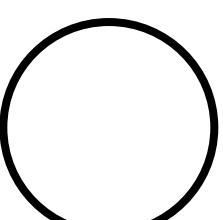
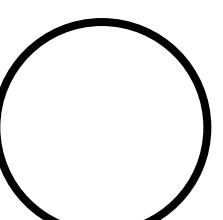
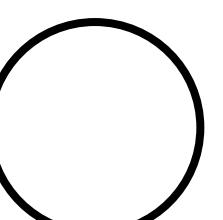
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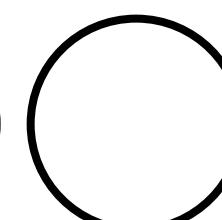
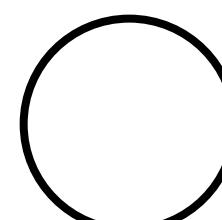
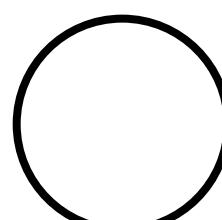
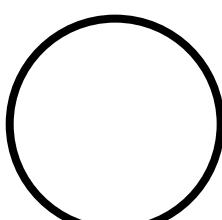
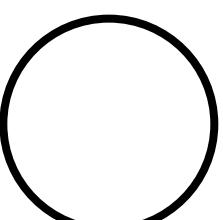
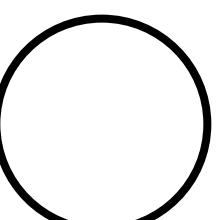
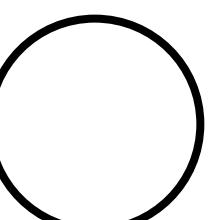
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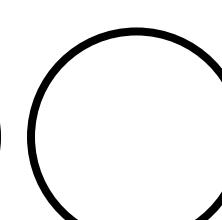
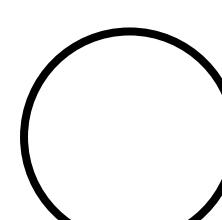
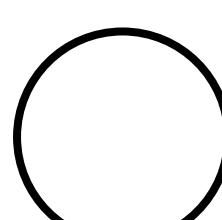
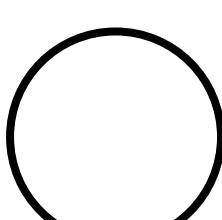
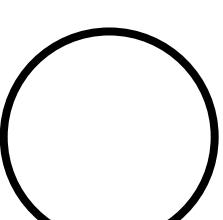
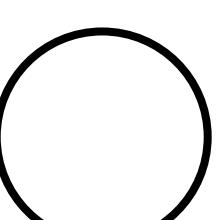
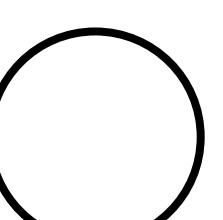
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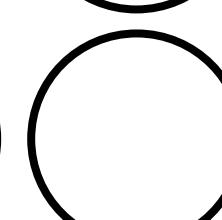
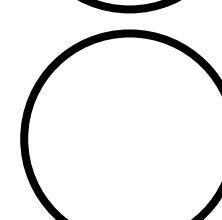
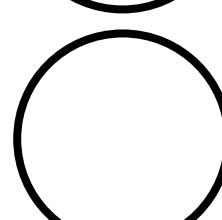
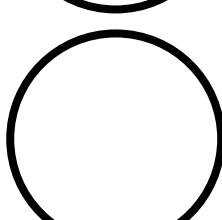
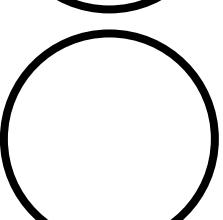
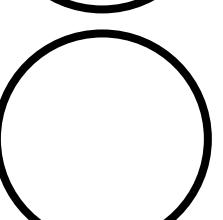
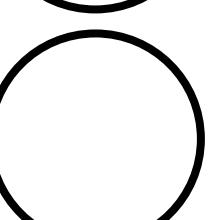
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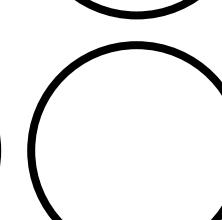
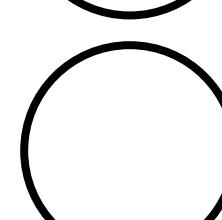
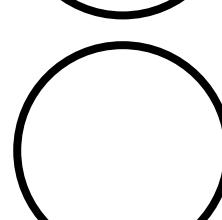
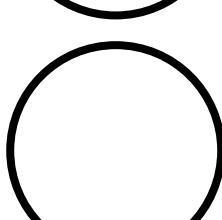
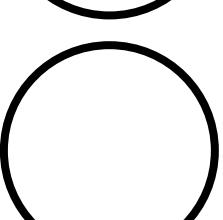
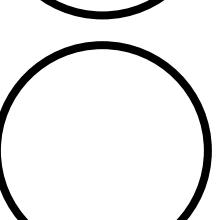
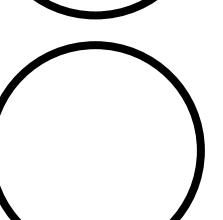
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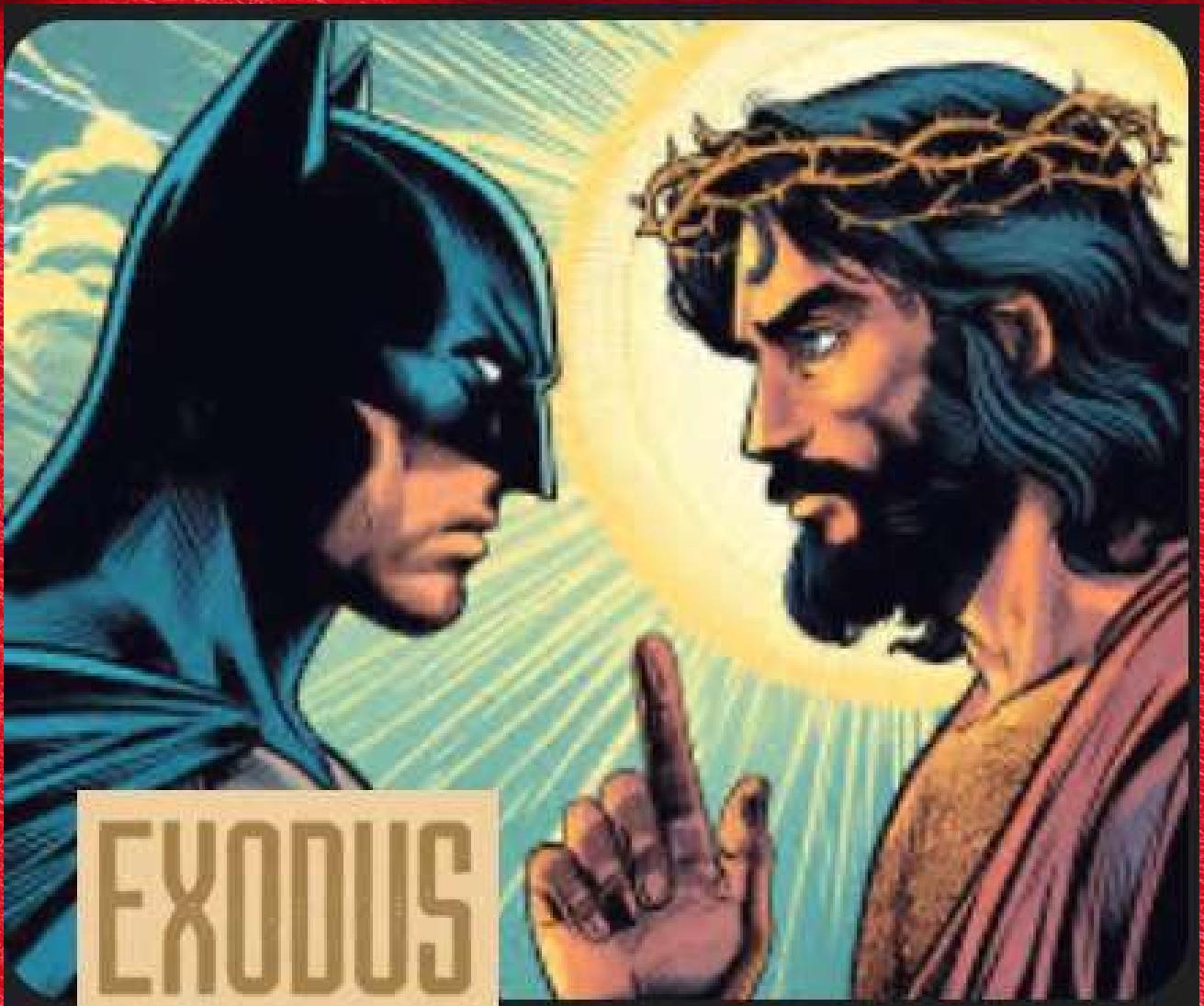


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

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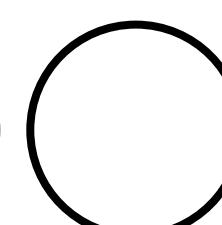
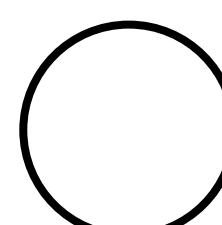
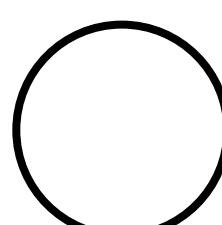
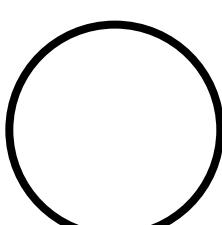
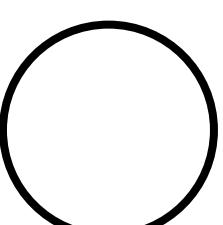
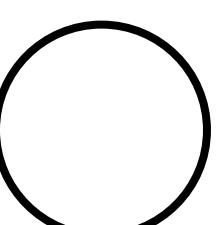
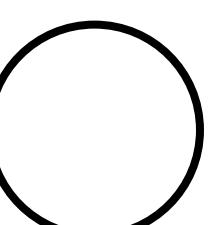
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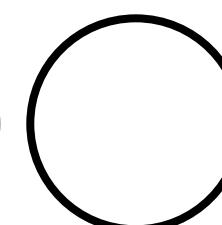
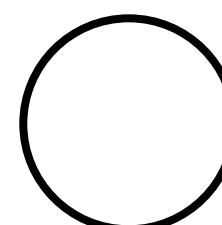
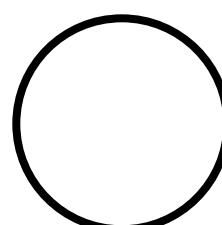
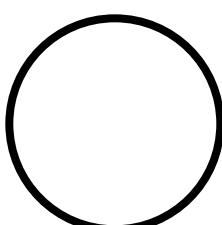
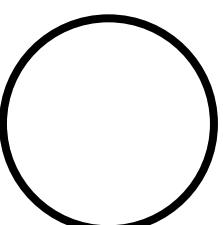
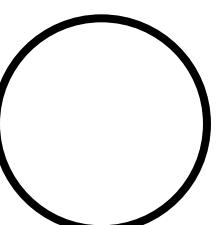
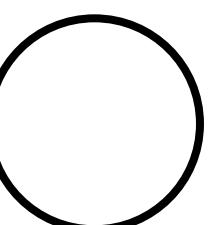
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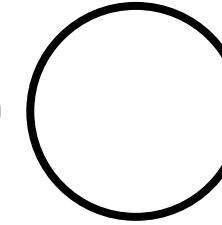
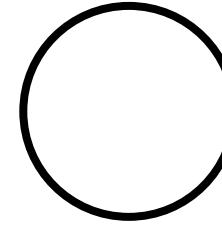
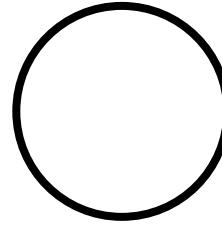
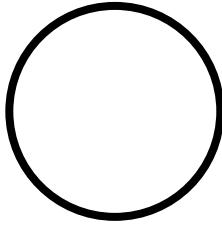
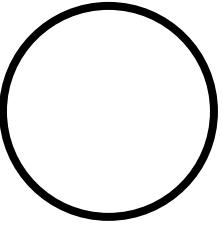
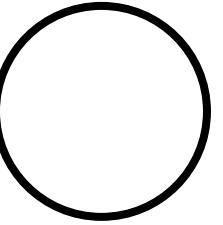
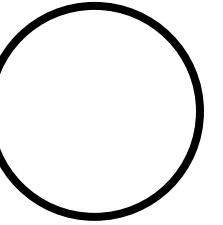
Lecture et méditation



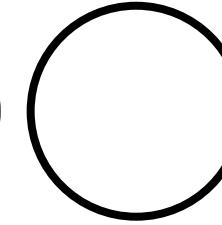
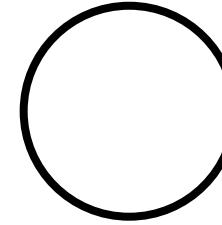
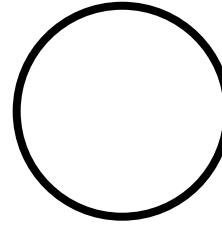
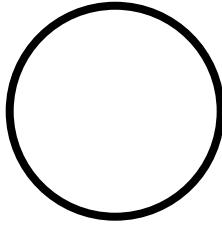
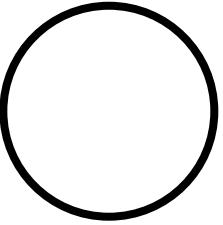
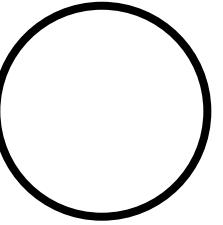
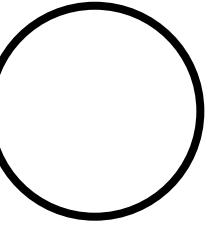
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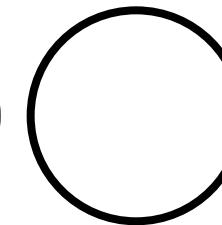
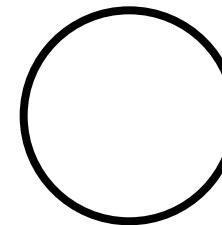
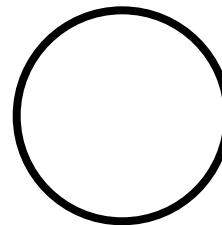
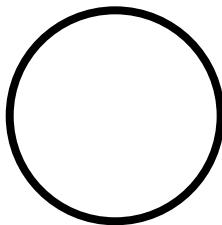
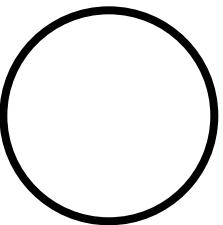
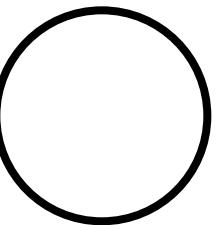
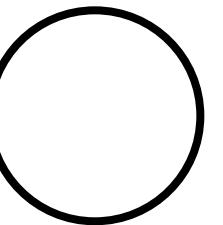
Examen de conscience



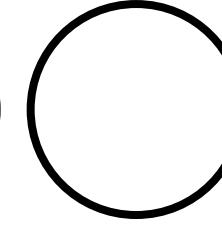
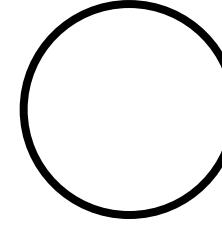
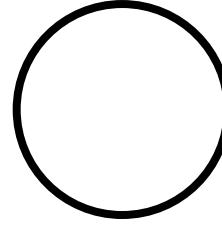
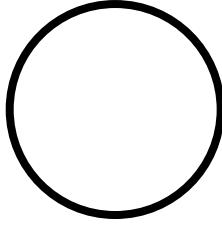
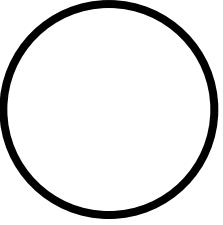
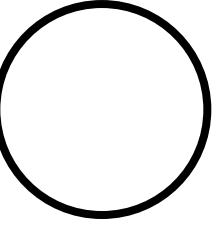
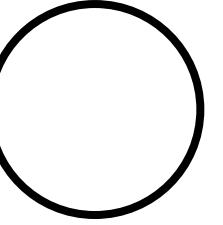
Douche froide



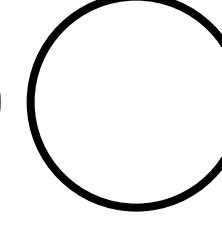
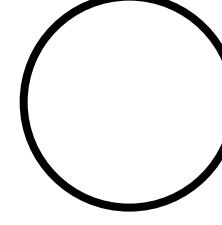
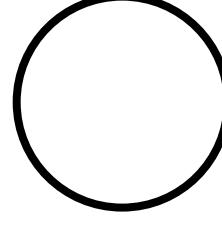
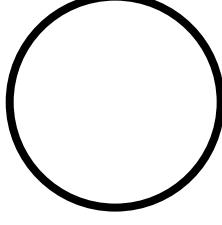
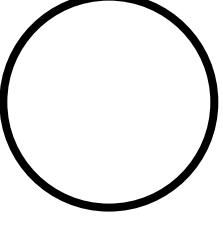
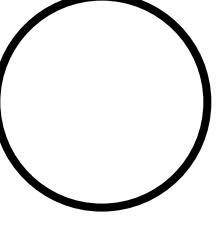
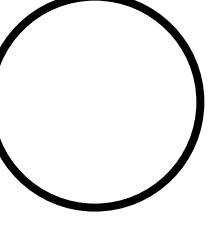
Exercice (3 x semaine)



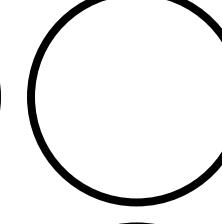
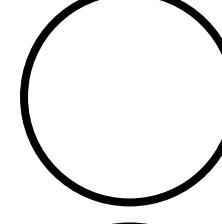
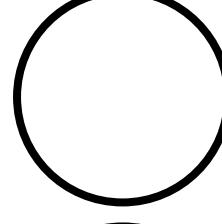
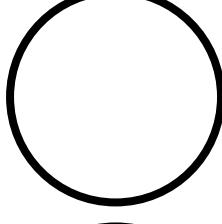
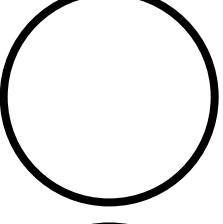
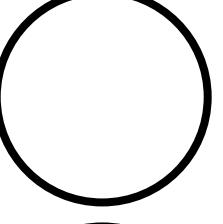
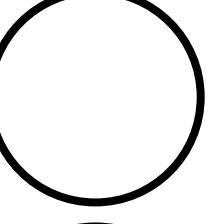
Nuit (+ de 7h de sommeil)



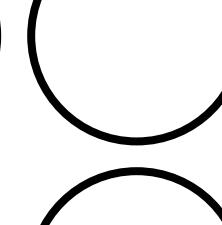
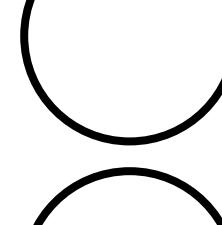
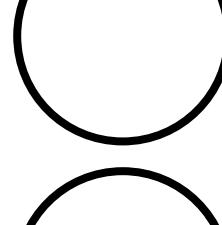
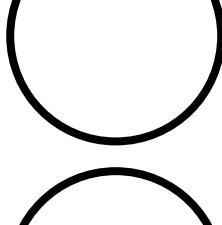
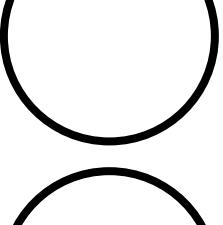
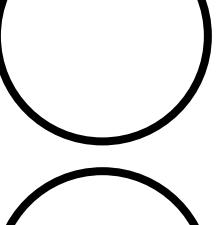
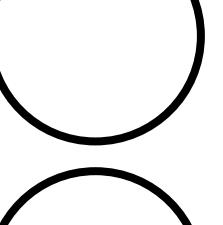
Abstention d'alcool



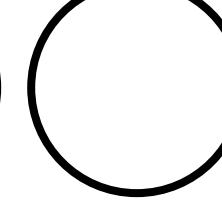
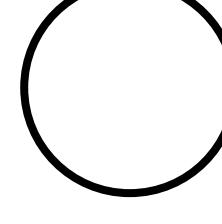
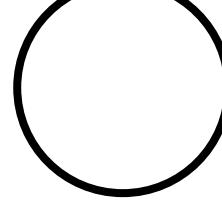
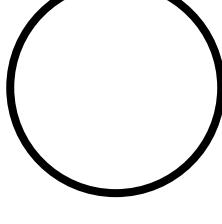
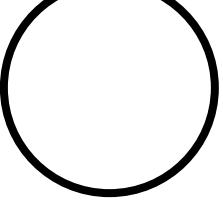
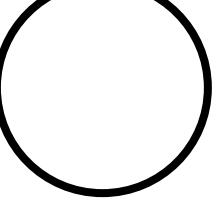
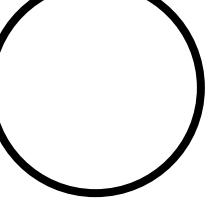
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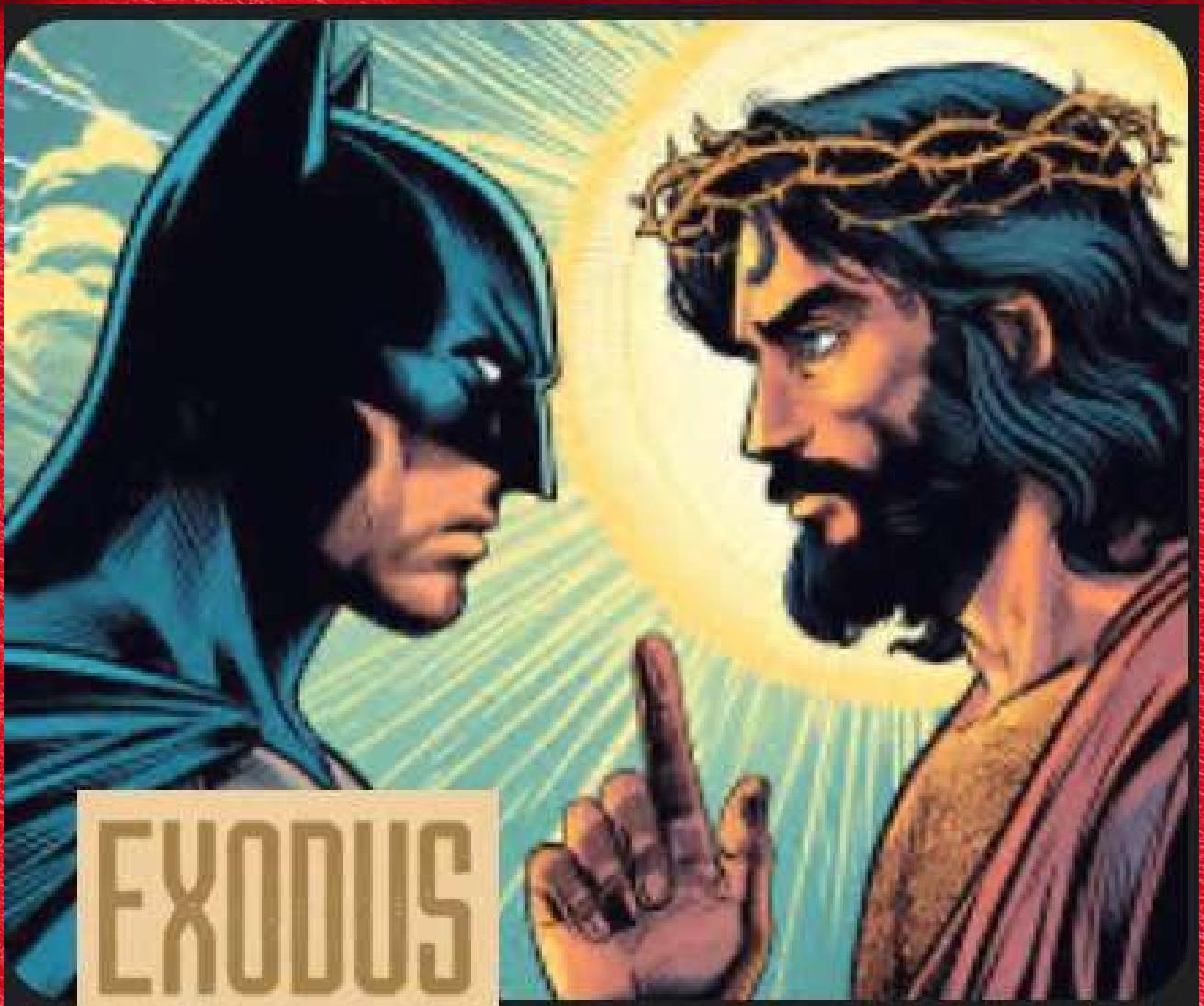


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

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Ma

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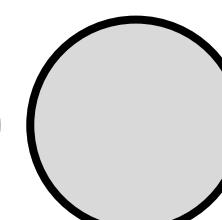
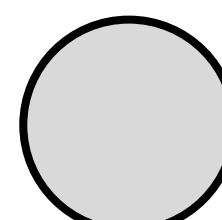
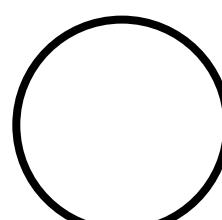
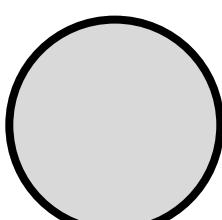
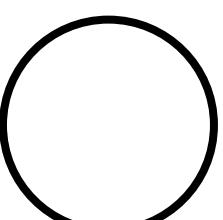
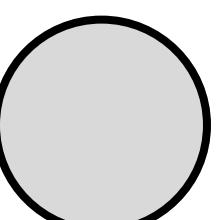
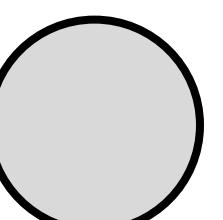
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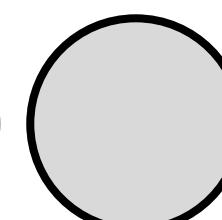
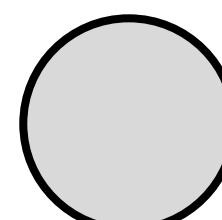
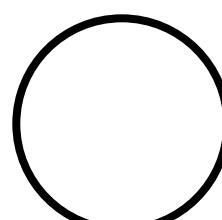
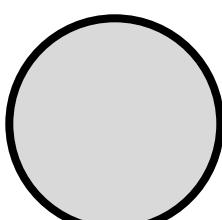
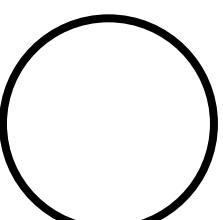
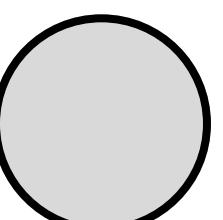
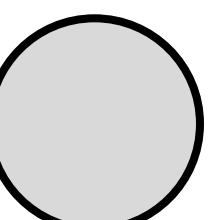
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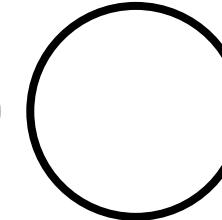
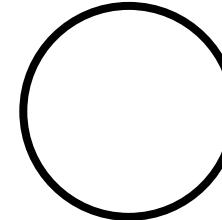
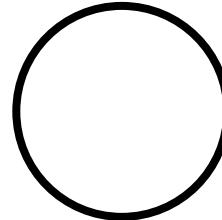
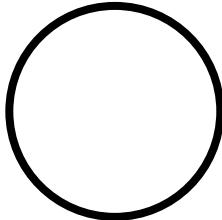
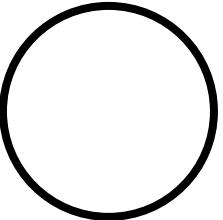
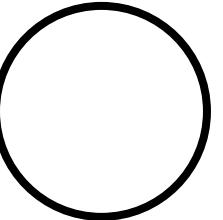
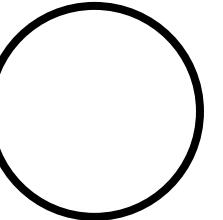
Jeûne (mercredi / vendredi)



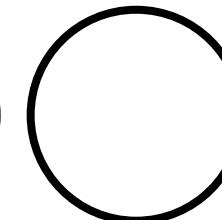
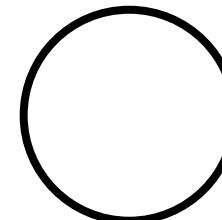
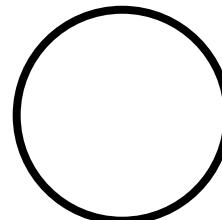
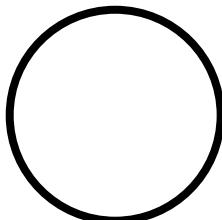
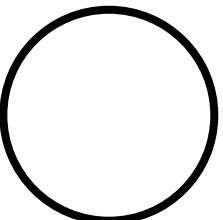
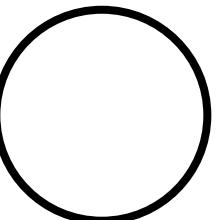
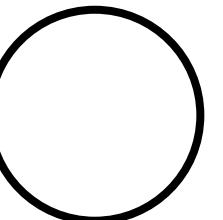
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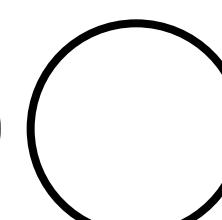
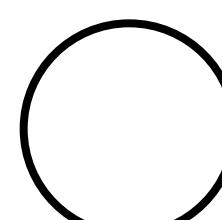
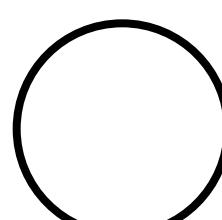
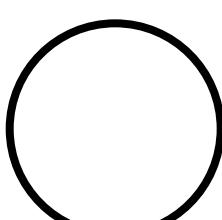
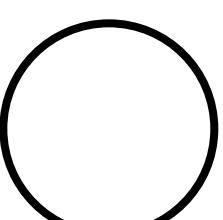
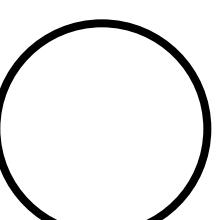
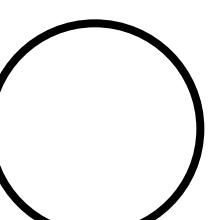
Abstention TV / Films



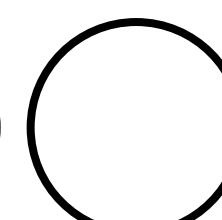
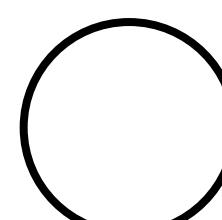
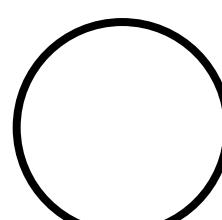
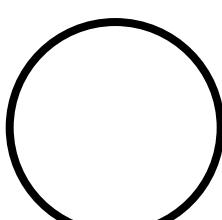
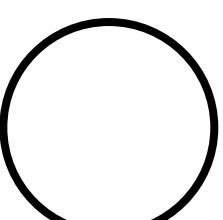
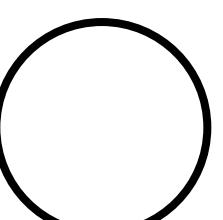
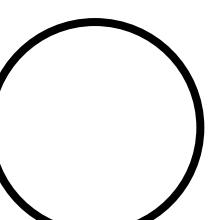
Abstention jeux vidéos



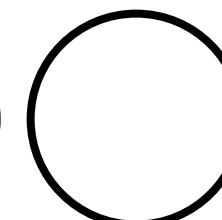
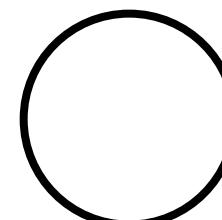
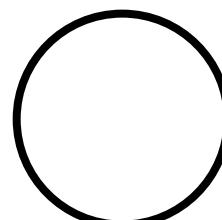
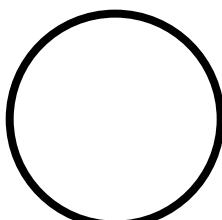
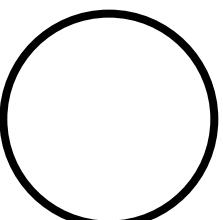
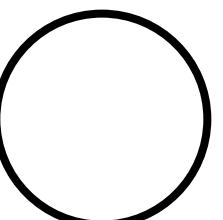
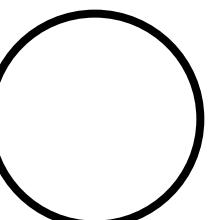
Abs. d'achats non essentiels



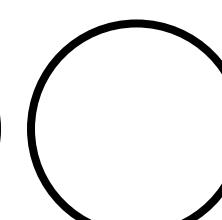
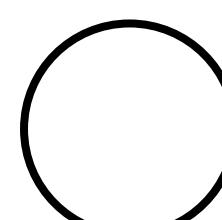
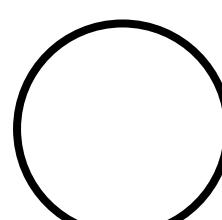
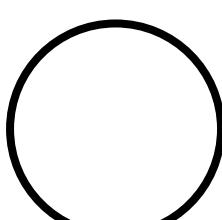
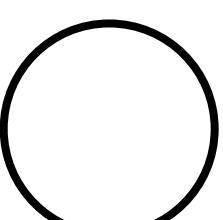
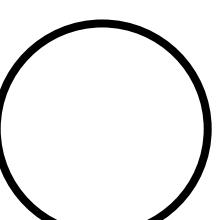
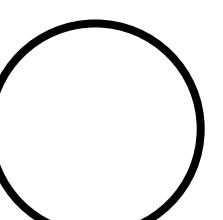
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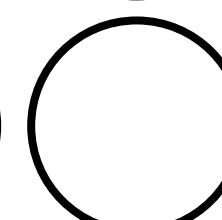
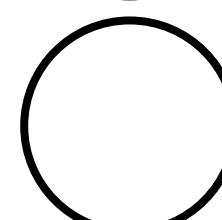
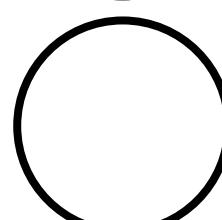
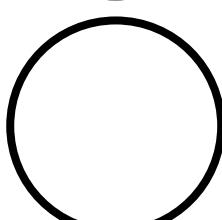
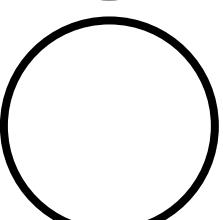
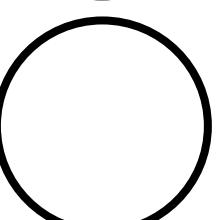
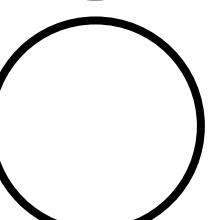
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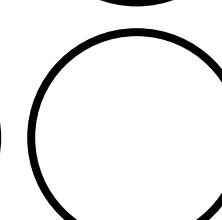
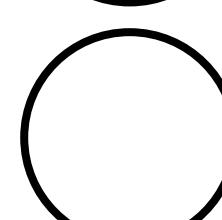
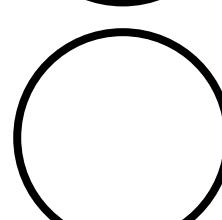
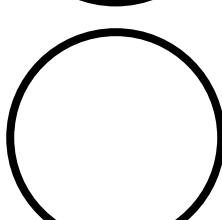
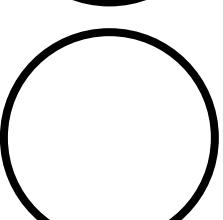
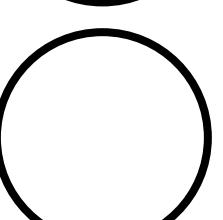
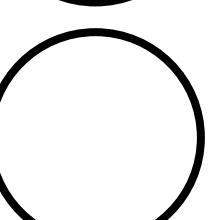
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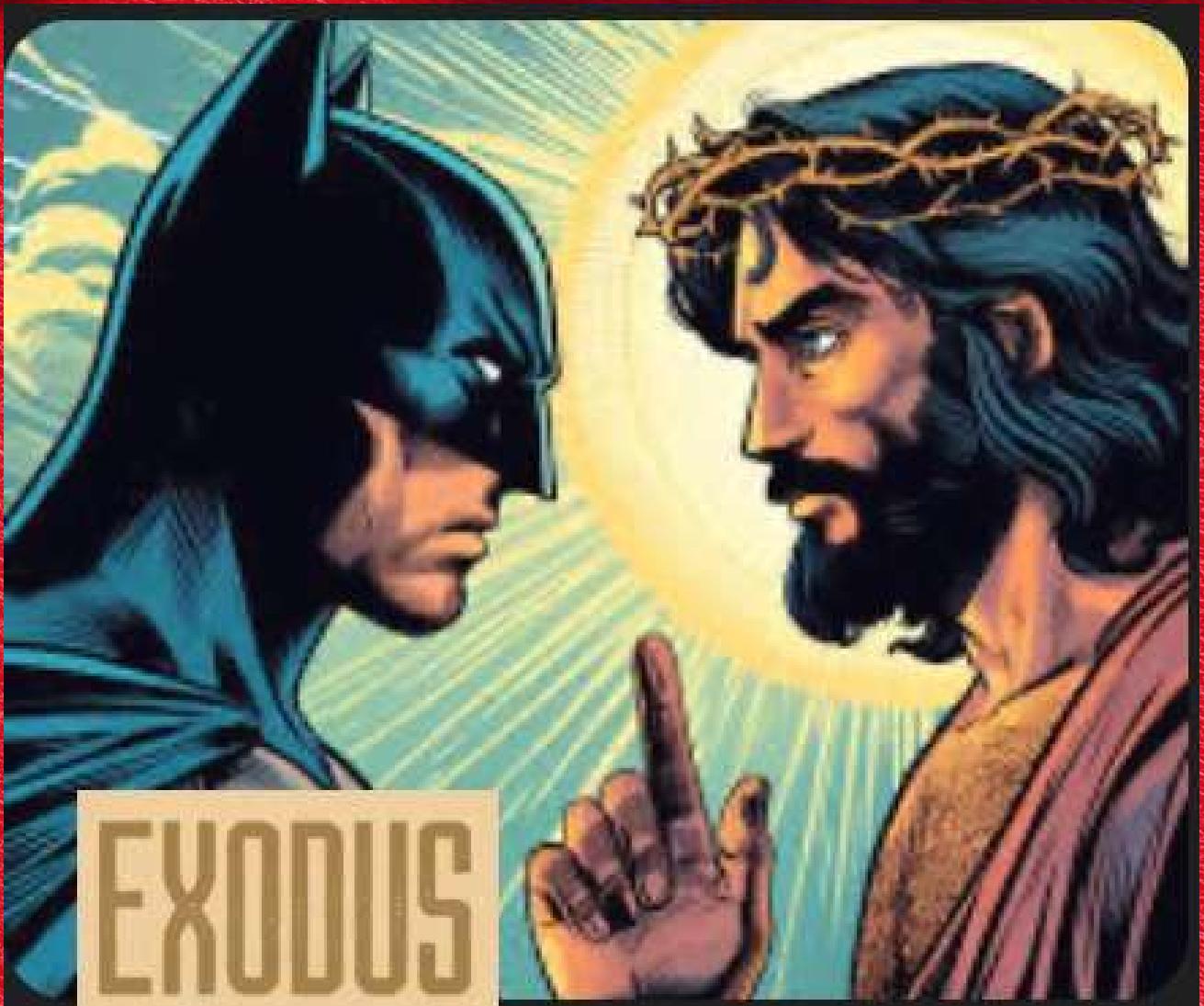


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

Me

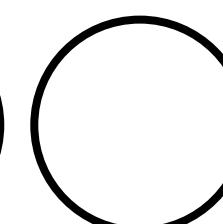
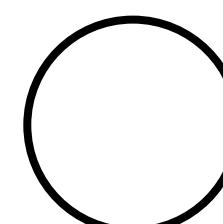
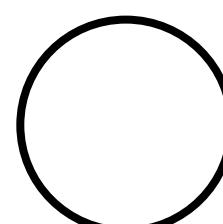
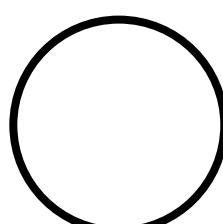
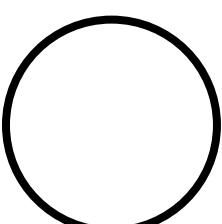
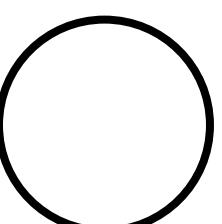
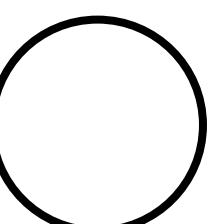
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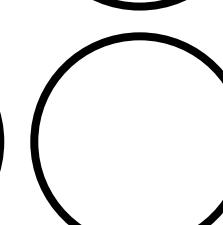
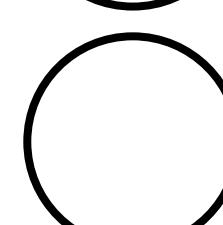
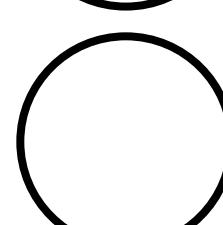
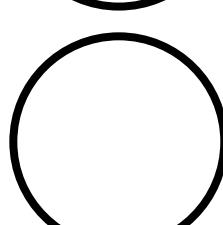
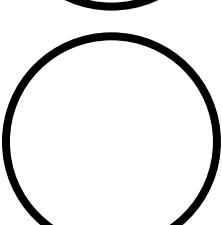
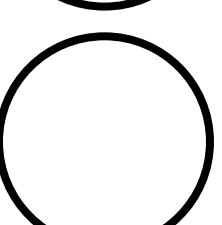
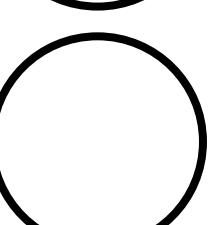
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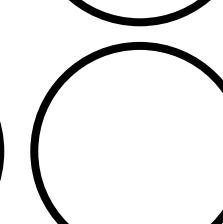
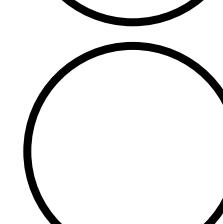
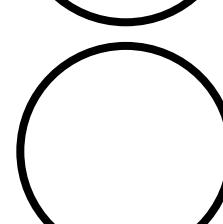
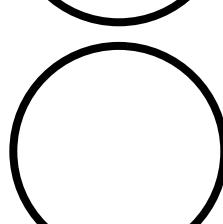
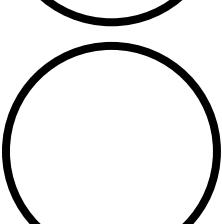
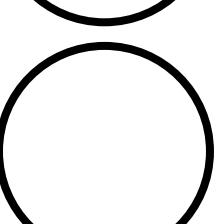
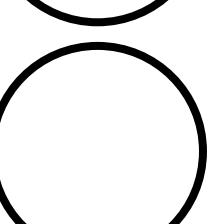
Lecture et méditation



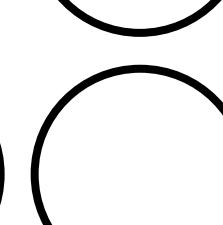
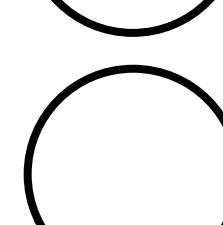
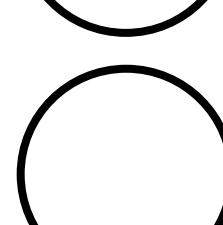
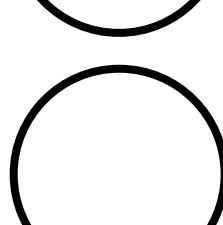
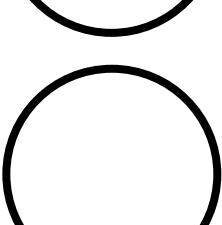
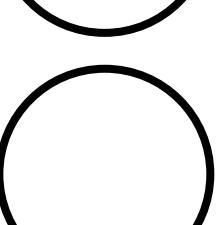
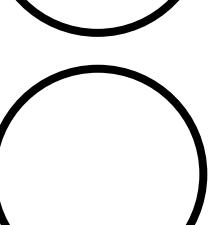
Heure sainte



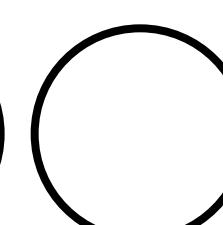
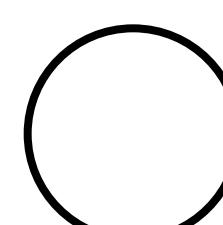
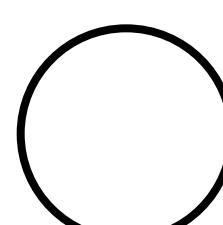
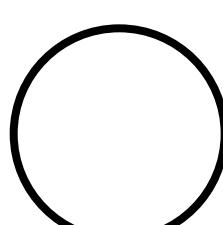
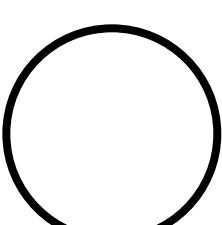
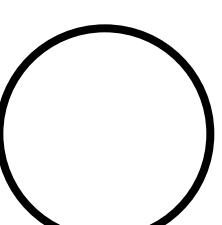
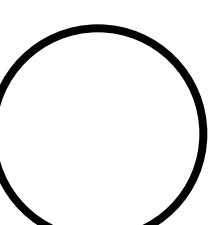
Examen de conscience



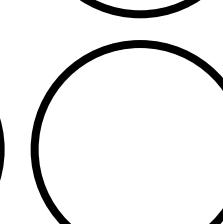
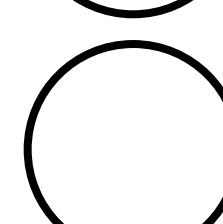
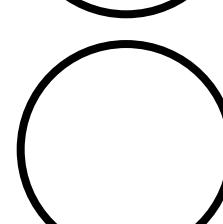
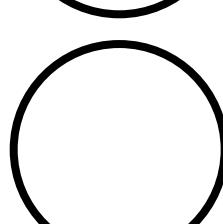
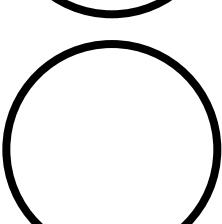
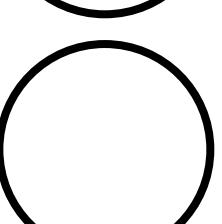
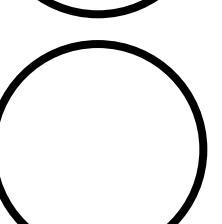
Douche froide



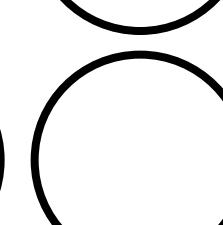
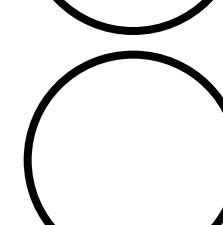
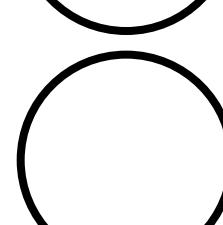
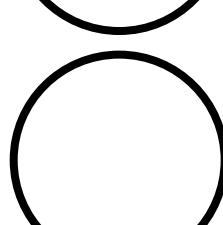
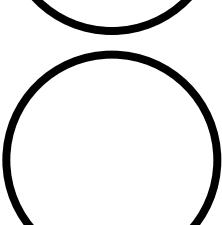
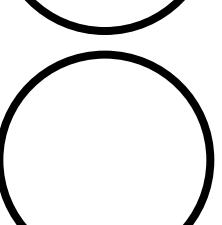
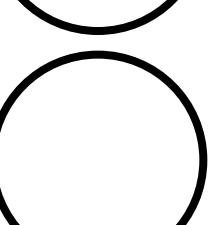
Exercice (3 x semaine)



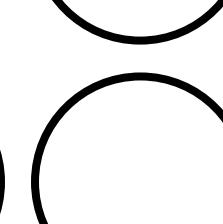
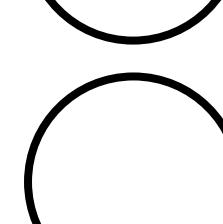
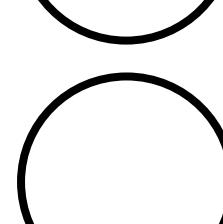
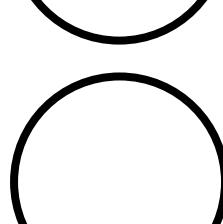
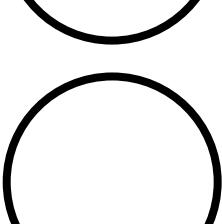
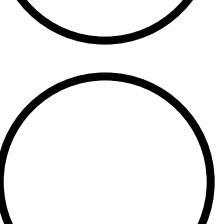
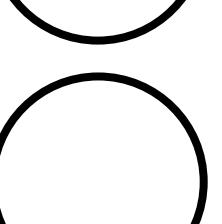
Nuit (+ de 7h de sommeil)



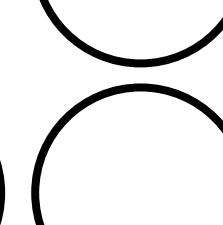
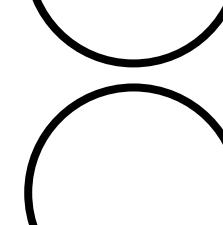
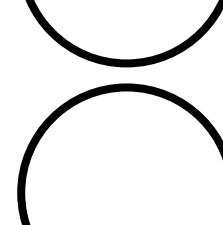
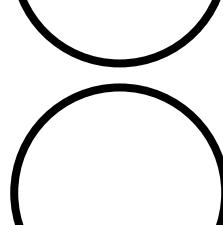
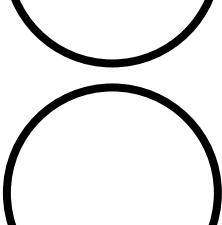
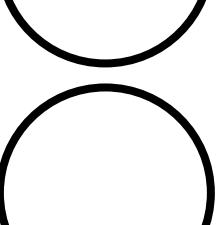
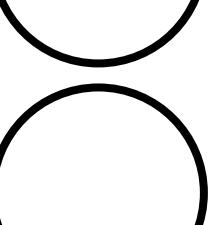
Abstention d'alcool



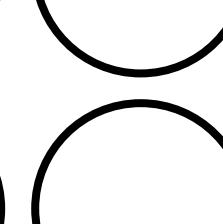
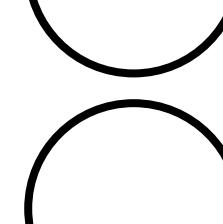
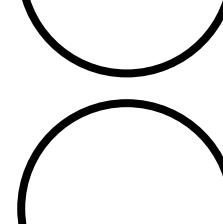
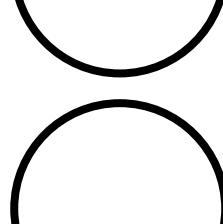
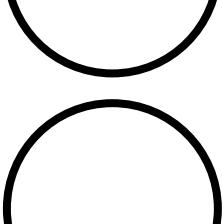
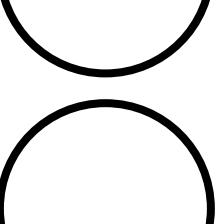
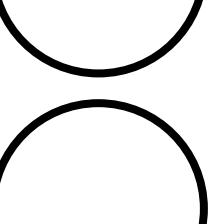
Abstention desserts et sucreries

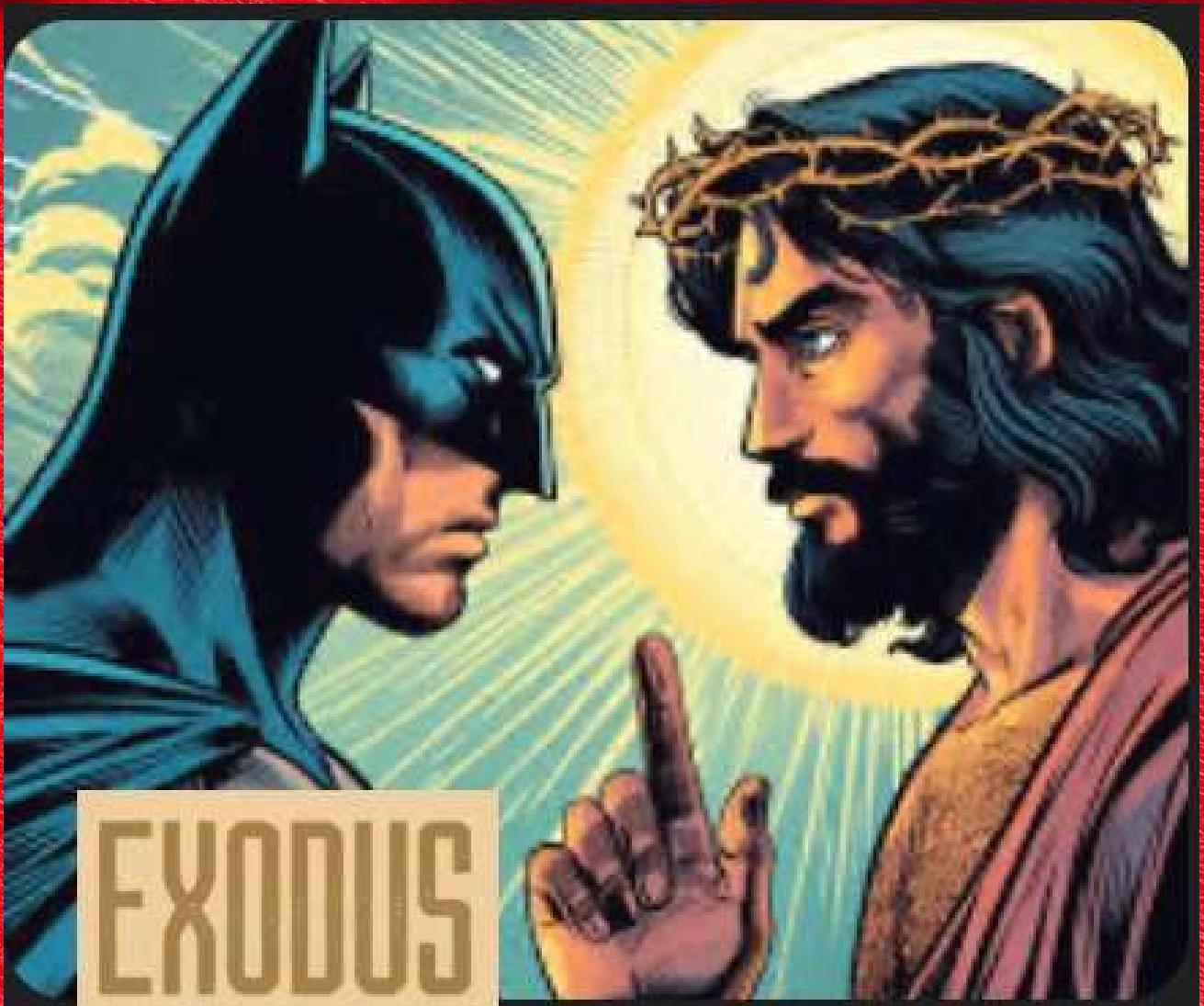


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

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Me

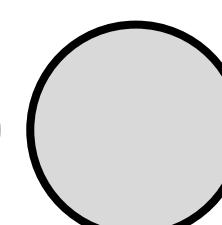
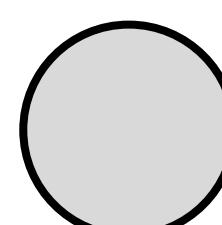
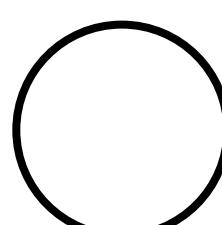
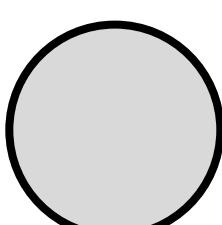
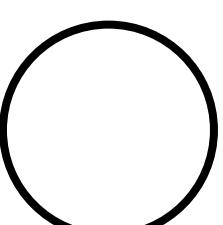
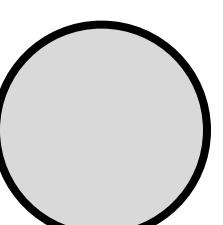
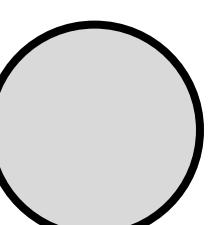
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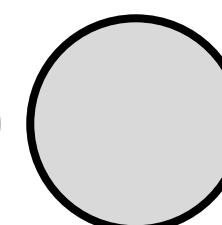
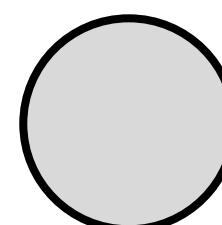
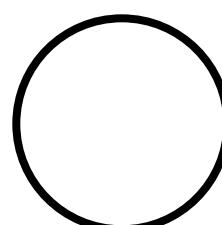
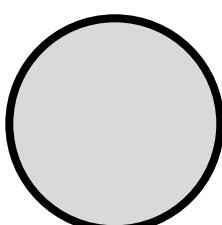
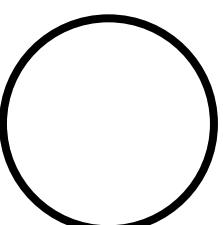
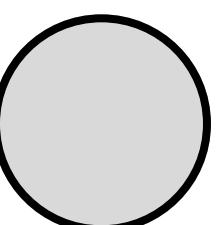
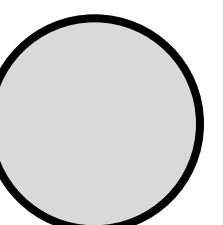
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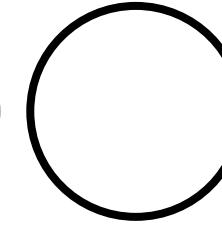
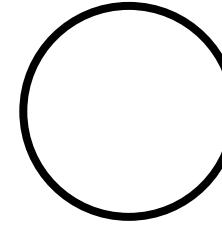
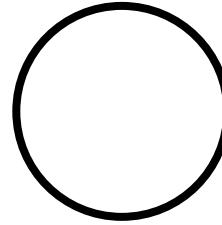
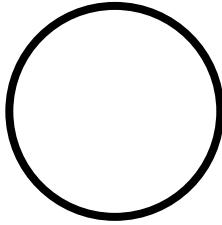
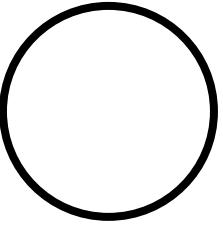
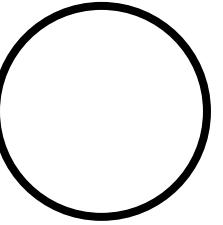
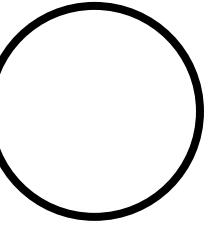
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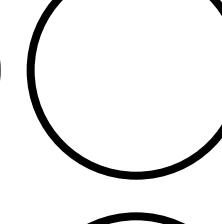
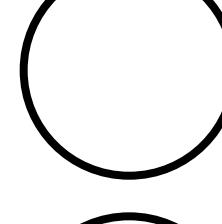
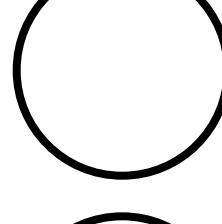
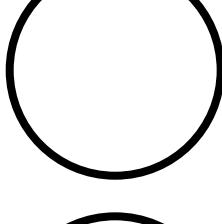
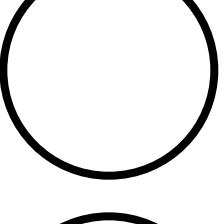
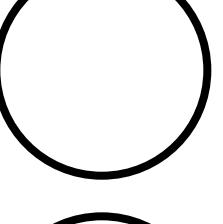
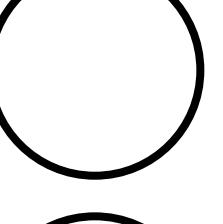
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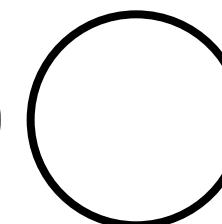
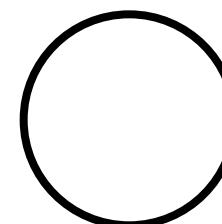
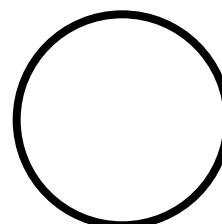
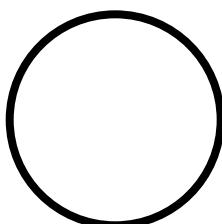
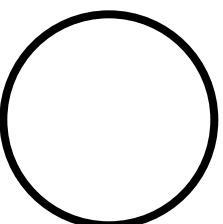
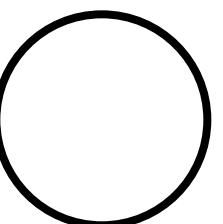
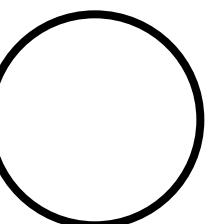
Abstention TV / Films



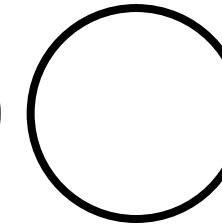
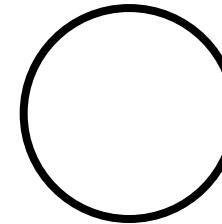
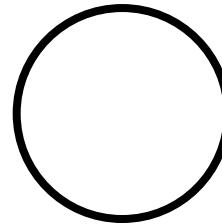
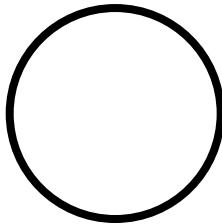
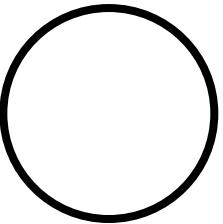
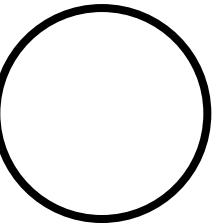
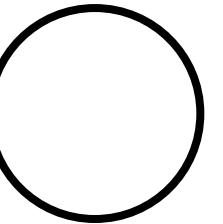
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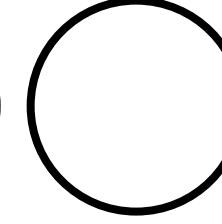
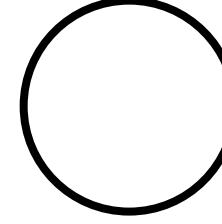
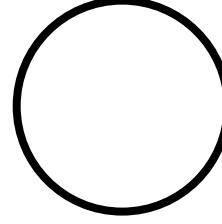
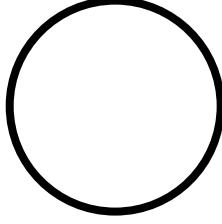
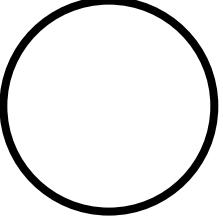
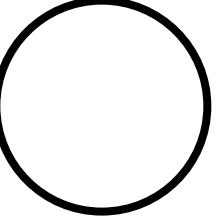
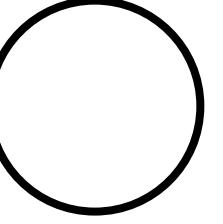
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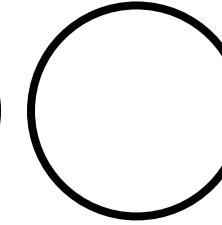
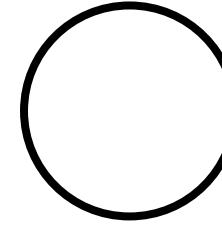
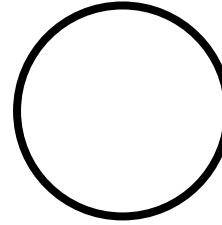
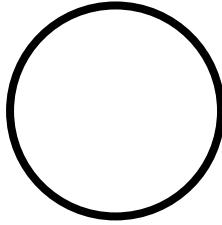
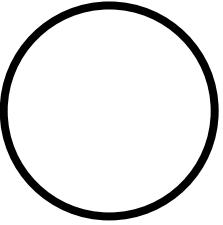
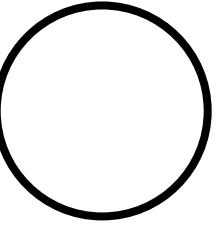
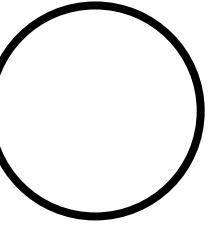
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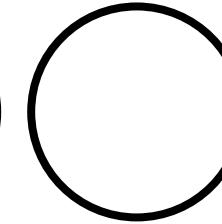
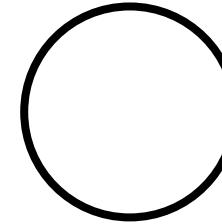
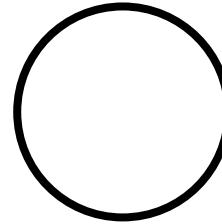
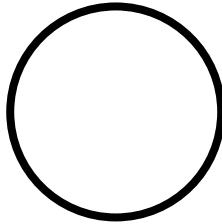
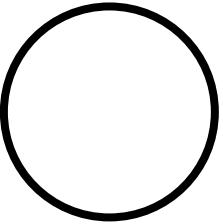
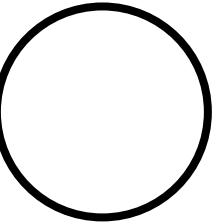
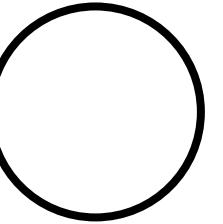
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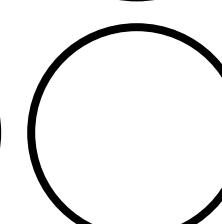
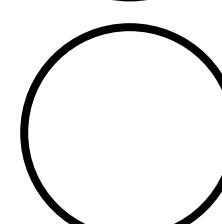
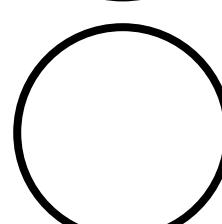
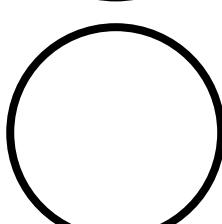
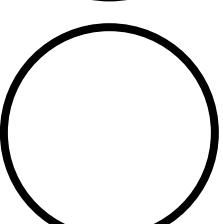
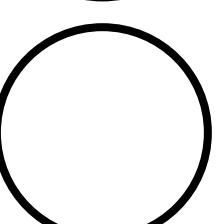
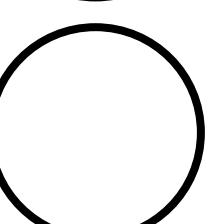
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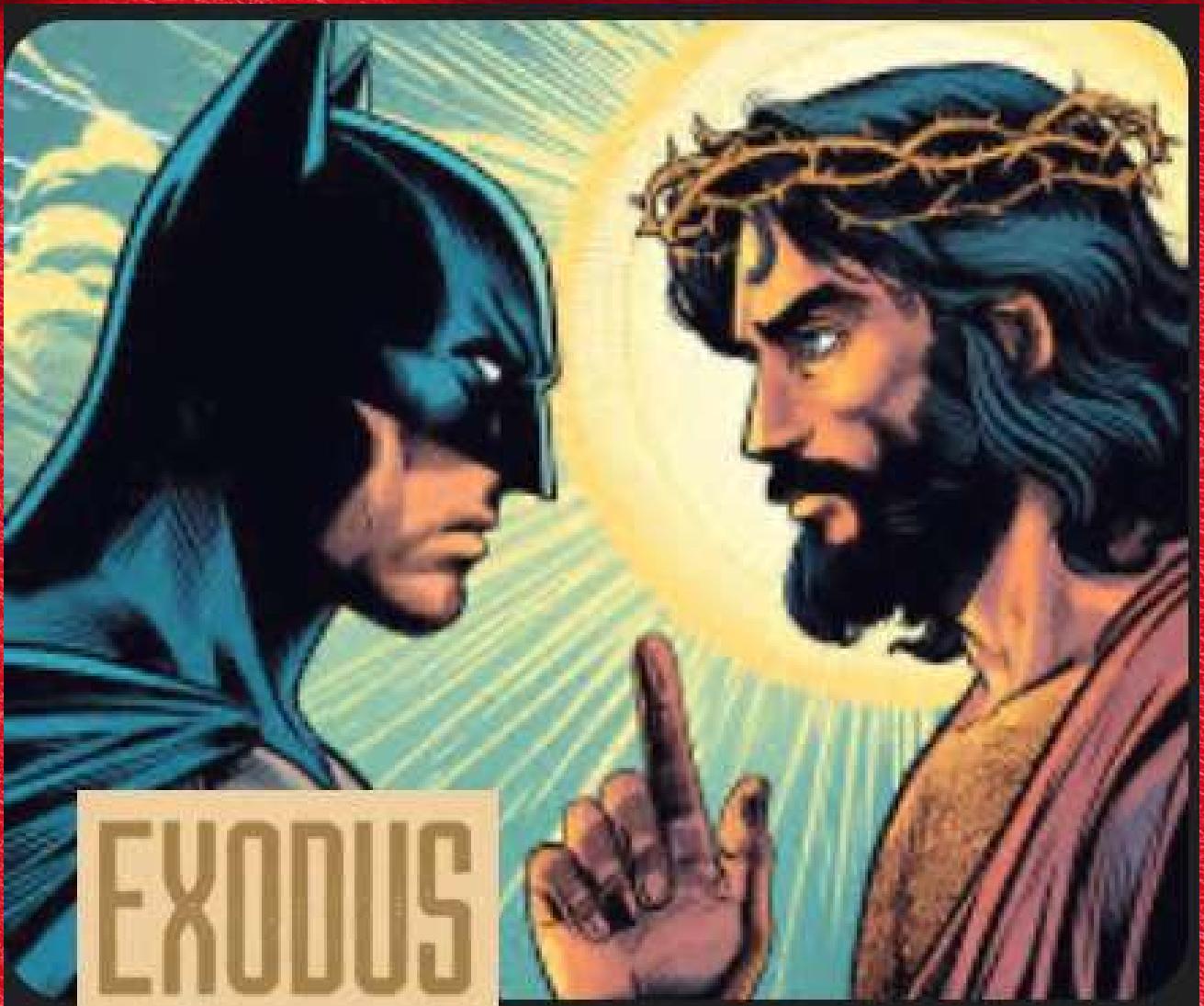


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

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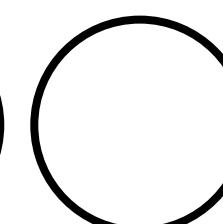
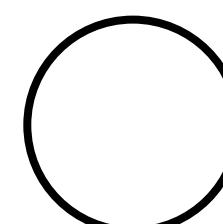
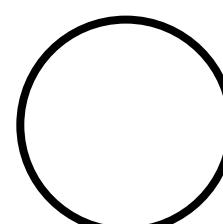
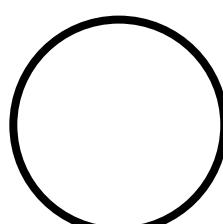
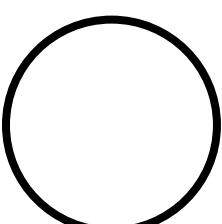
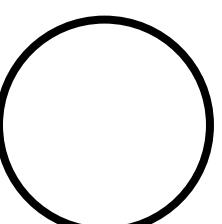
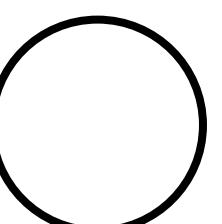
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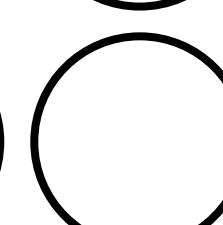
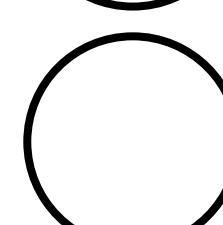
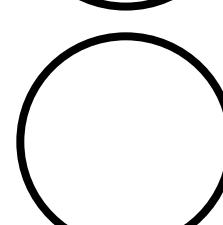
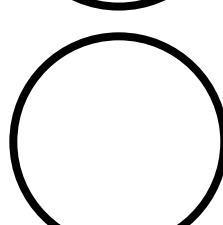
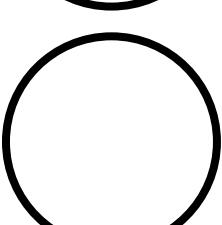
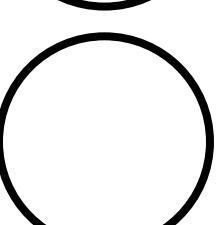
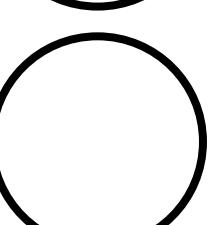
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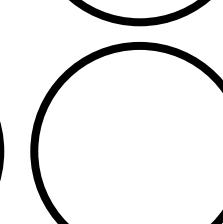
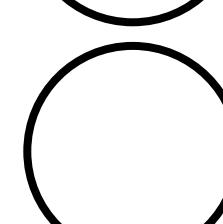
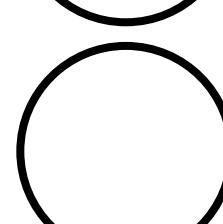
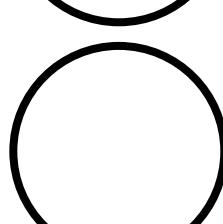
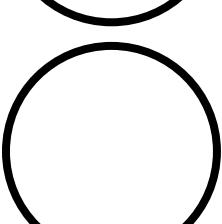
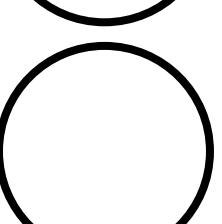
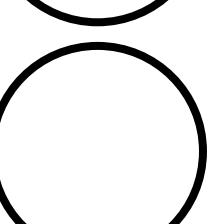
Lecture et méditation



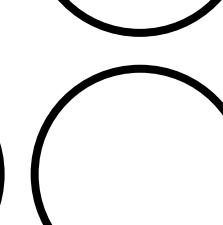
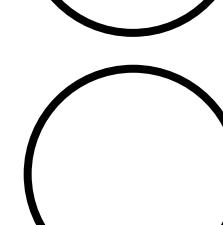
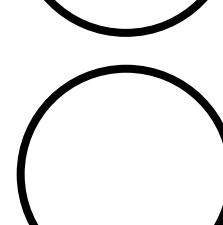
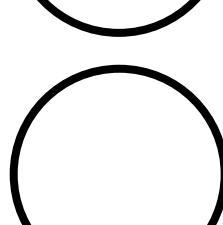
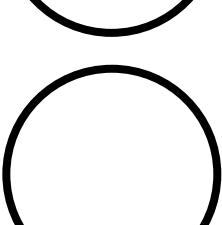
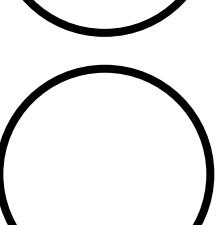
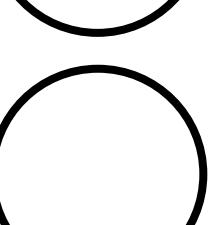
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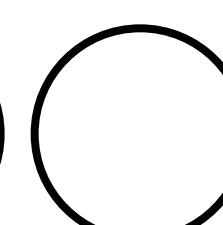
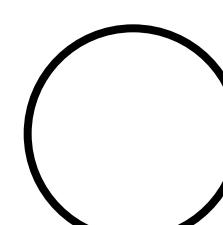
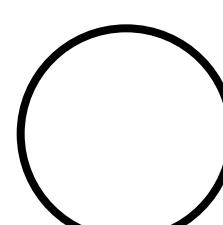
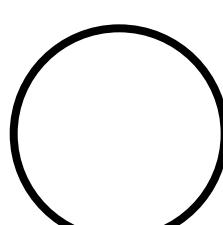
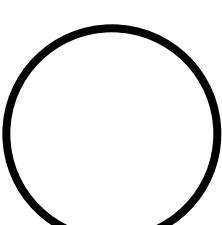
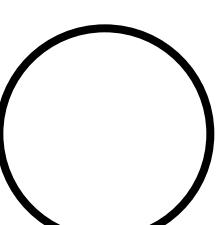
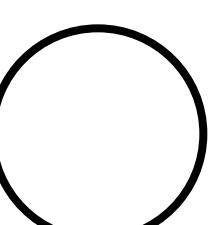
Examen de conscience



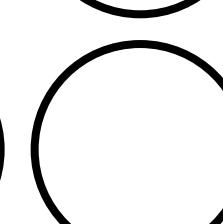
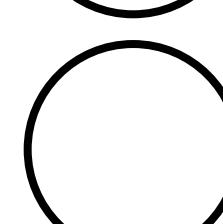
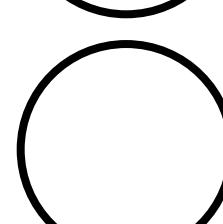
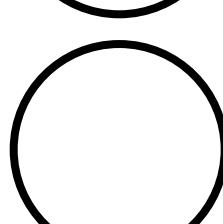
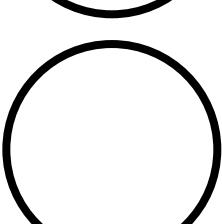
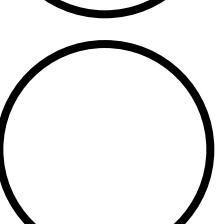
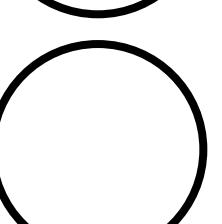
Douche froide



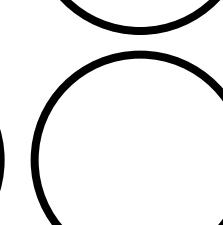
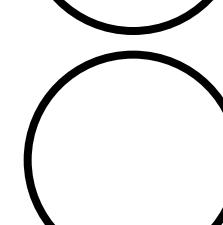
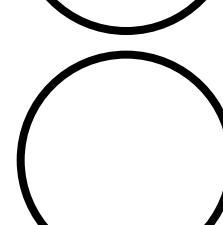
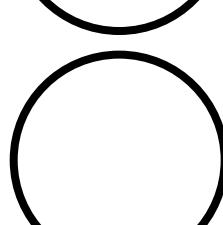
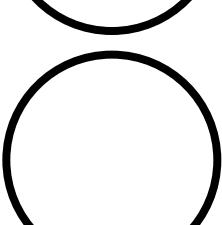
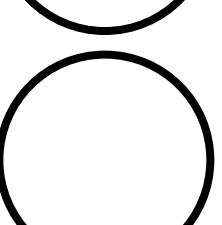
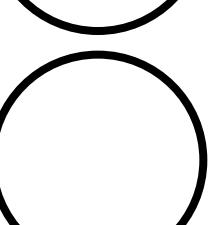
Exercice (3 x semaine)



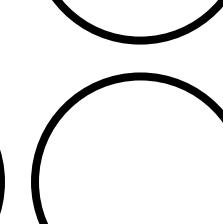
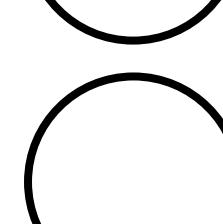
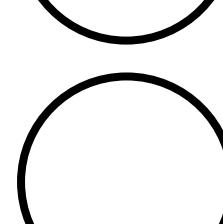
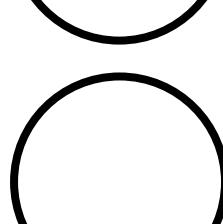
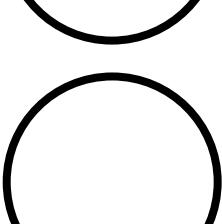
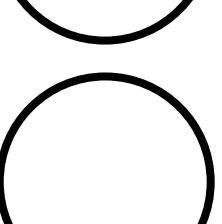
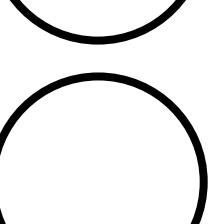
Nuit (+ de 7h de sommeil)



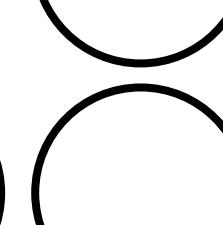
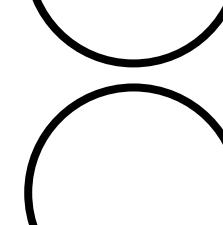
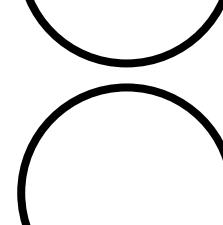
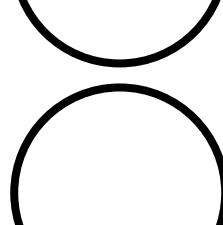
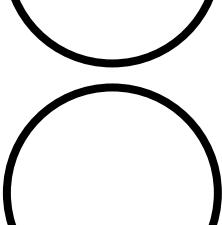
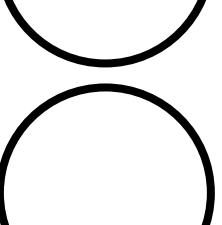
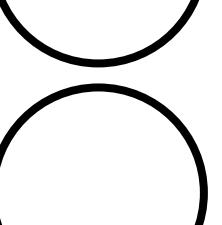
Abstention d'alcool



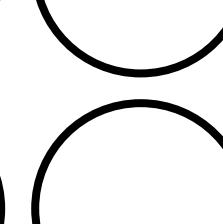
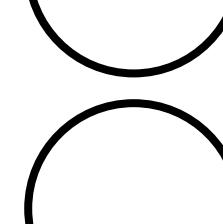
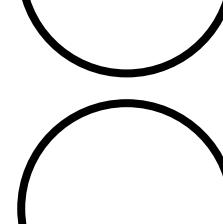
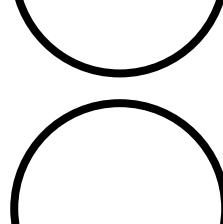
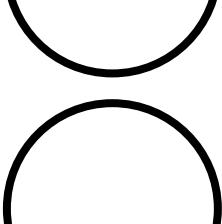
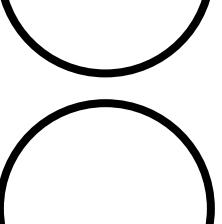
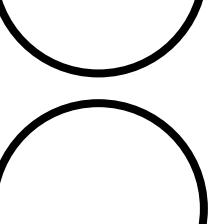
Abstention desserts et sucreries

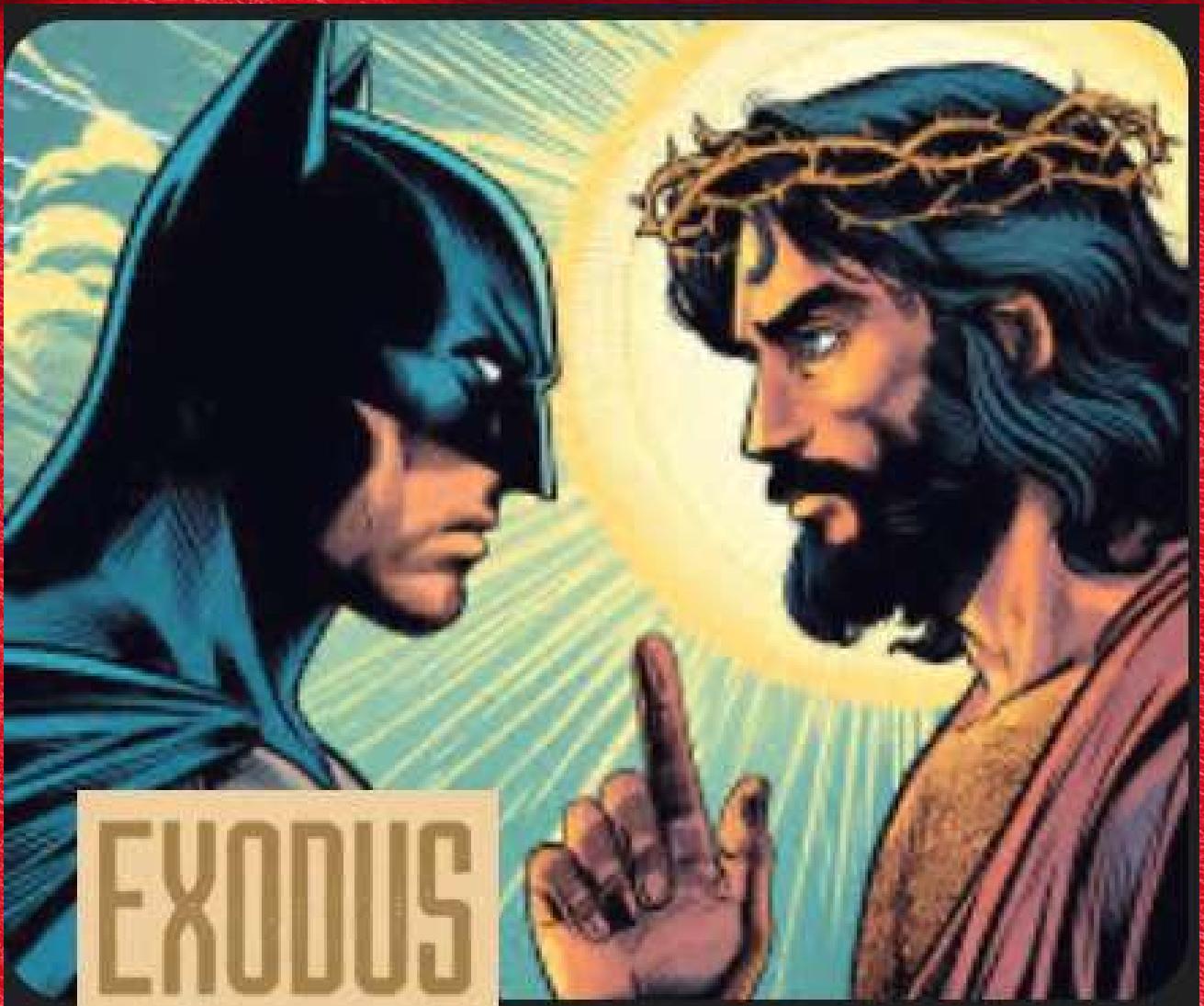


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

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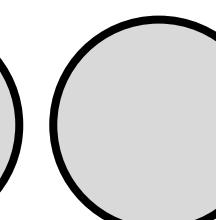
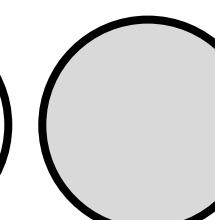
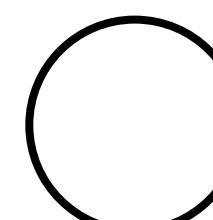
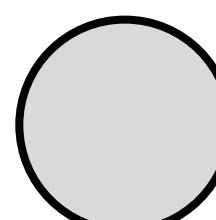
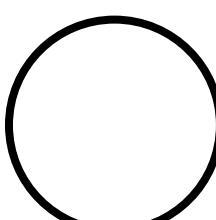
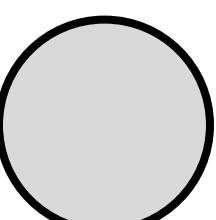
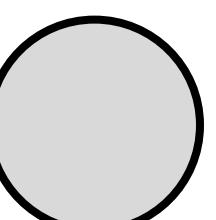
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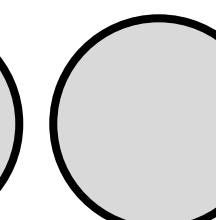
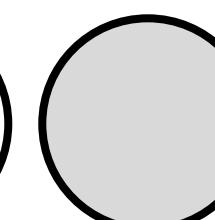
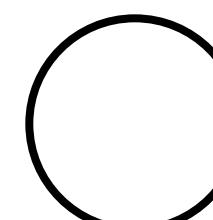
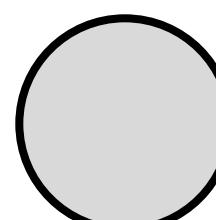
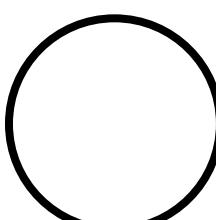
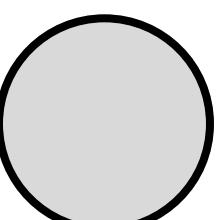
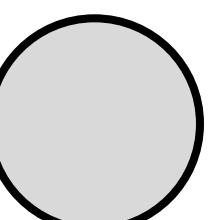
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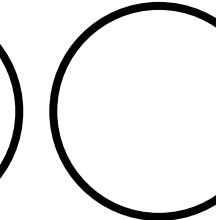
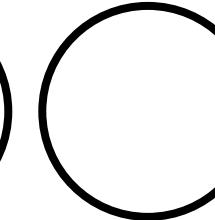
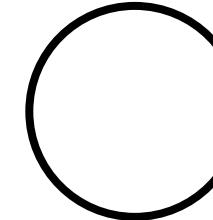
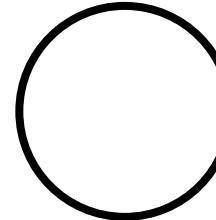
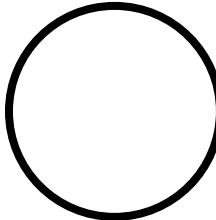
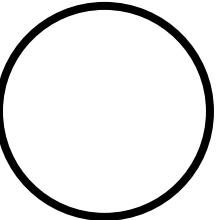
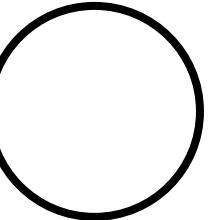
Jeûne (mercredi / vendredi)



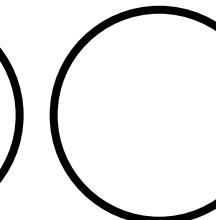
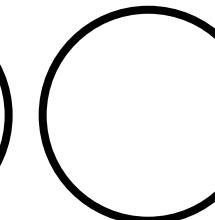
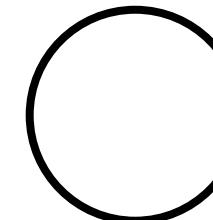
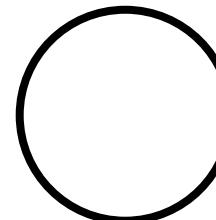
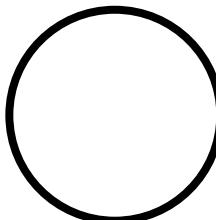
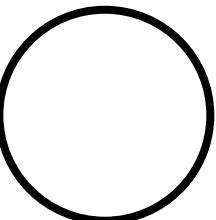
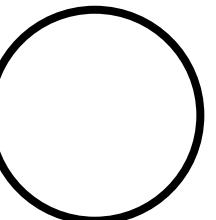
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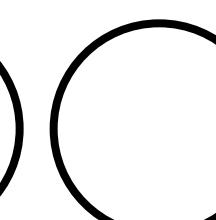
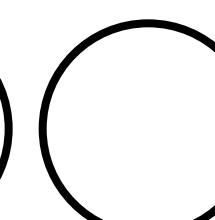
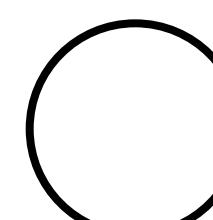
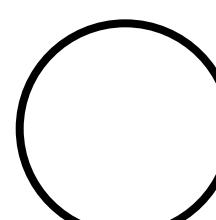
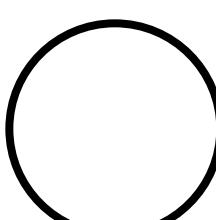
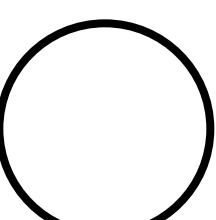
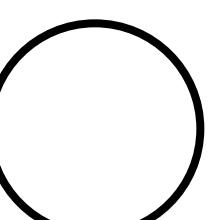
Abstention TV / Films



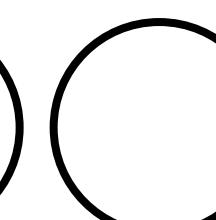
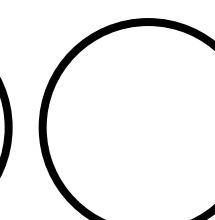
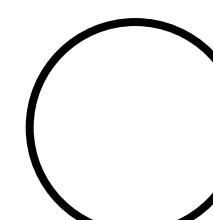
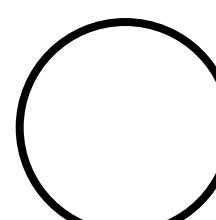
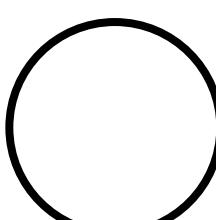
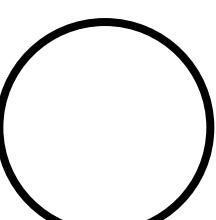
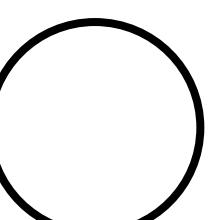
Abstention jeux vidéos



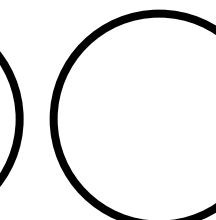
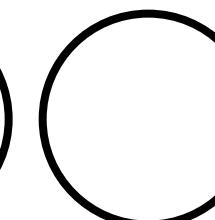
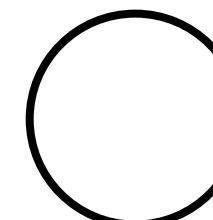
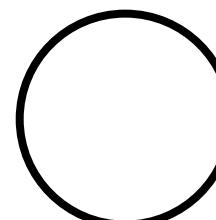
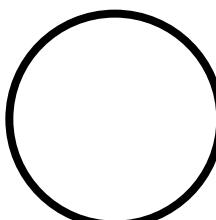
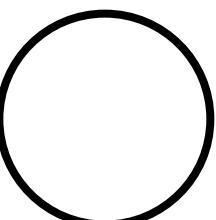
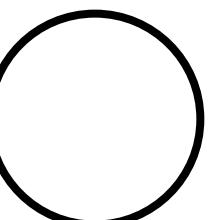
Abs. d'achats non essentiels



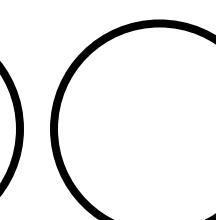
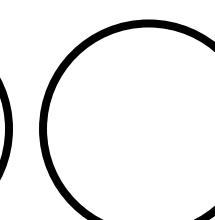
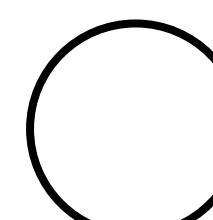
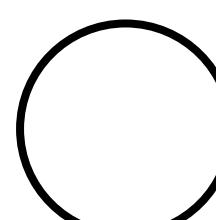
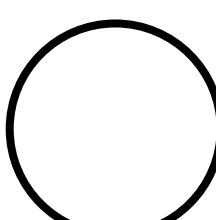
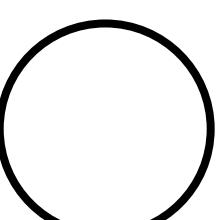
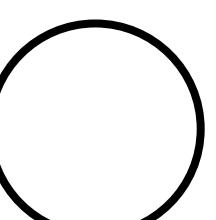
Abstention d'ordinateur



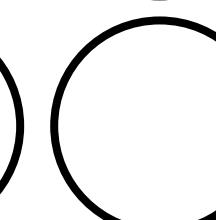
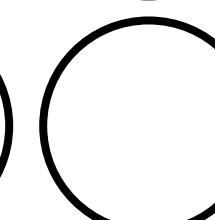
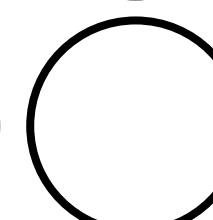
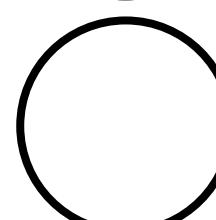
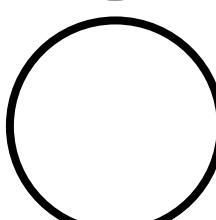
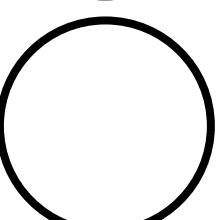
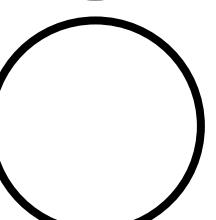
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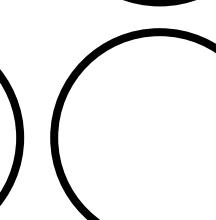
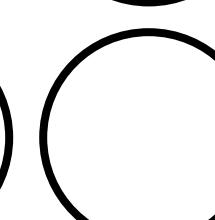
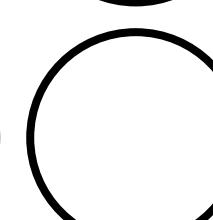
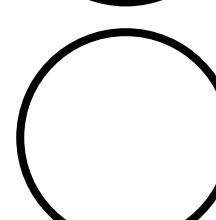
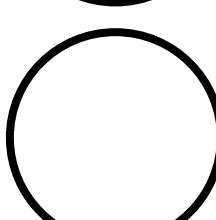
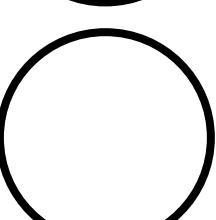
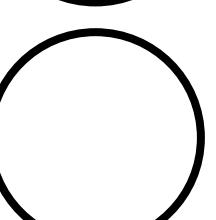
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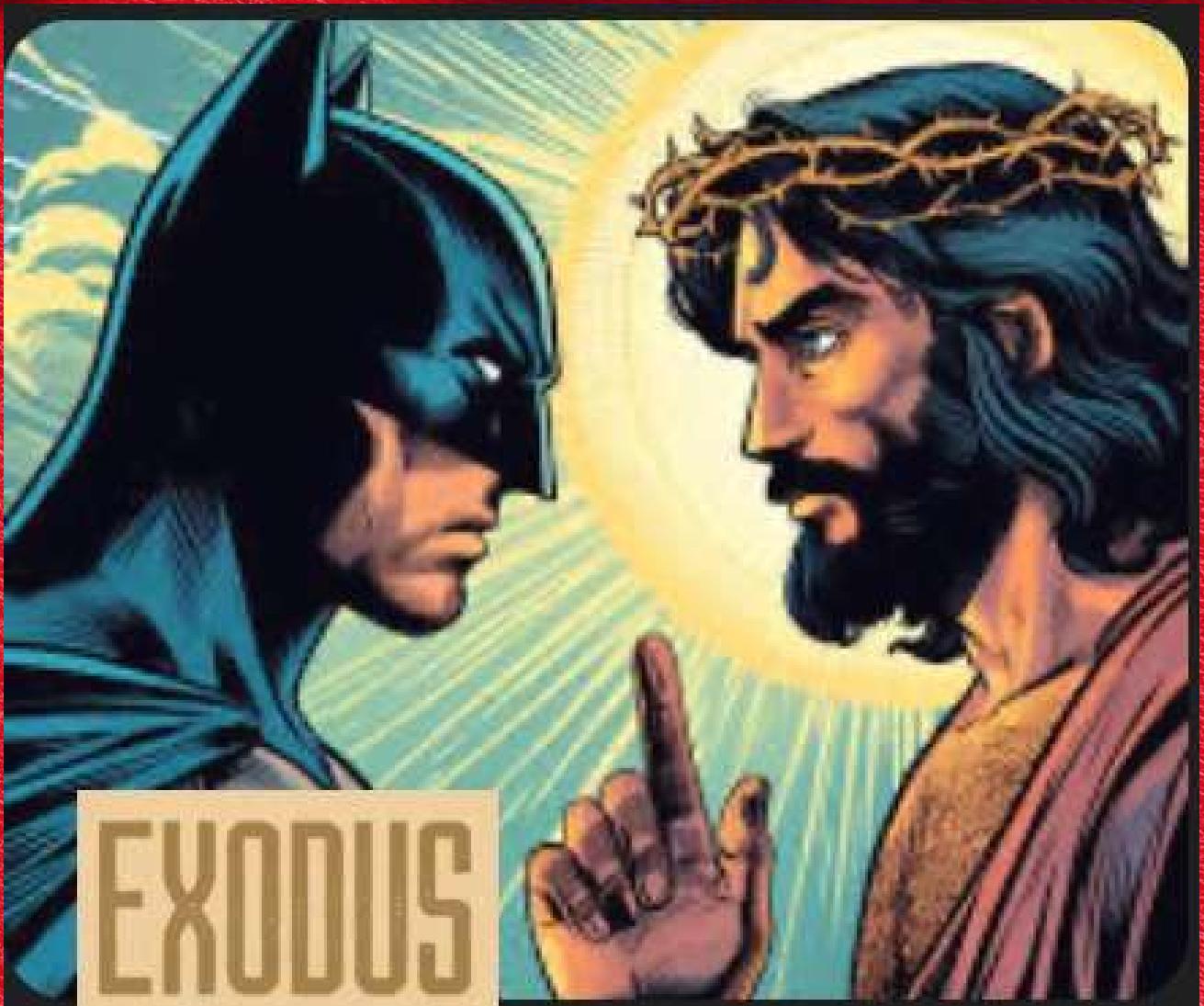


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

Me

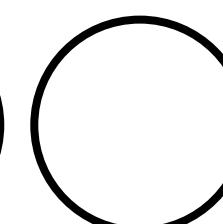
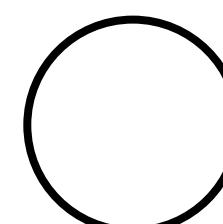
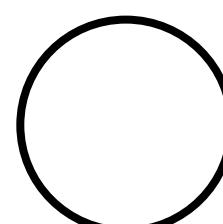
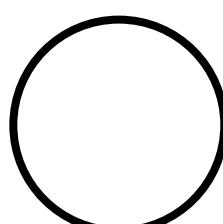
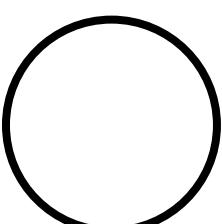
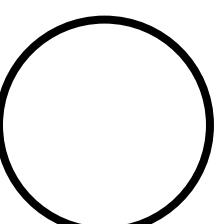
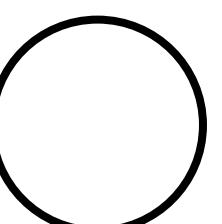
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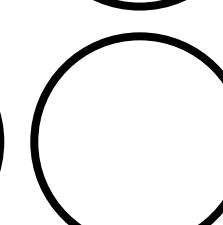
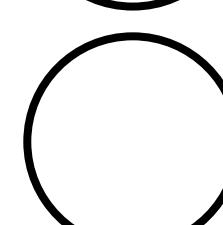
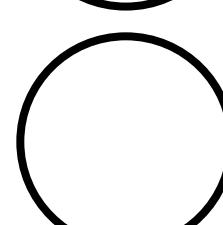
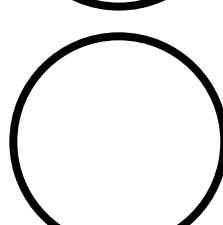
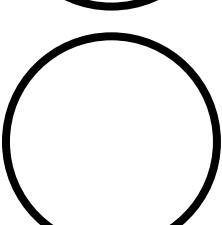
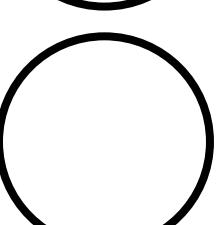
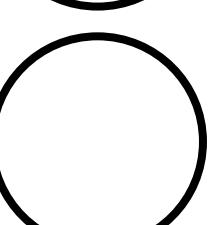
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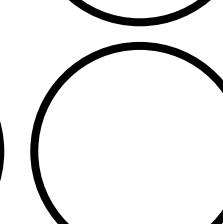
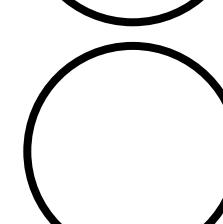
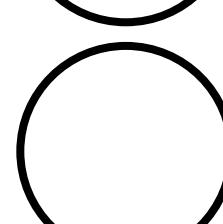
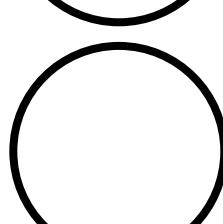
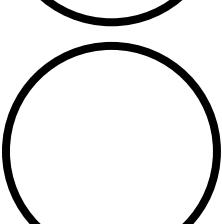
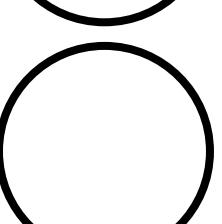
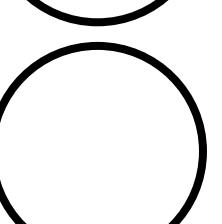
Lecture et méditation



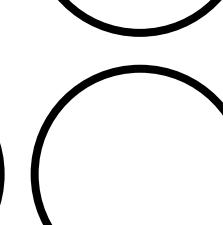
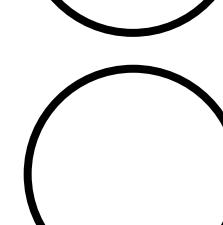
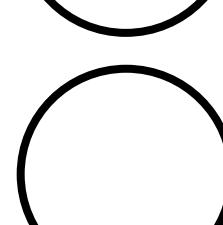
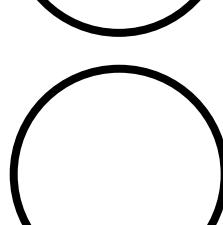
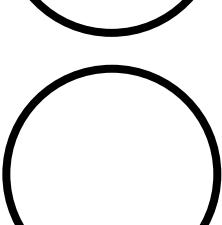
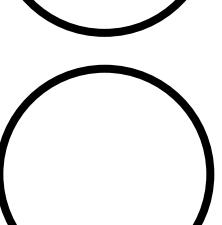
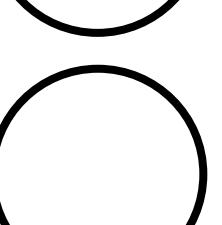
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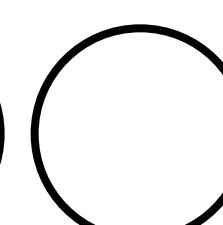
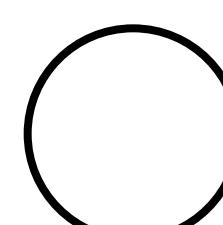
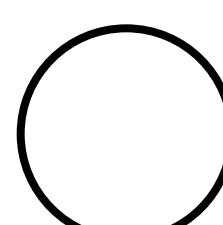
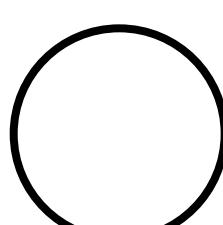
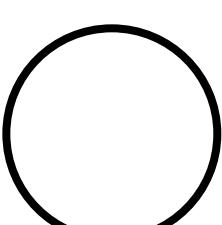
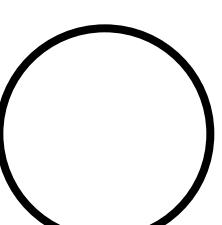
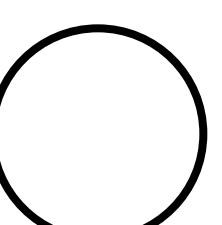
Examen de conscience



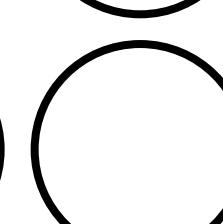
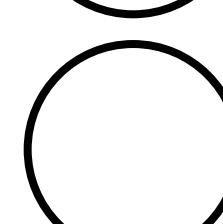
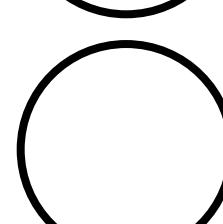
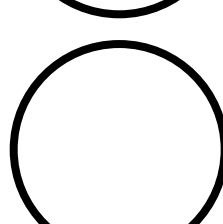
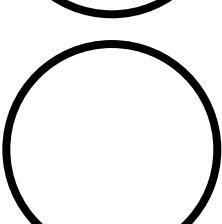
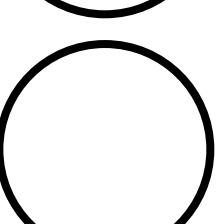
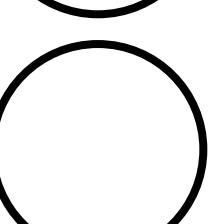
Douche froide



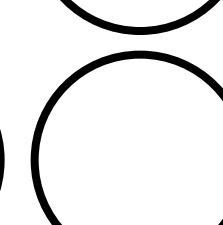
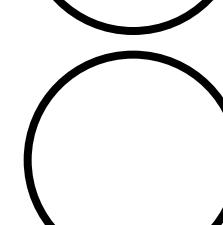
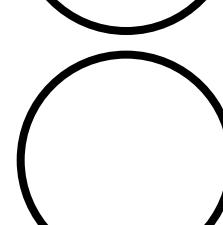
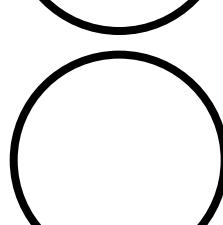
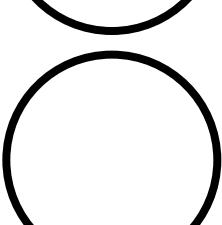
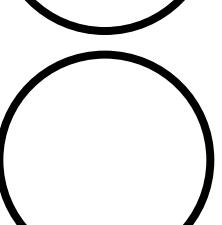
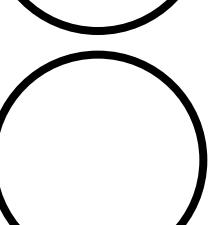
Exercice (3 x semaine)



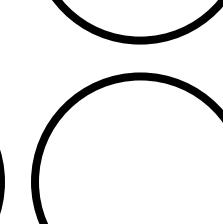
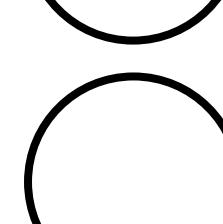
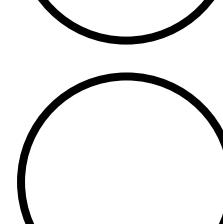
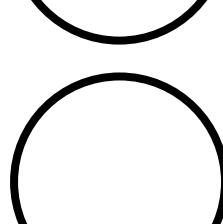
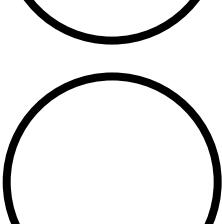
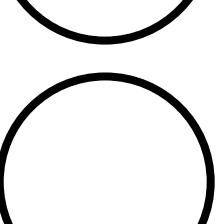
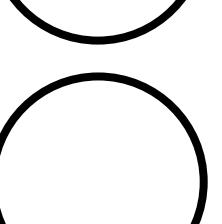
Nuit (+ de 7h de sommeil)



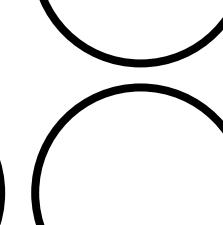
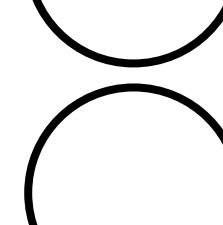
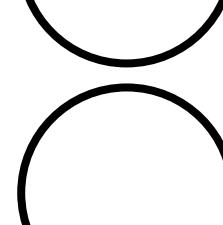
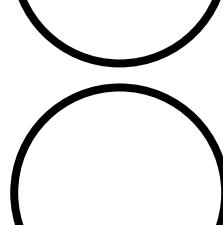
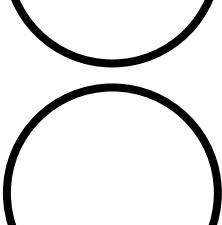
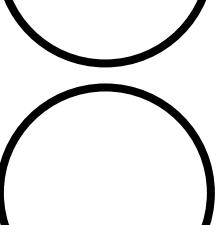
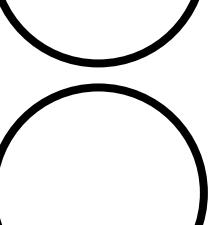
Abstention d'alcool



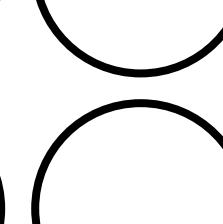
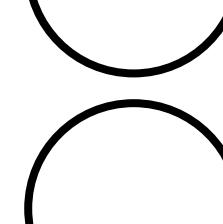
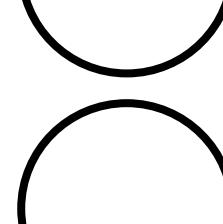
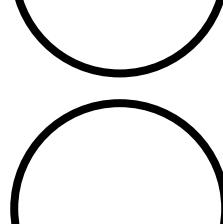
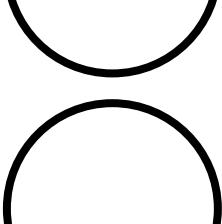
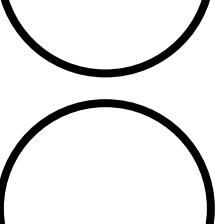
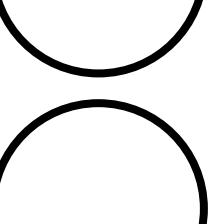
Abstention desserts et sucreries

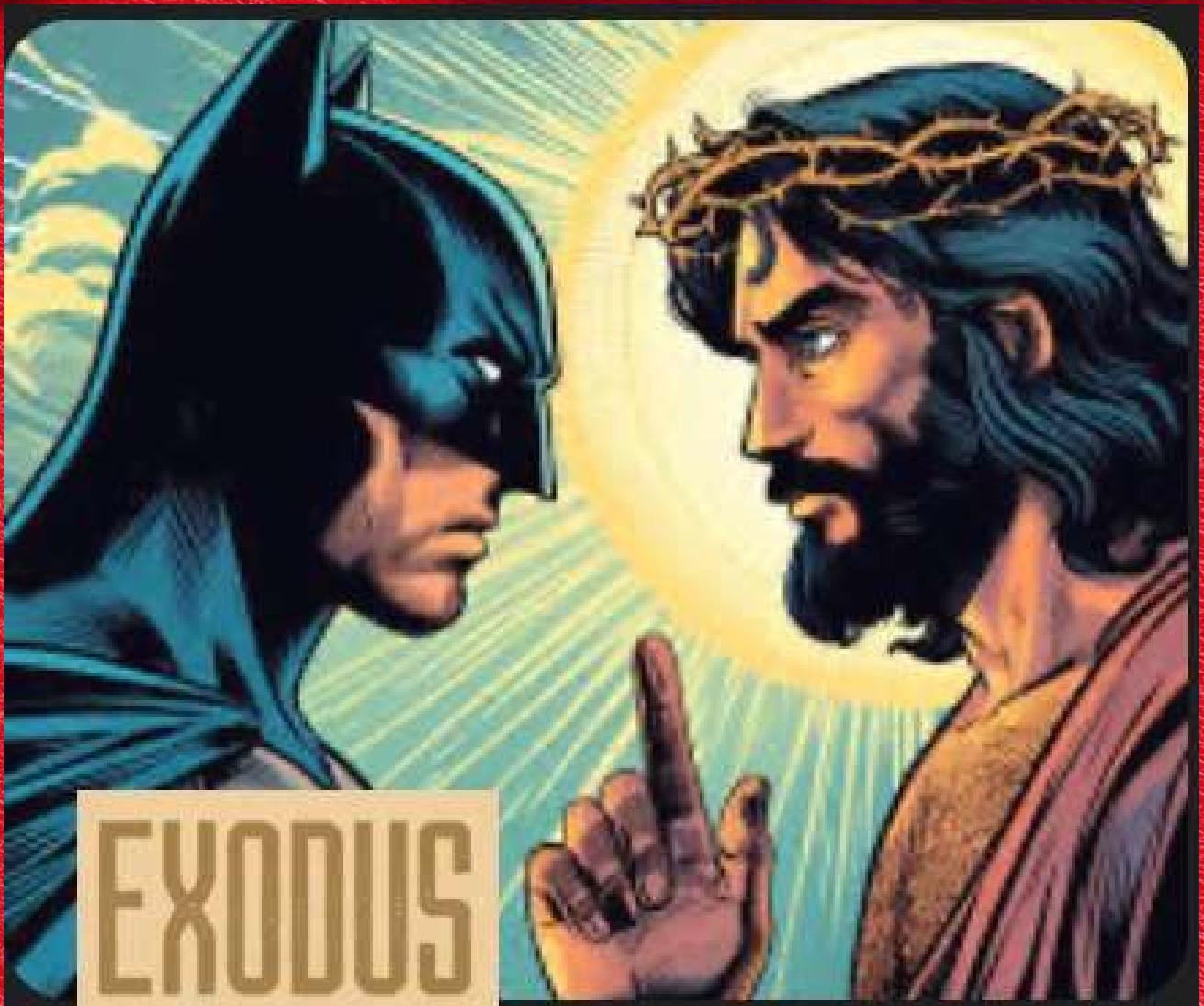


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

Me

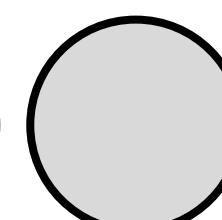
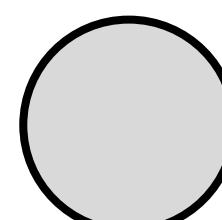
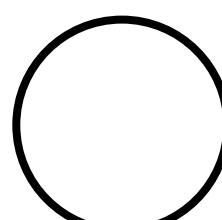
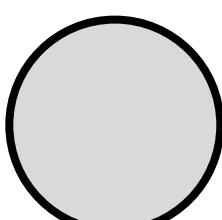
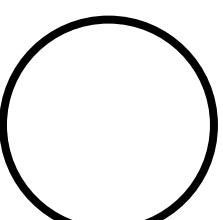
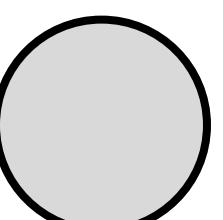
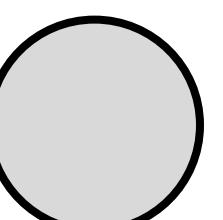
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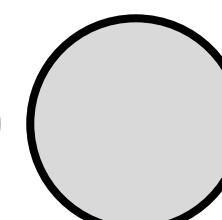
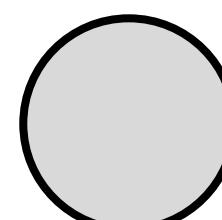
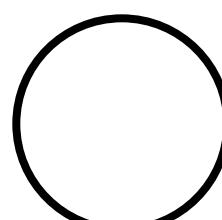
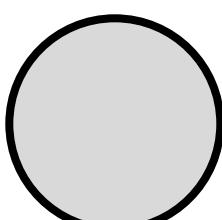
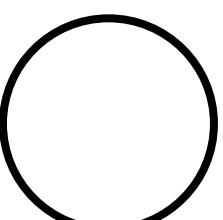
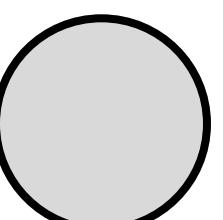
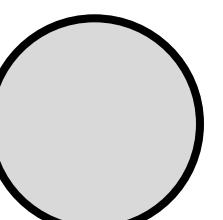
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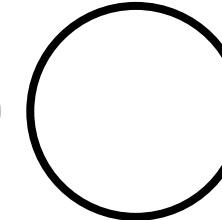
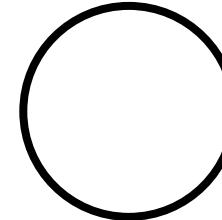
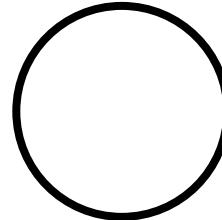
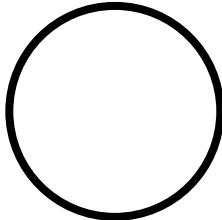
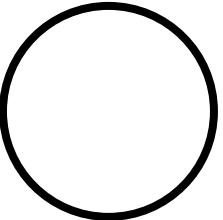
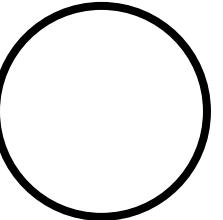
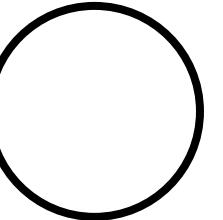
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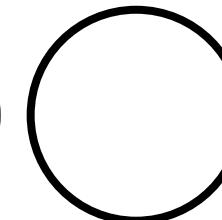
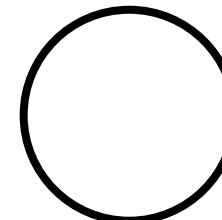
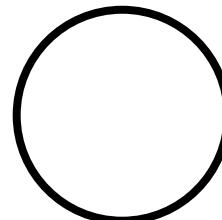
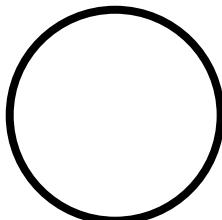
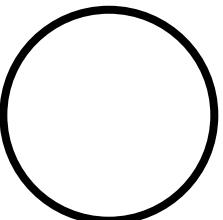
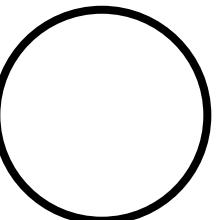
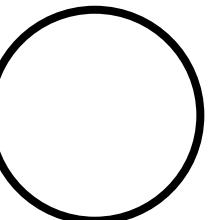
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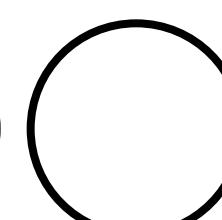
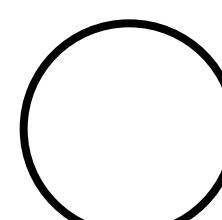
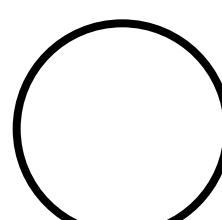
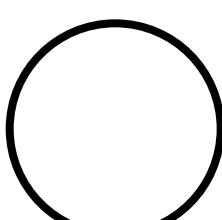
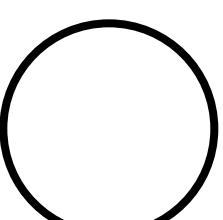
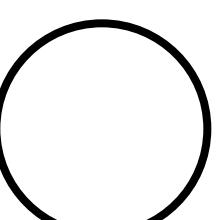
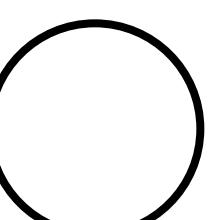
Abstention TV / Films



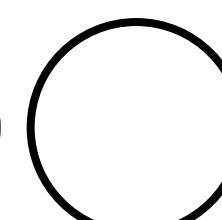
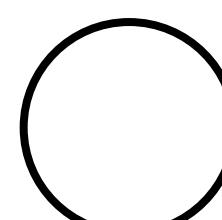
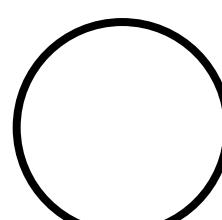
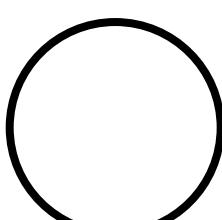
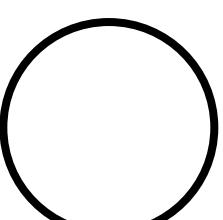
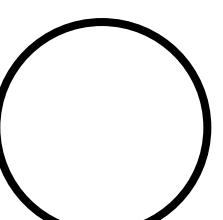
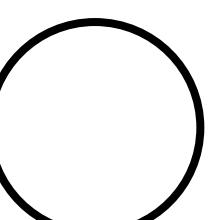
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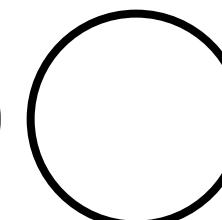
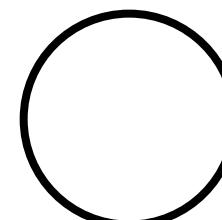
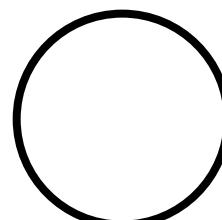
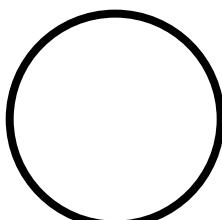
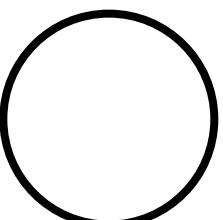
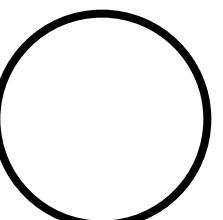
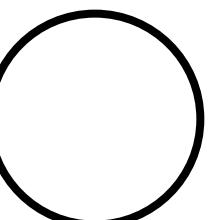
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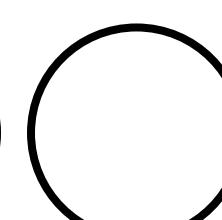
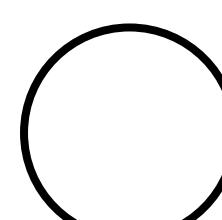
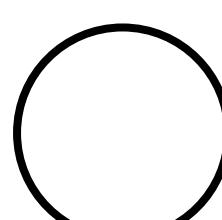
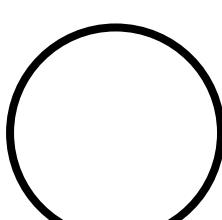
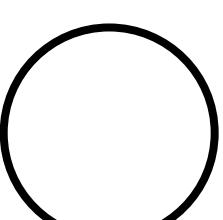
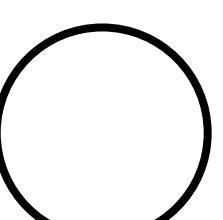
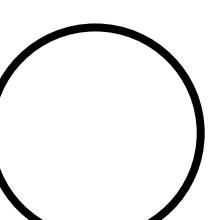
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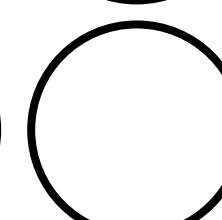
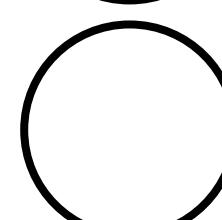
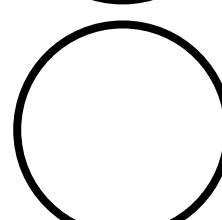
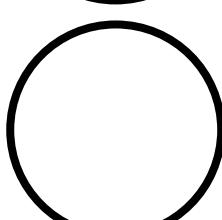
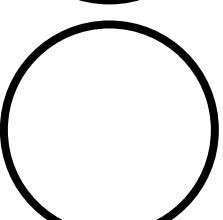
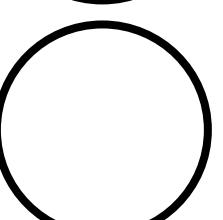
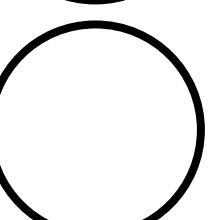
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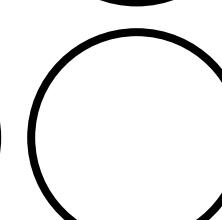
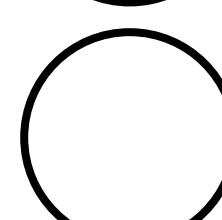
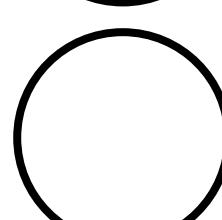
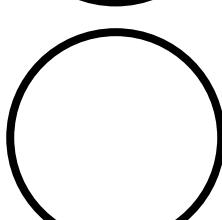
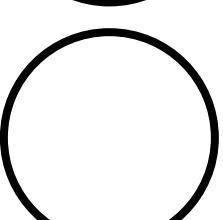
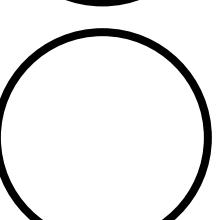
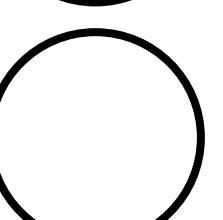
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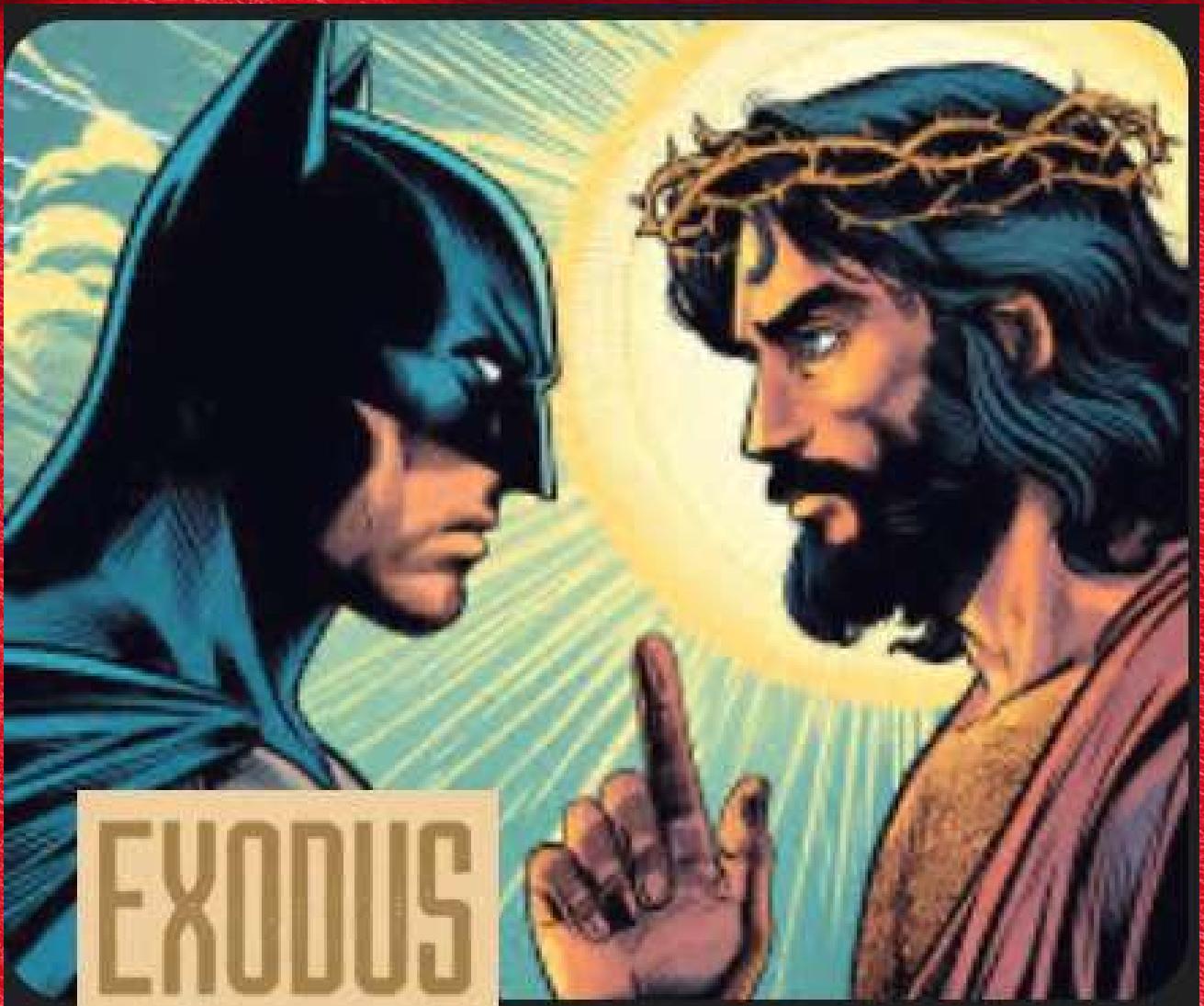


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

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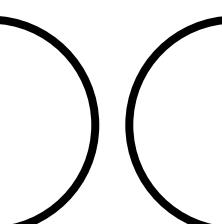
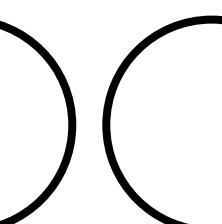
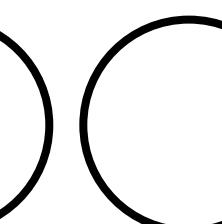
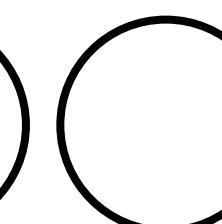
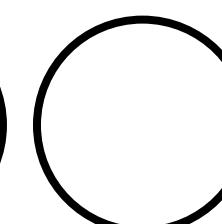
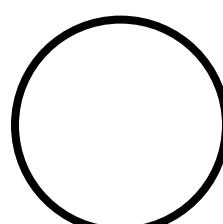
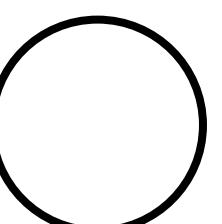
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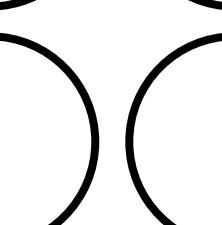
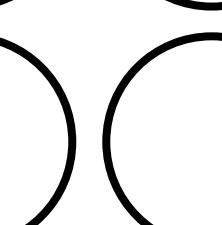
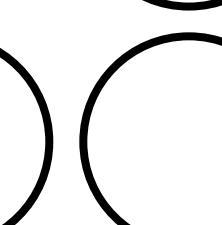
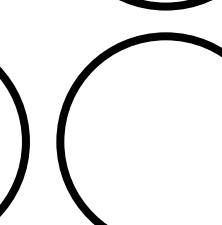
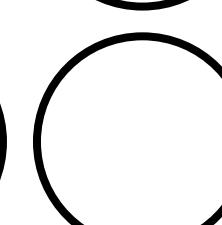
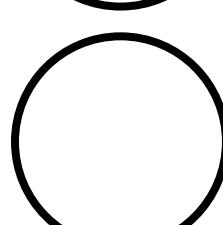
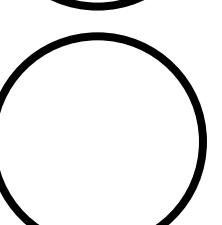
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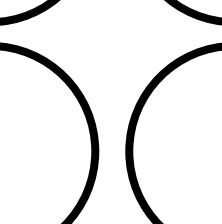
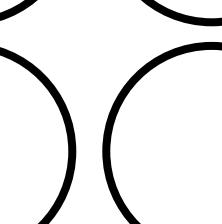
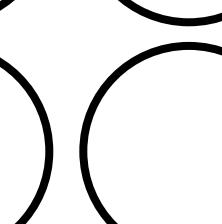
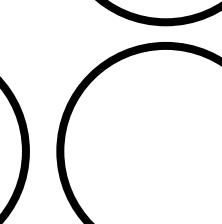
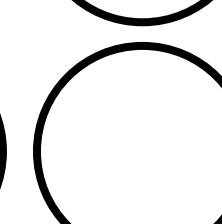
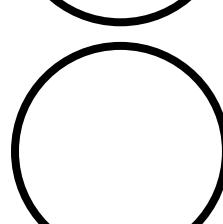
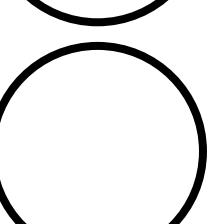
Lecture et méditation



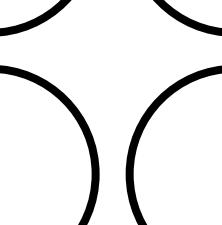
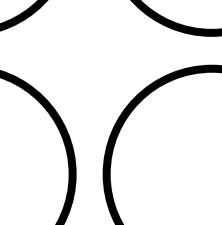
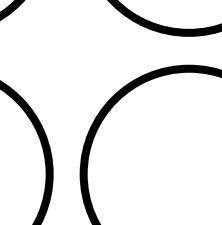
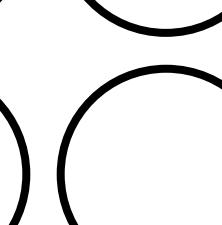
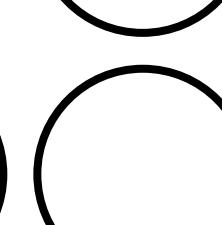
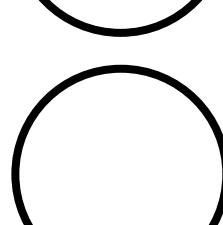
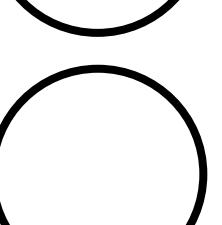
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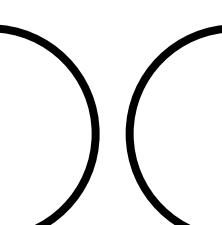
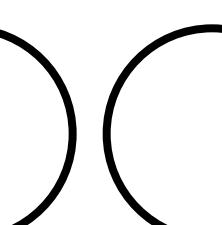
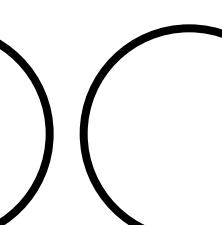
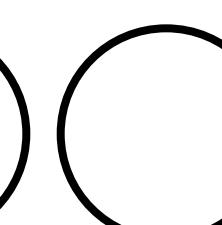
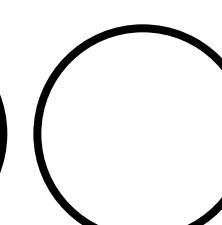
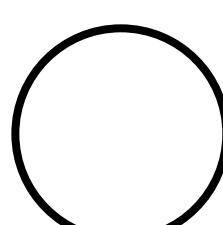
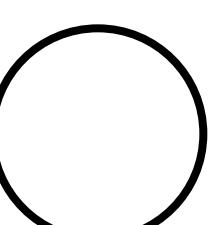
Examen de conscience



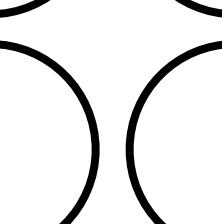
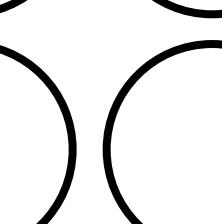
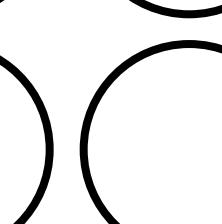
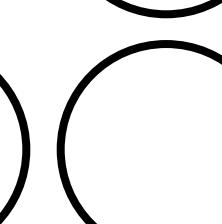
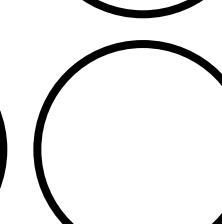
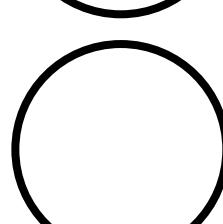
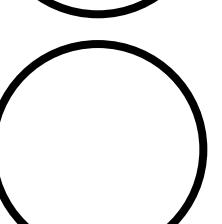
Douche froide



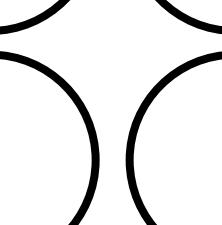
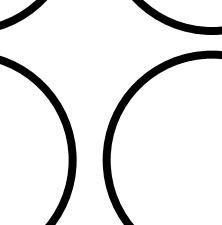
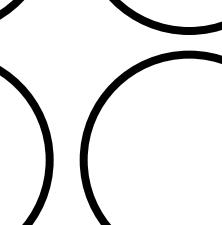
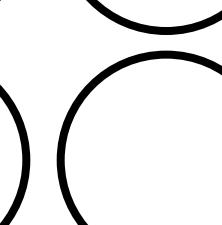
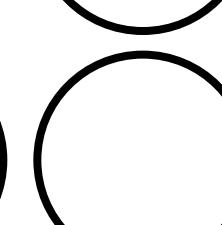
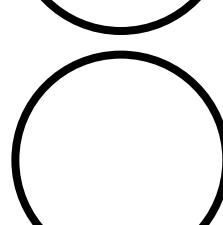
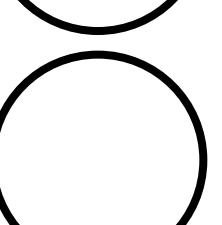
Exercice (3 x semaine)



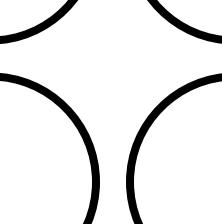
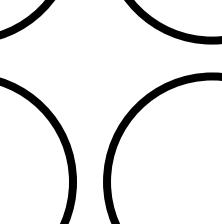
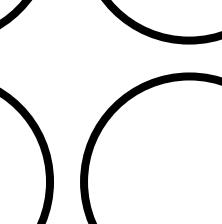
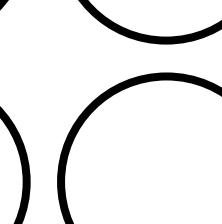
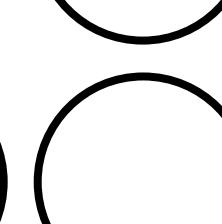
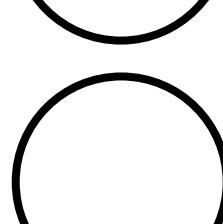
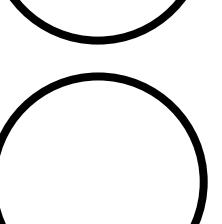
Nuit (+ de 7h de sommeil)



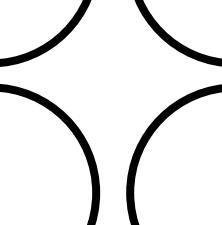
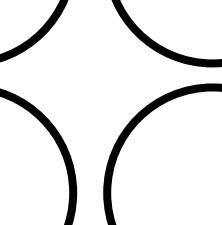
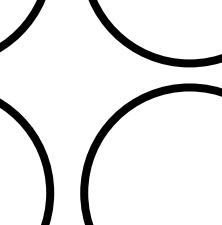
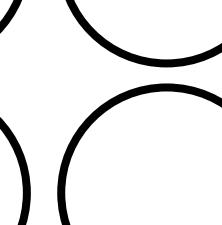
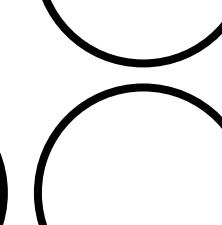
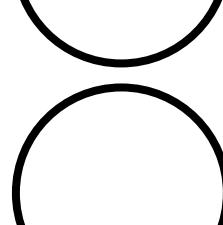
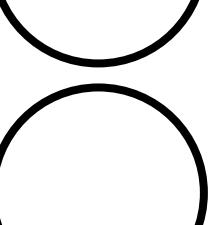
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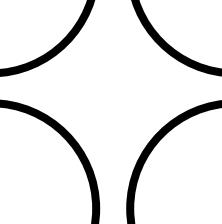
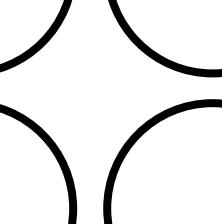
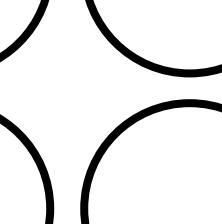
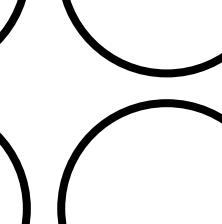
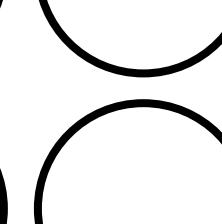
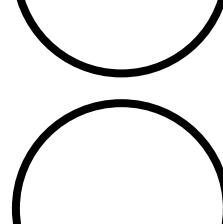
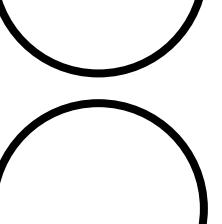
Abstention desserts et sucreries

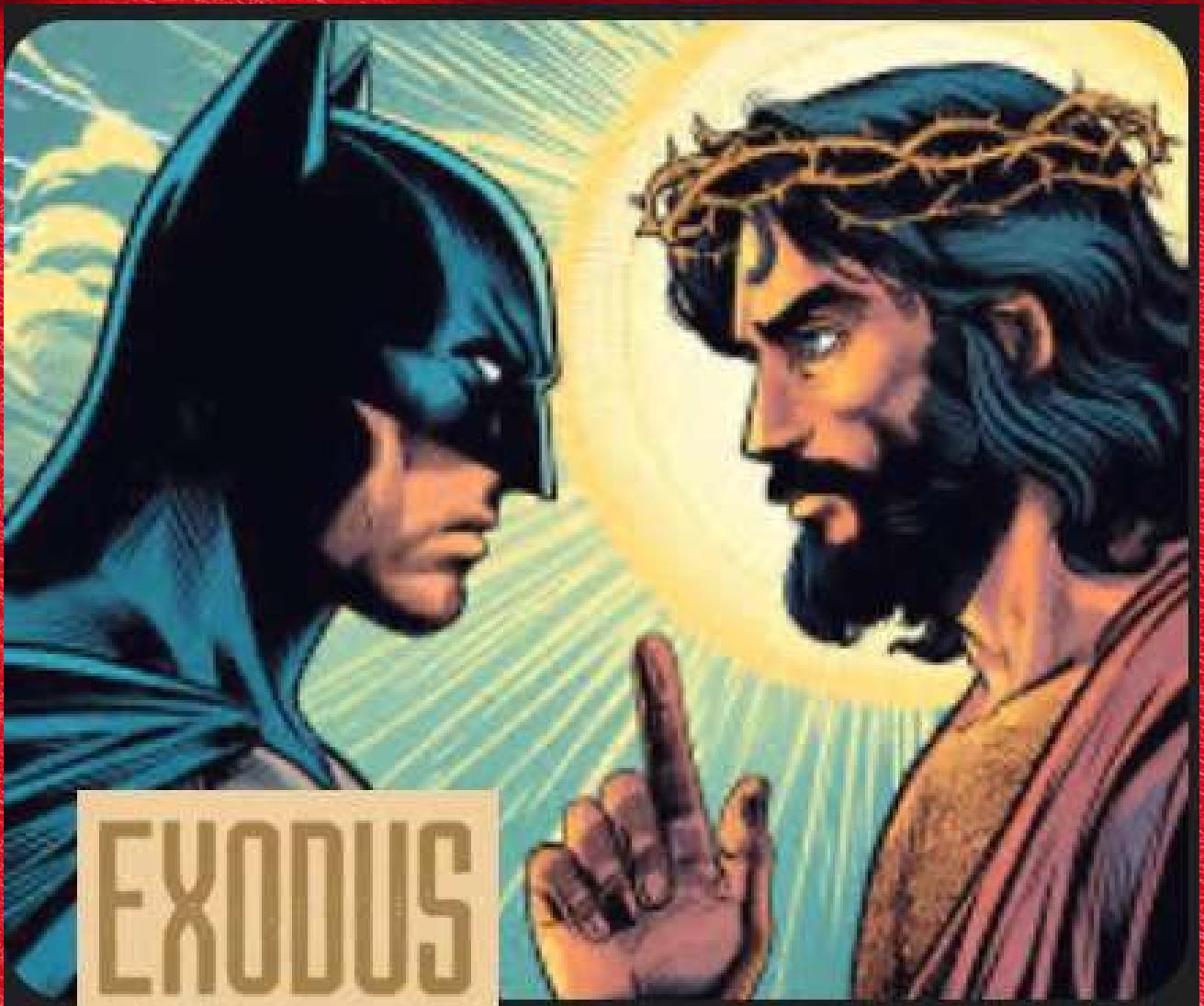


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

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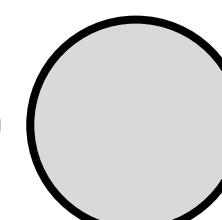
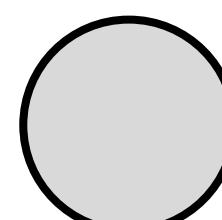
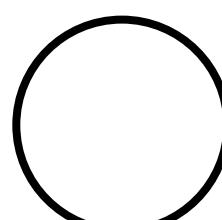
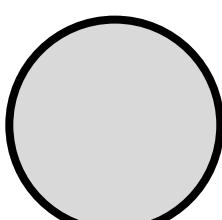
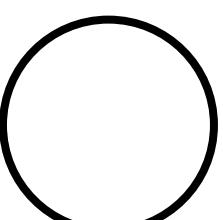
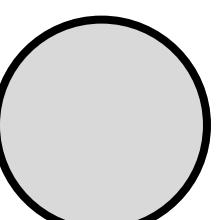
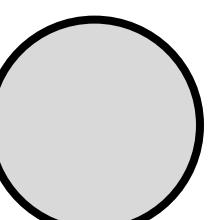
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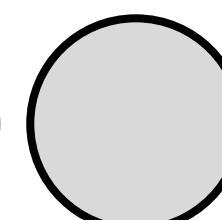
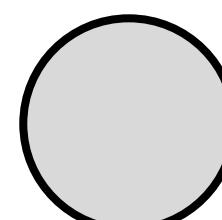
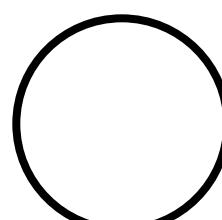
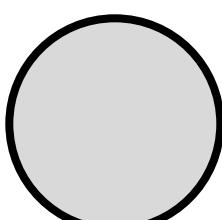
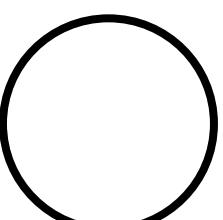
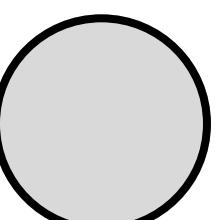
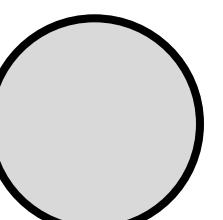
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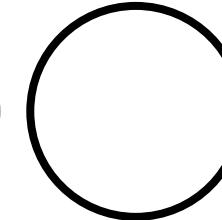
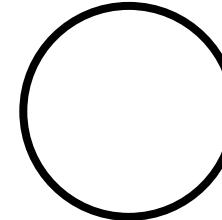
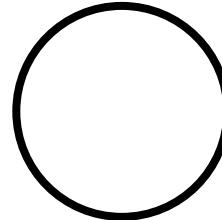
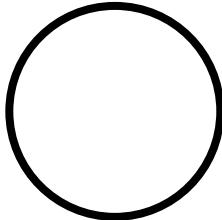
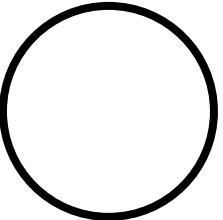
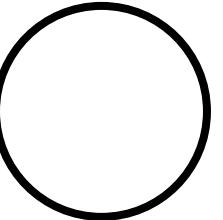
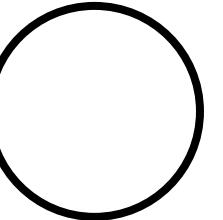
Jeûne (mercredi / vendredi)



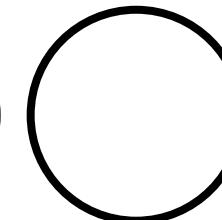
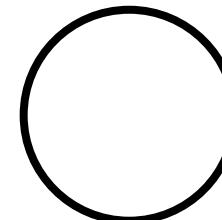
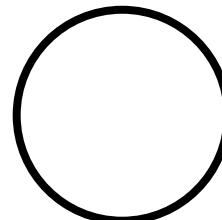
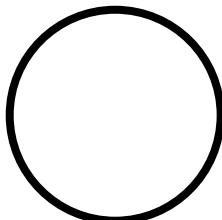
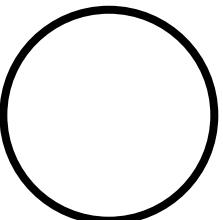
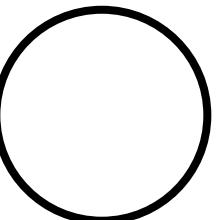
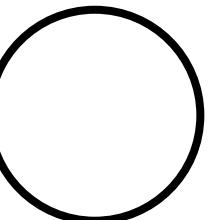
Viande (mercredi / vendredi)



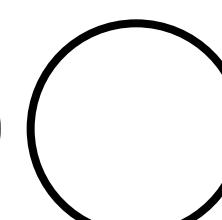
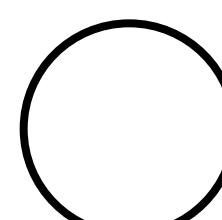
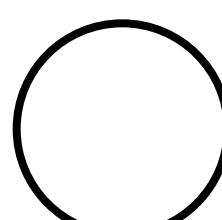
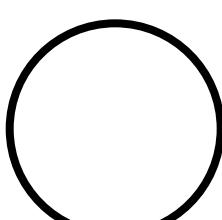
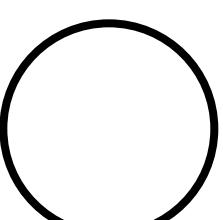
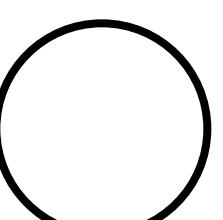
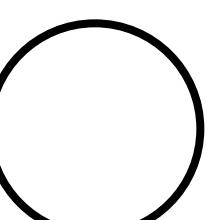
Abstention TV / Films



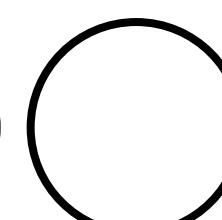
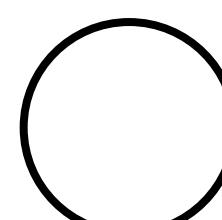
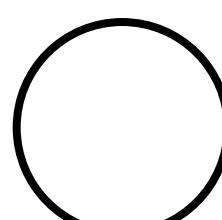
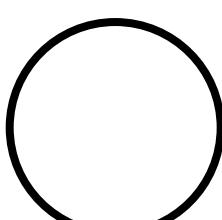
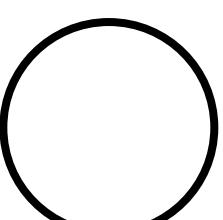
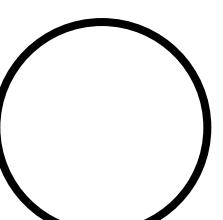
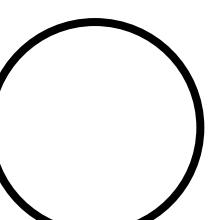
Abstention jeux vidéos



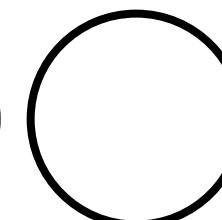
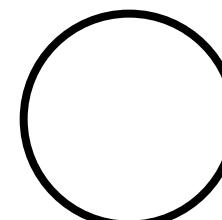
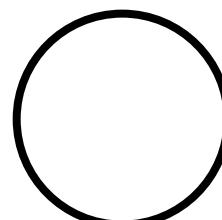
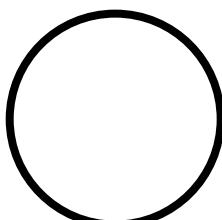
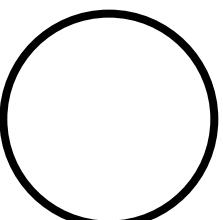
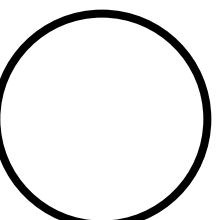
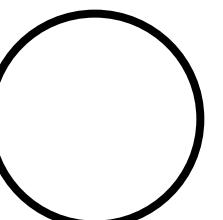
Abs. d'achats non essentiels



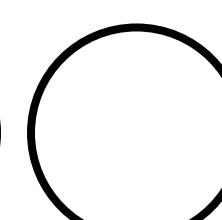
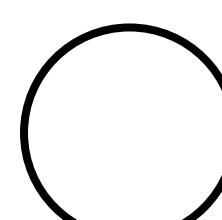
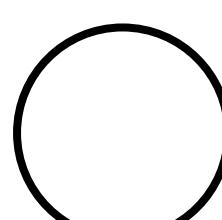
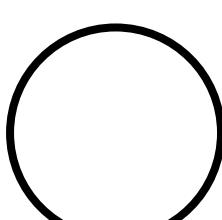
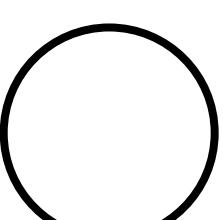
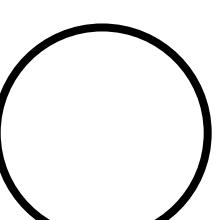
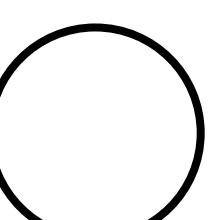
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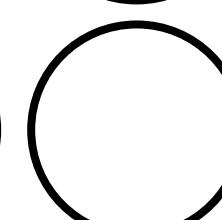
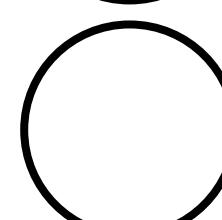
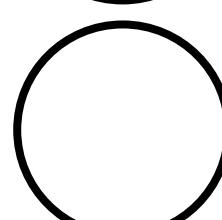
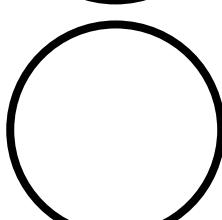
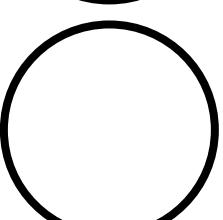
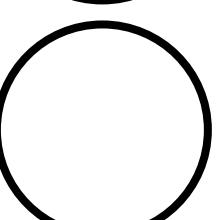
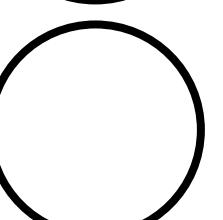
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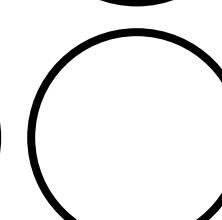
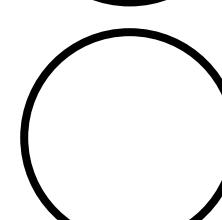
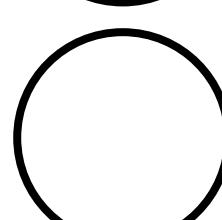
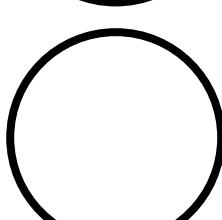
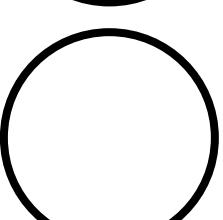
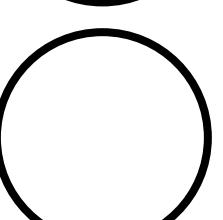
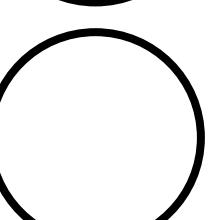
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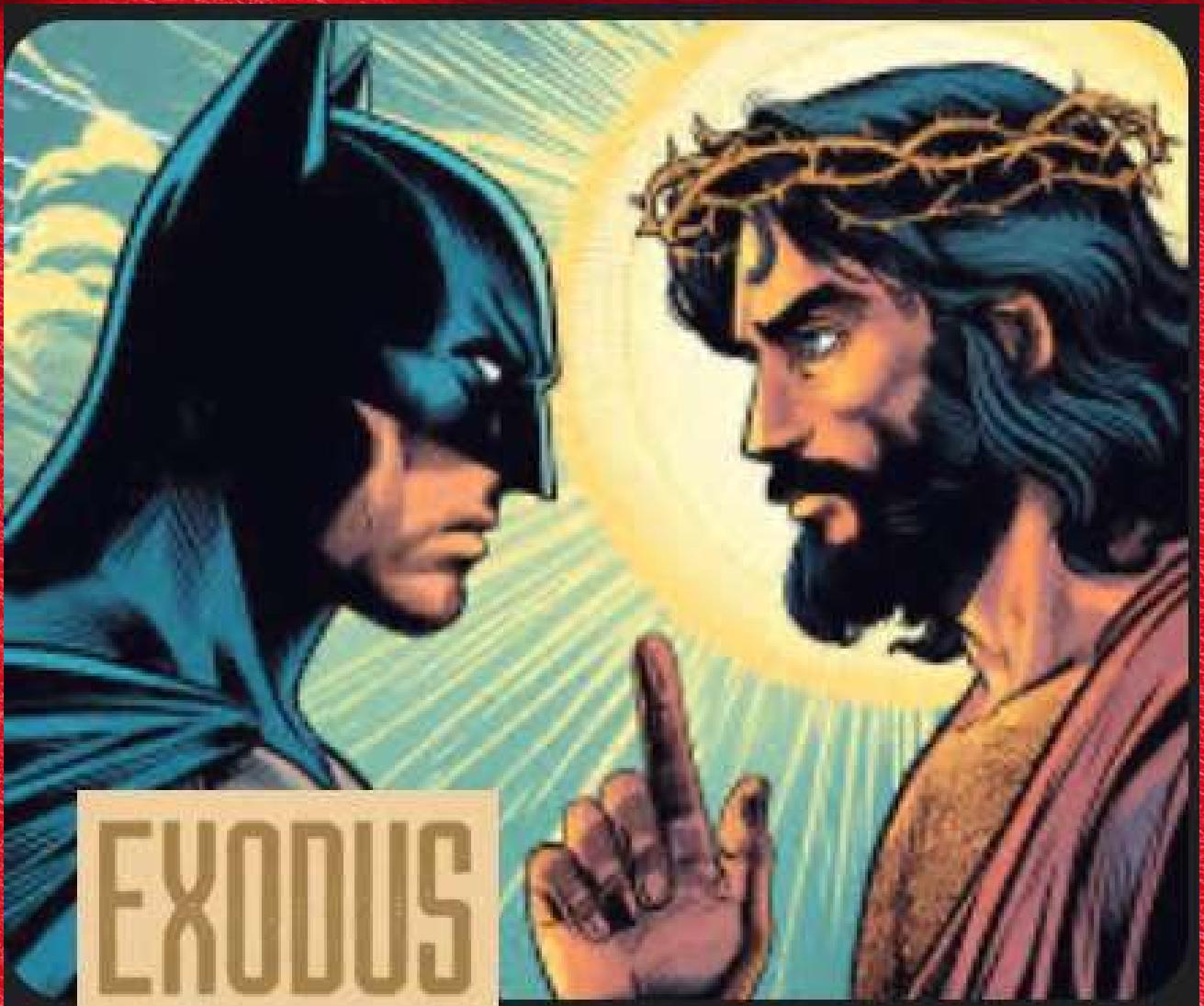


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

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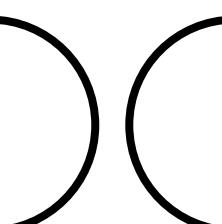
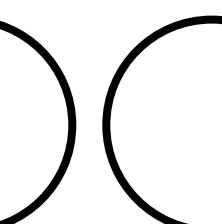
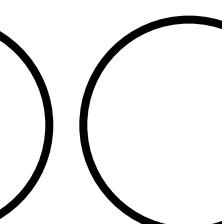
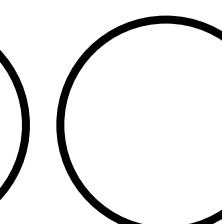
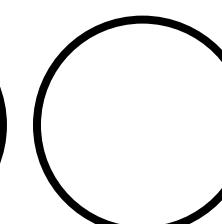
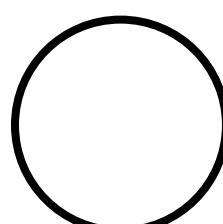
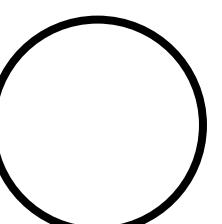
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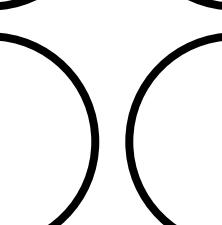
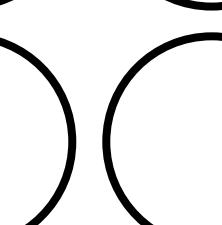
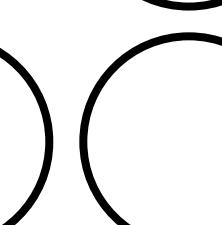
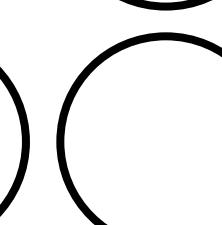
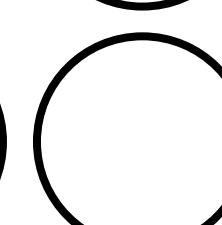
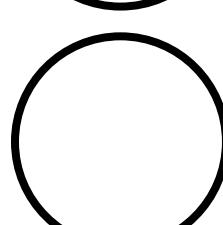
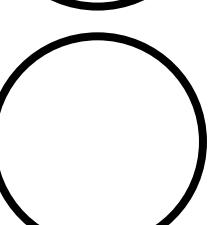
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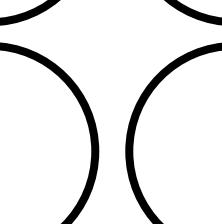
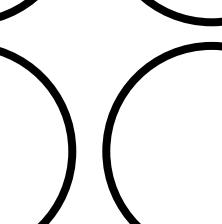
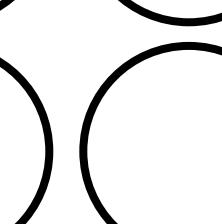
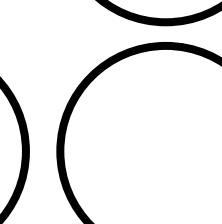
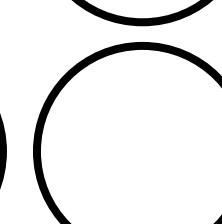
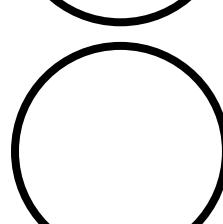
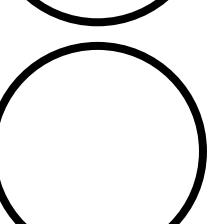
Lecture et méditation



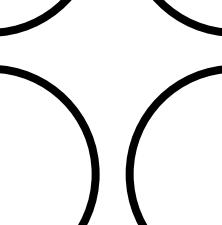
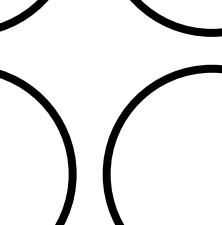
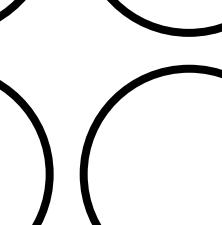
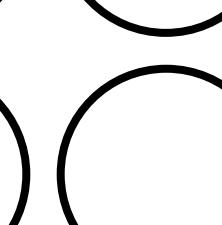
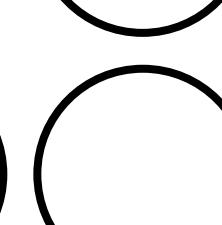
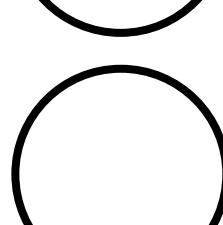
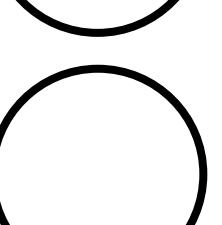
Heure sainte



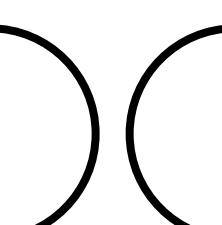
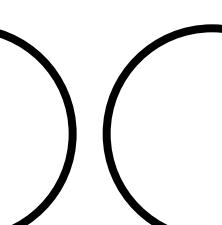
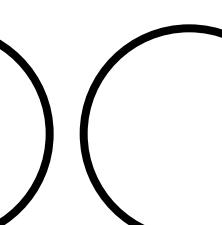
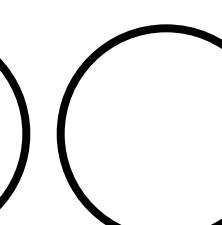
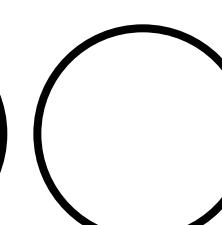
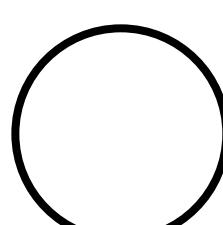
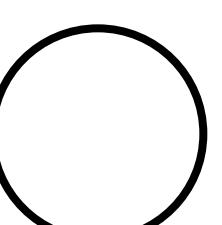
Examen de conscience



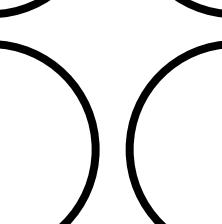
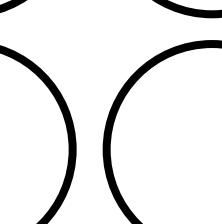
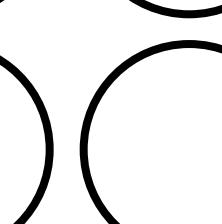
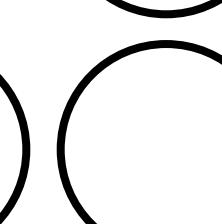
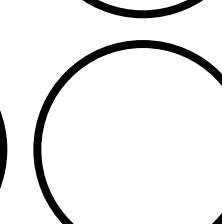
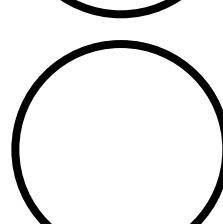
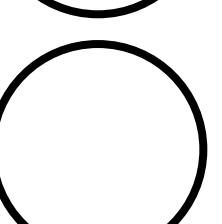
Douche froide



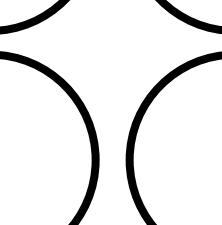
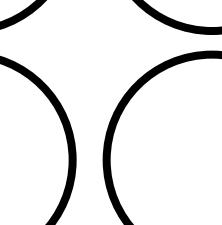
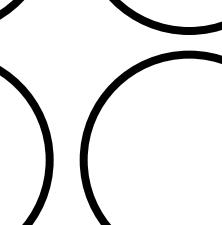
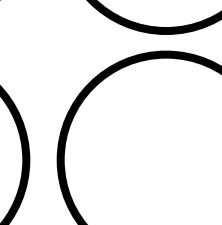
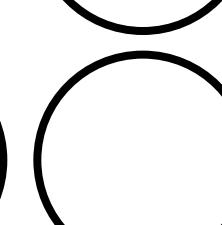
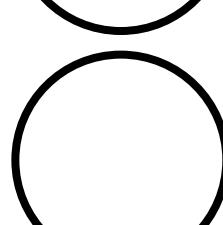
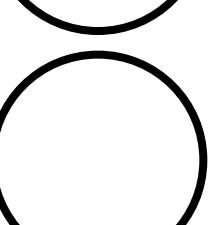
Exercice (3 x semaine)



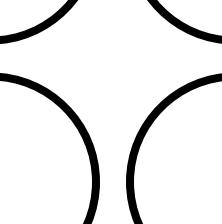
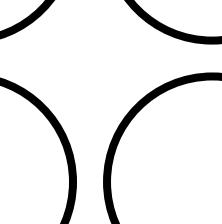
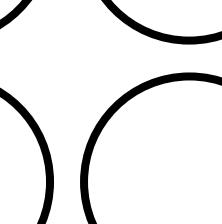
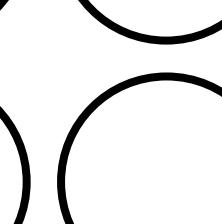
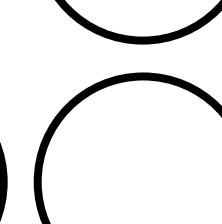
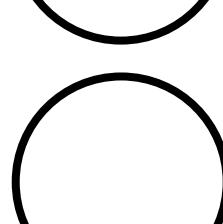
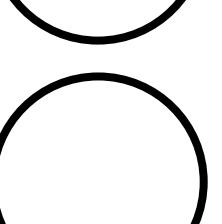
Nuit (+ de 7h de sommeil)



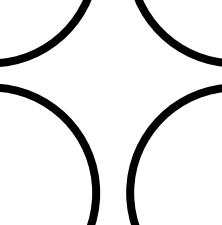
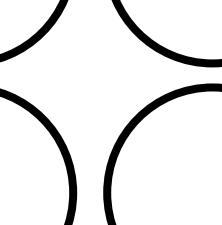
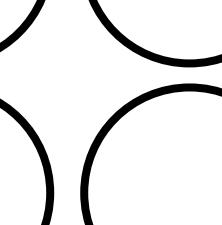
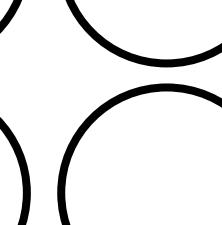
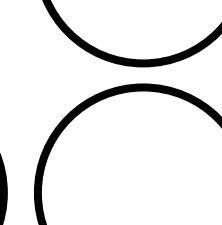
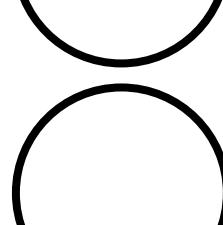
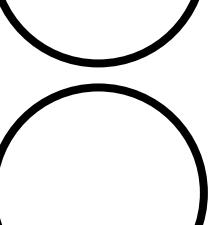
Abstention d'alcool



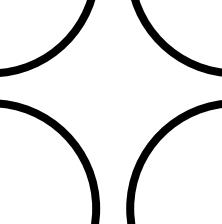
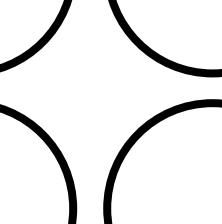
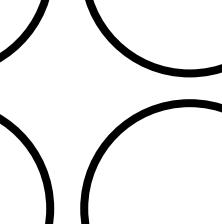
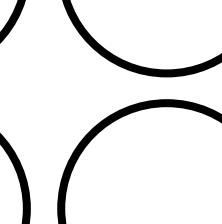
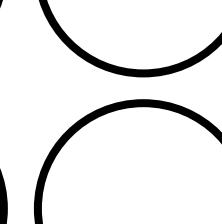
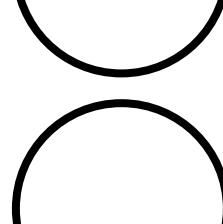
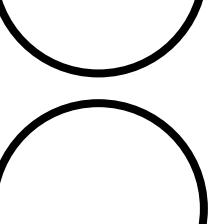
Abstention desserts et sucreries

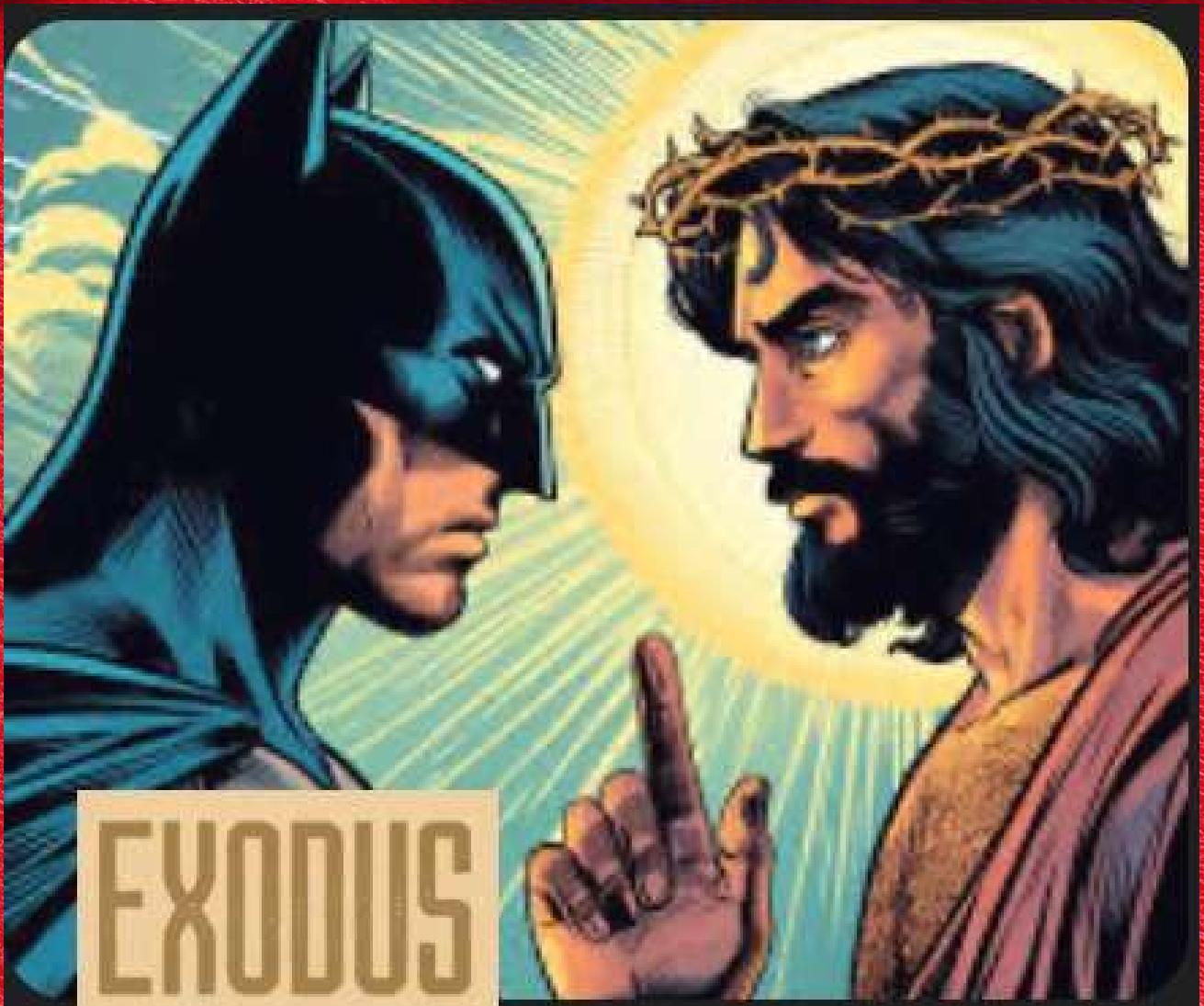


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

Me

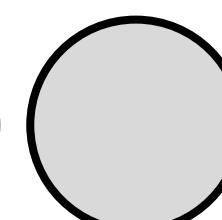
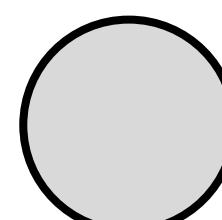
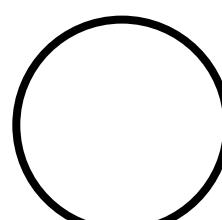
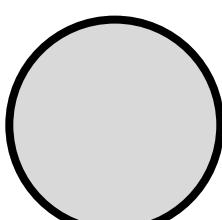
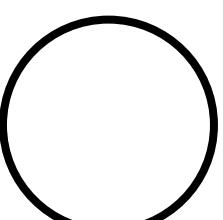
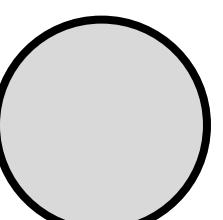
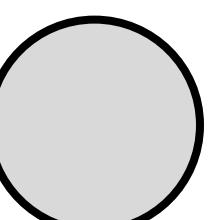
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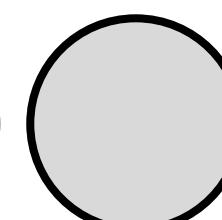
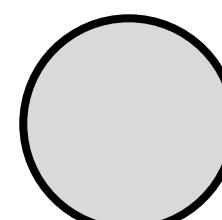
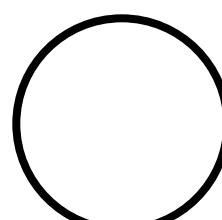
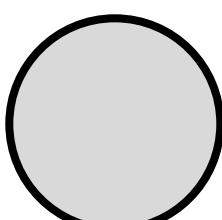
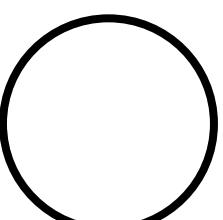
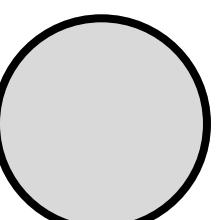
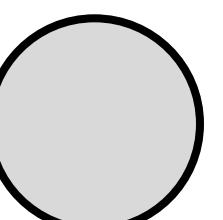
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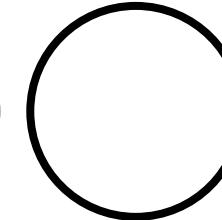
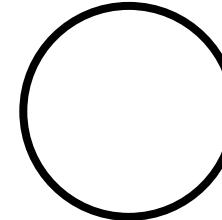
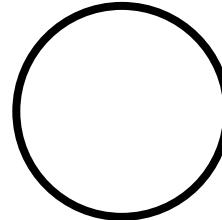
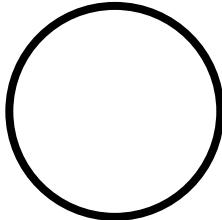
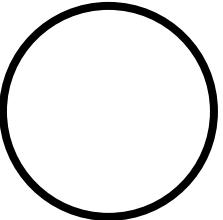
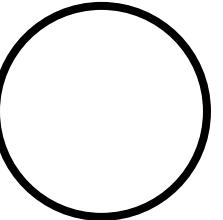
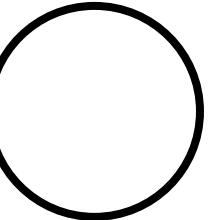
Jeûne (mercredi / vendredi)



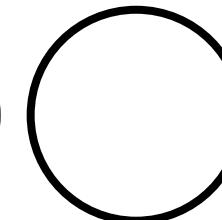
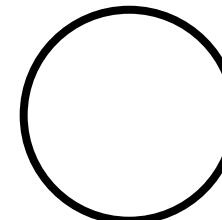
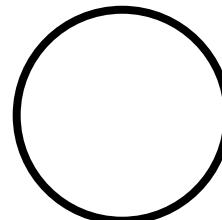
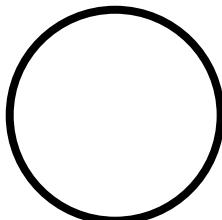
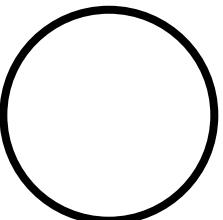
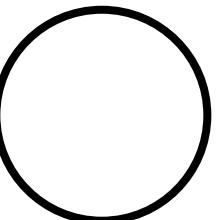
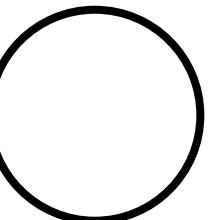
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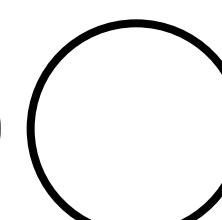
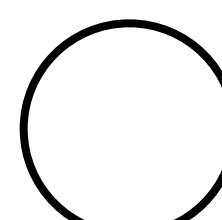
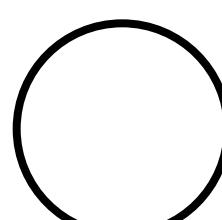
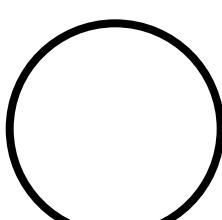
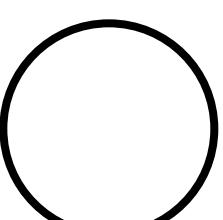
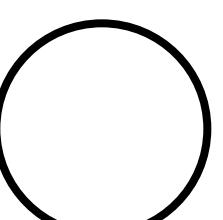
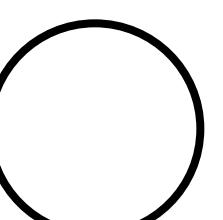
Abstention TV / Films



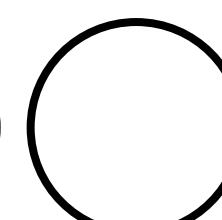
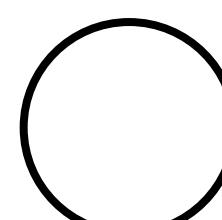
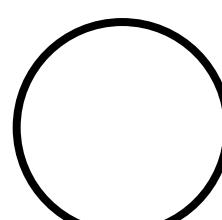
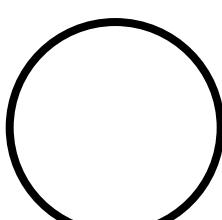
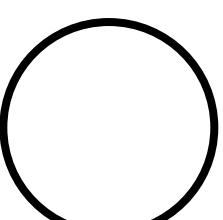
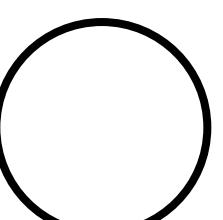
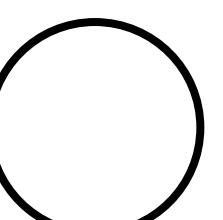
Abstention jeux vidéos



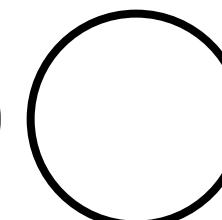
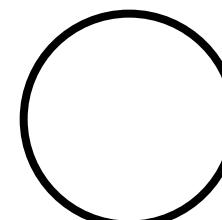
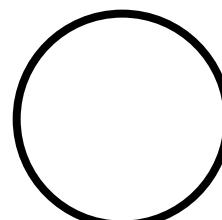
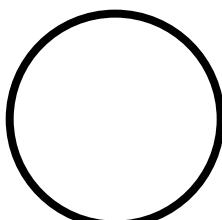
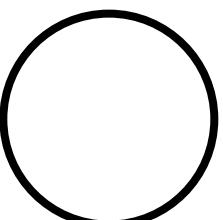
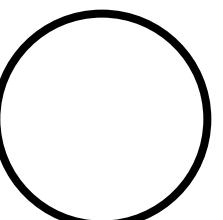
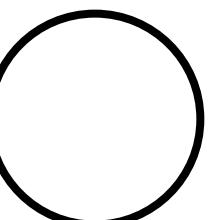
Abs. d'achats non essentiels



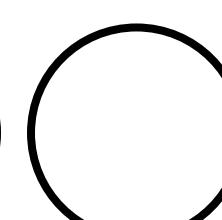
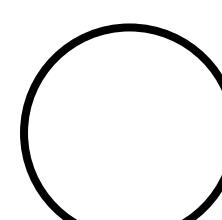
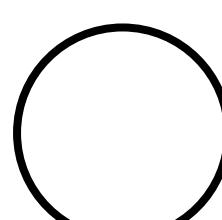
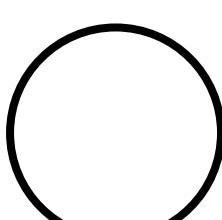
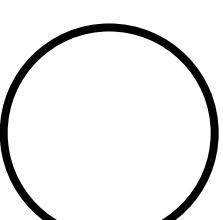
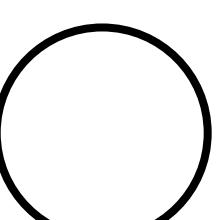
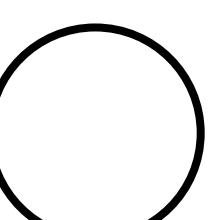
Abstention d'ordinateur



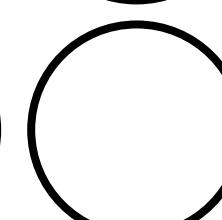
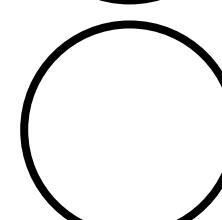
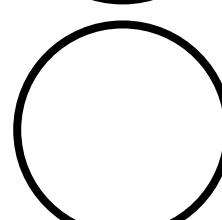
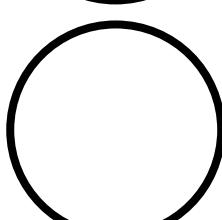
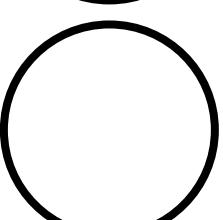
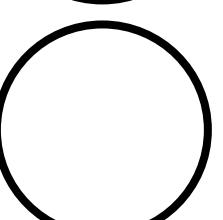
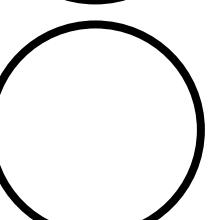
Abstention de smartphone



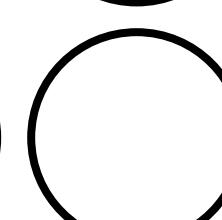
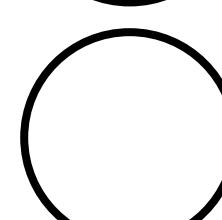
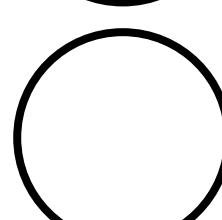
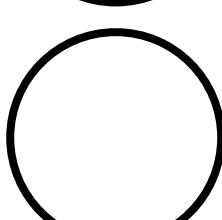
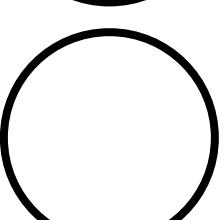
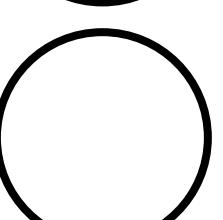
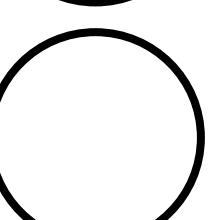
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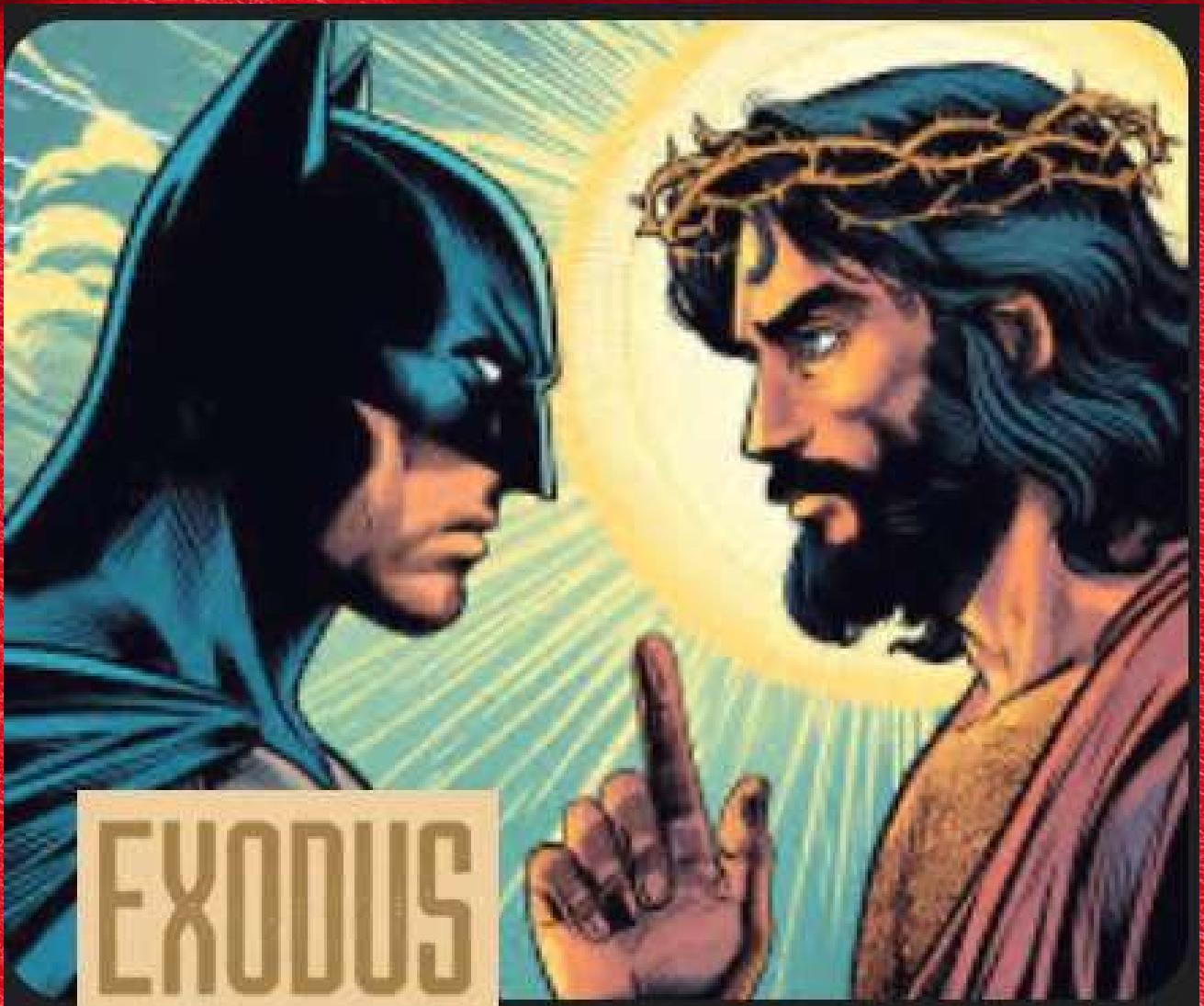


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

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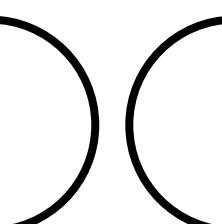
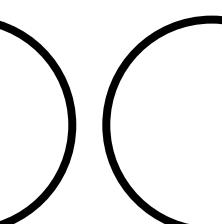
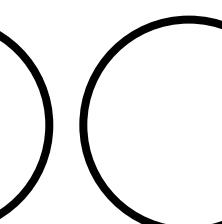
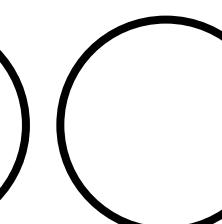
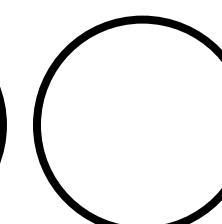
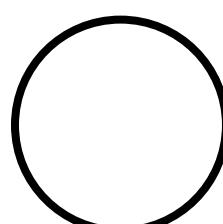
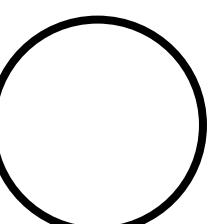
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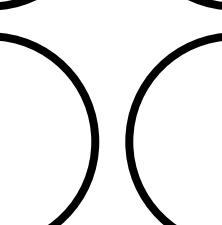
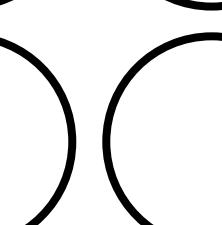
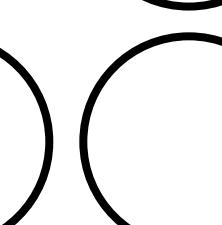
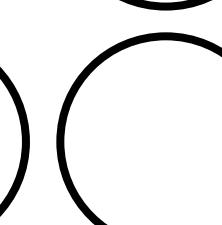
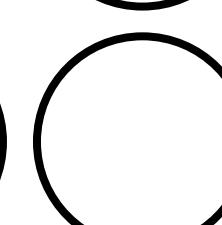
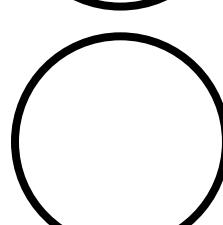
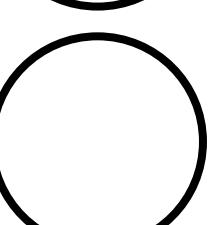
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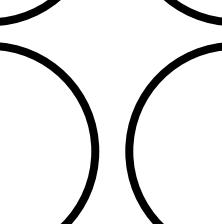
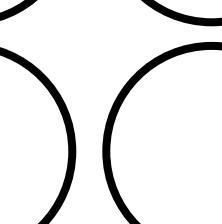
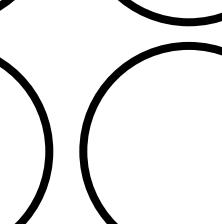
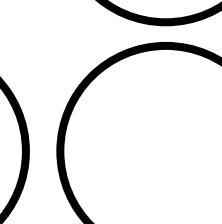
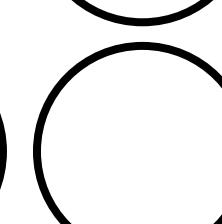
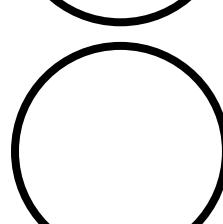
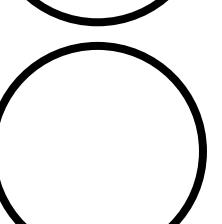
Lecture et méditation



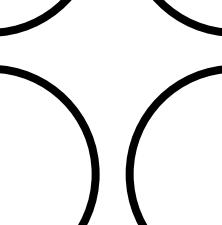
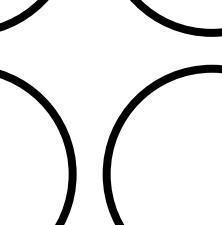
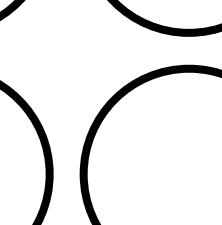
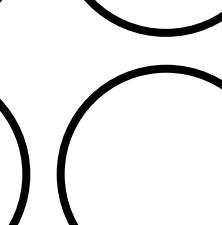
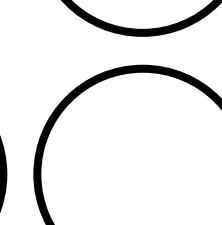
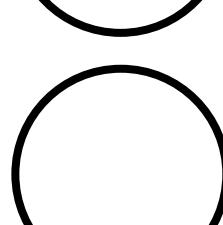
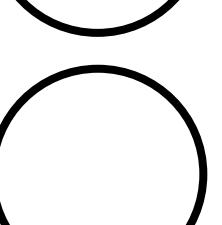
Heure sainte



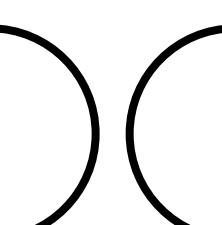
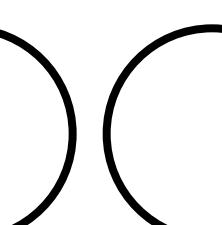
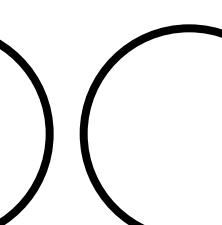
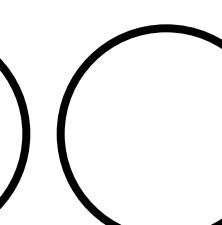
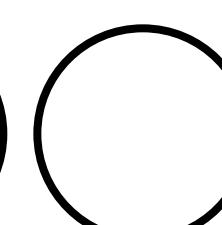
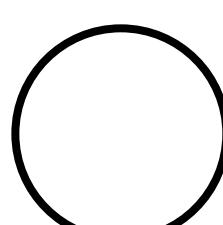
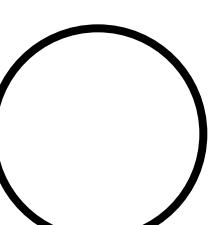
Examen de conscience



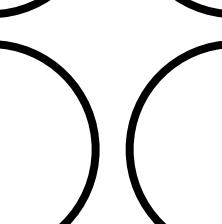
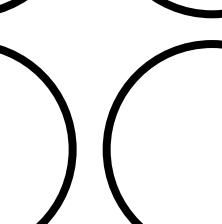
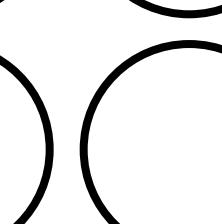
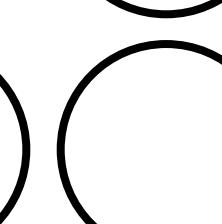
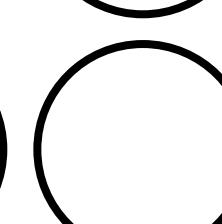
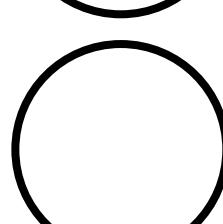
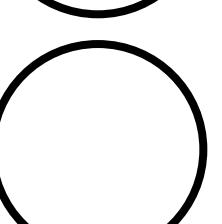
Douche froide



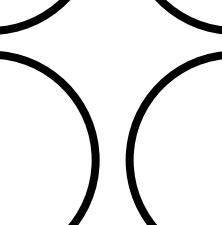
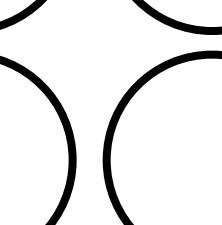
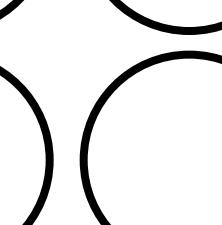
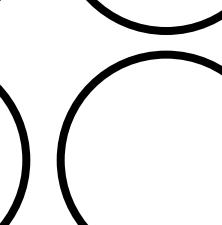
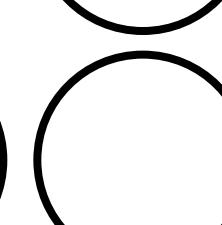
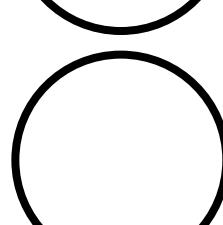
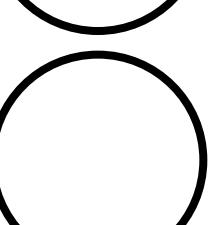
Exercice (3 x semaine)



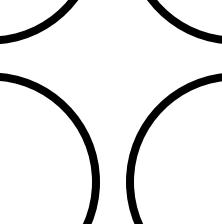
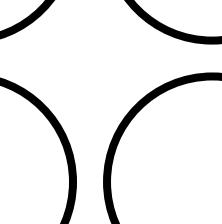
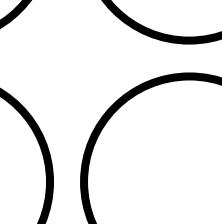
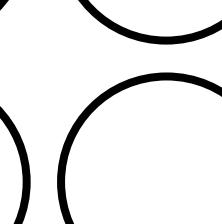
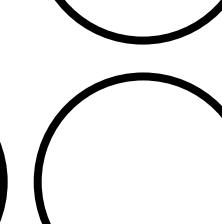
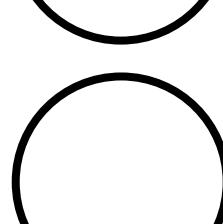
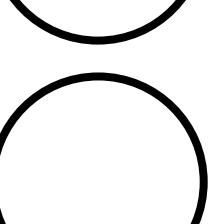
Nuit (+ de 7h de sommeil)



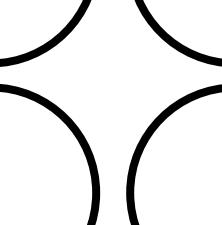
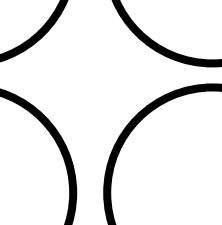
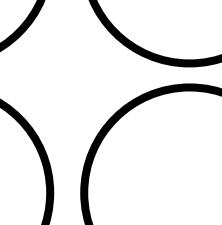
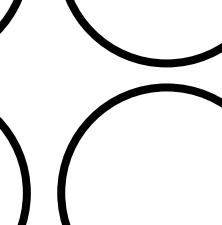
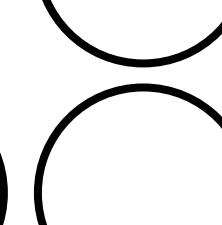
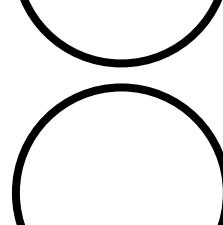
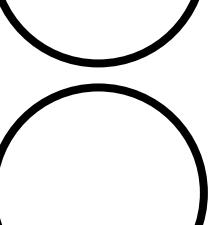
Abstention d'alcool



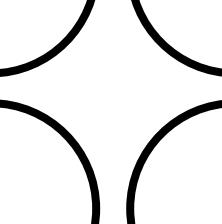
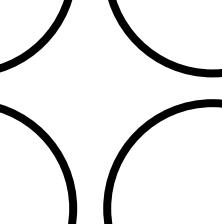
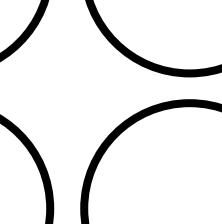
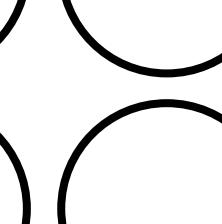
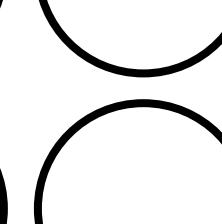
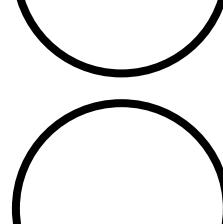
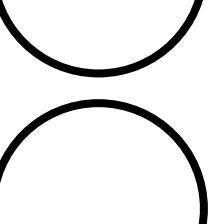
Abstention desserts et sucreries

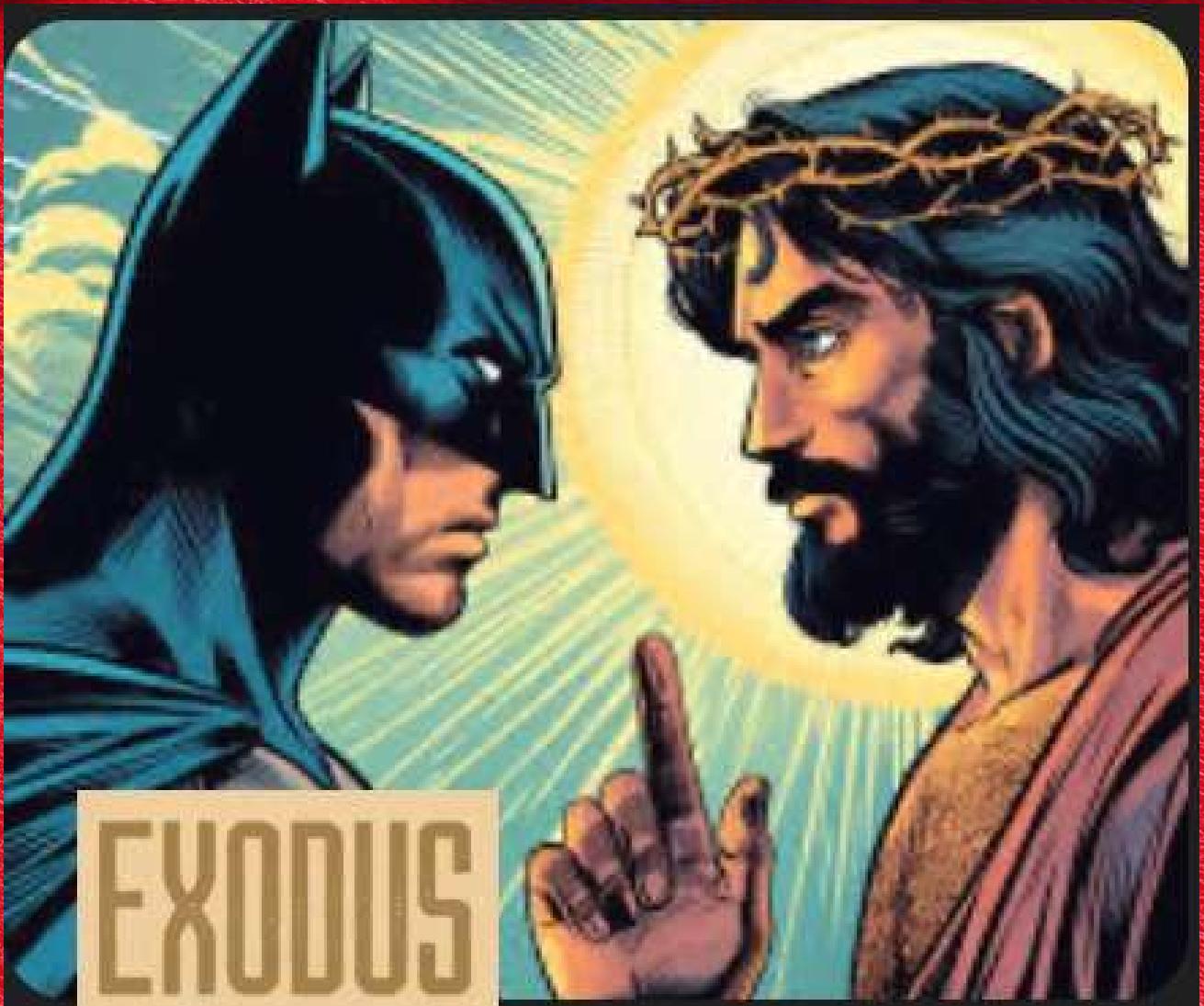


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

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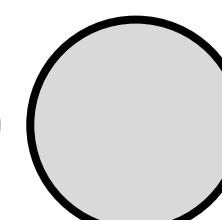
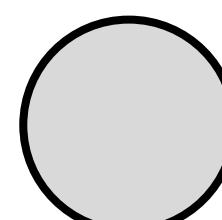
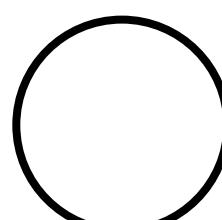
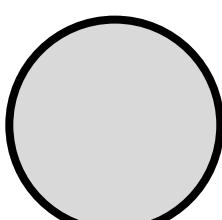
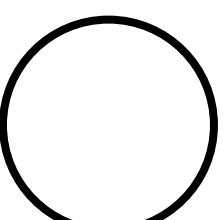
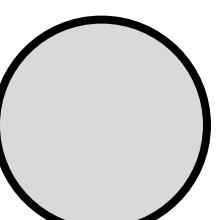
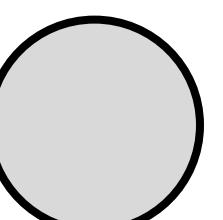
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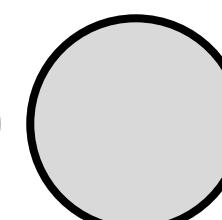
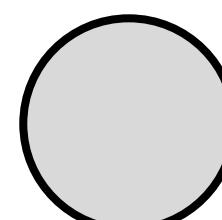
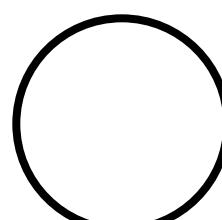
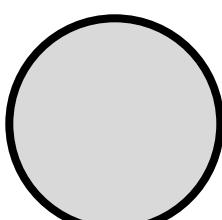
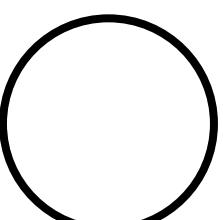
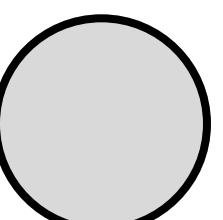
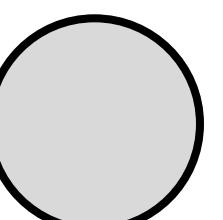
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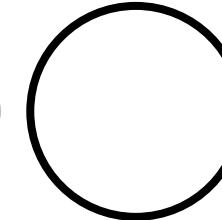
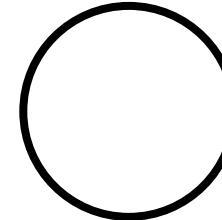
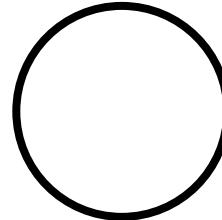
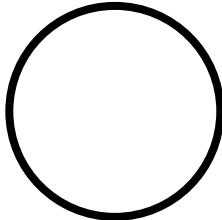
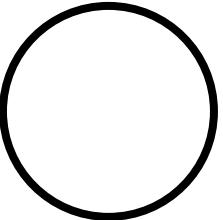
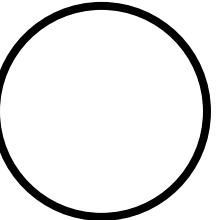
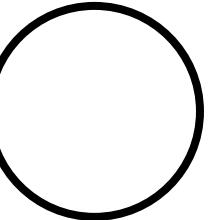
Jeûne (mercredi / vendredi)



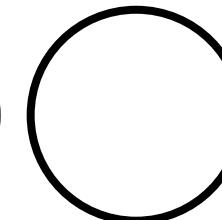
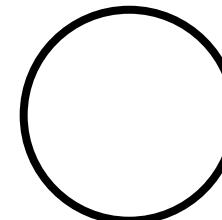
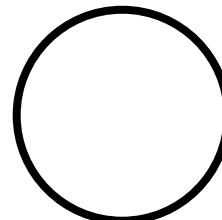
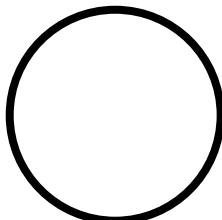
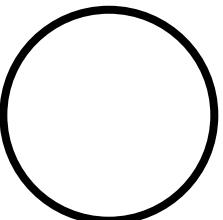
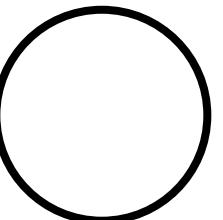
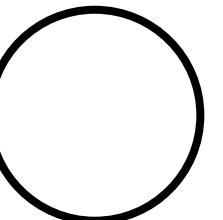
Viande (mercredi / vendredi)



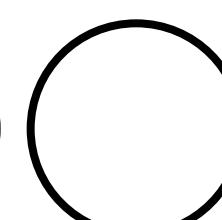
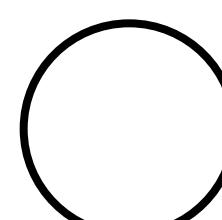
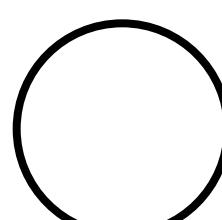
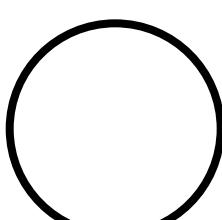
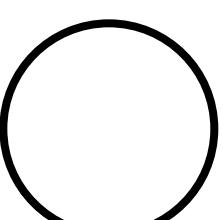
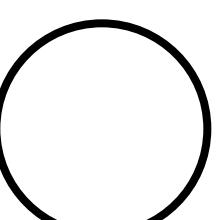
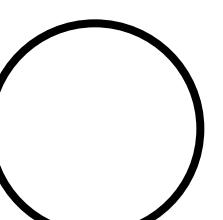
Abstention TV / Films



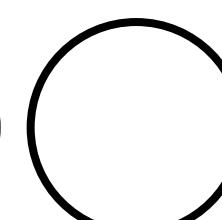
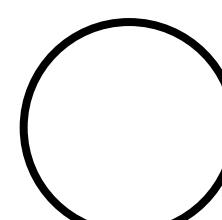
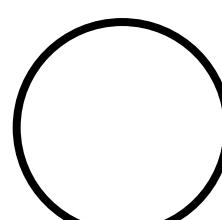
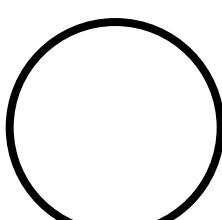
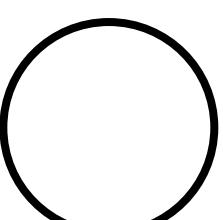
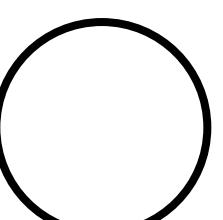
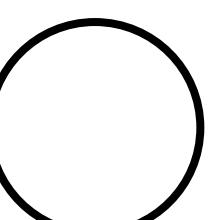
Abstention jeux vidéos



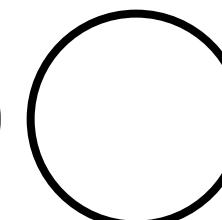
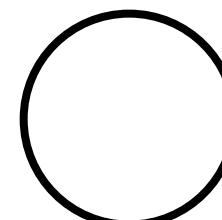
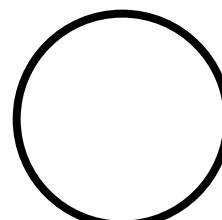
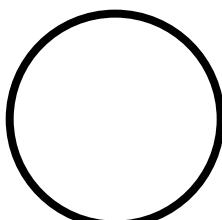
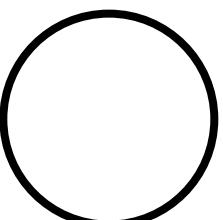
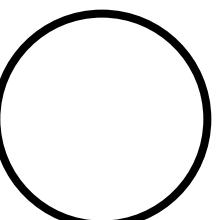
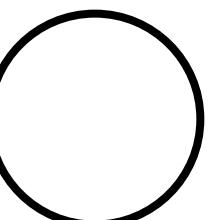
Abs. d'achats non essentiels



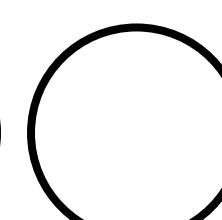
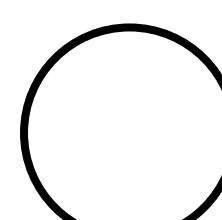
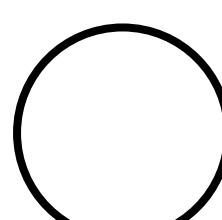
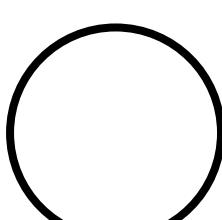
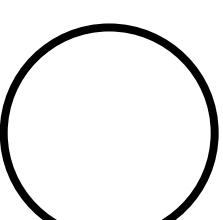
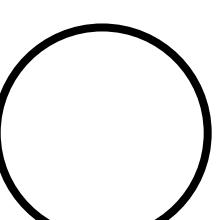
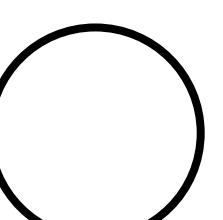
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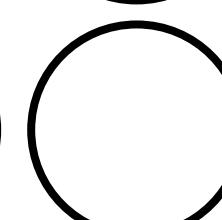
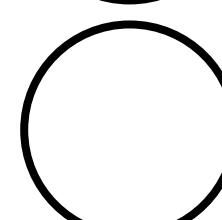
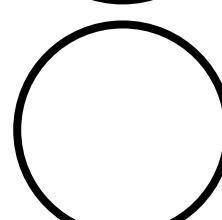
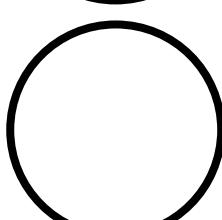
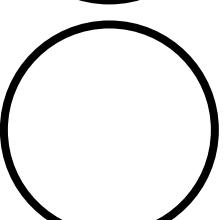
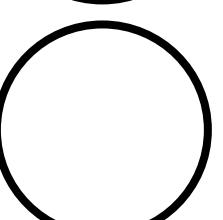
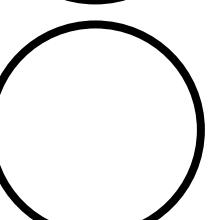
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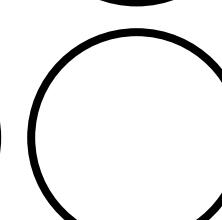
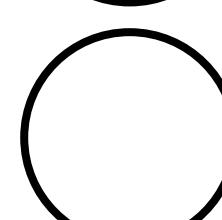
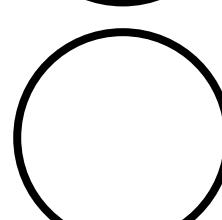
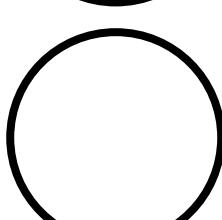
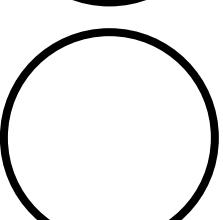
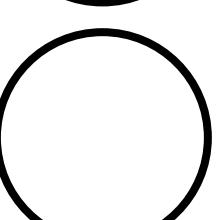
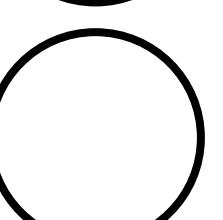
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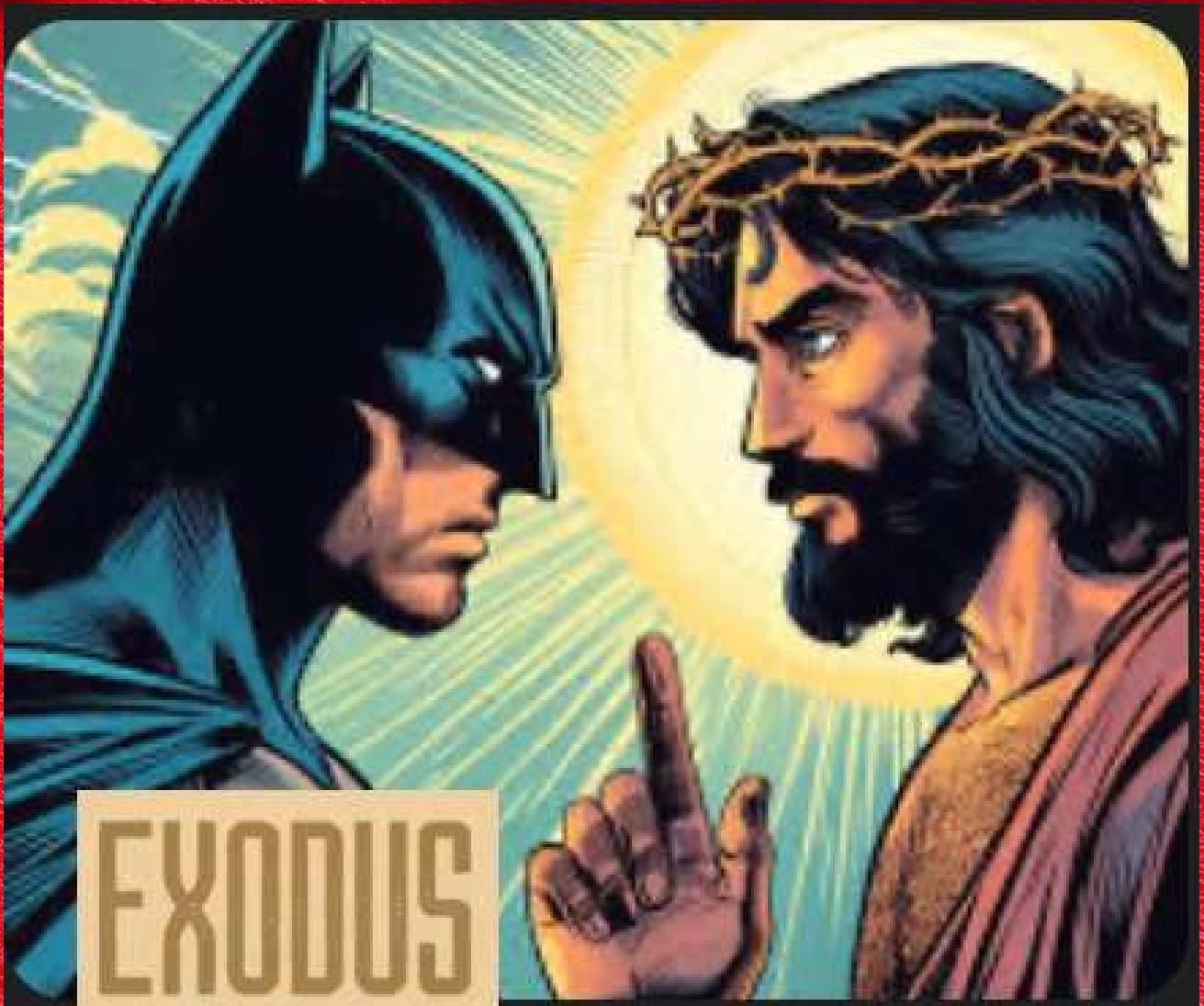


Enregistrement de l'ancre



Fraternité hebdomadaire





Exodus - Semaine __

Pratiques quotidiennes

Lu

Ma

Me

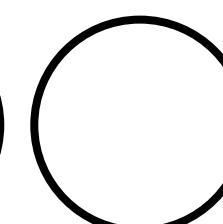
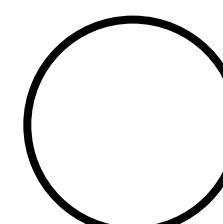
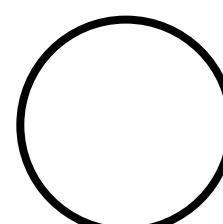
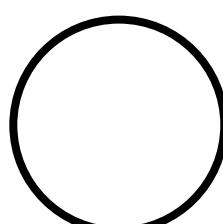
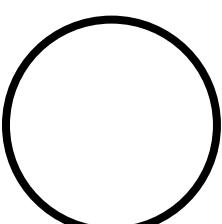
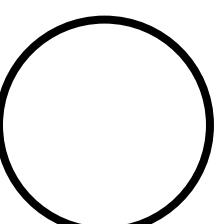
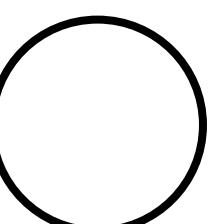
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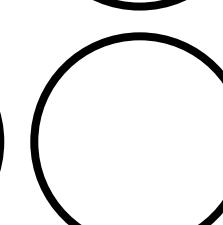
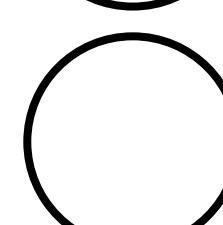
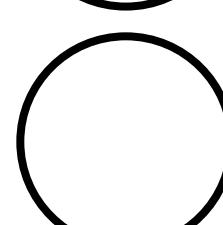
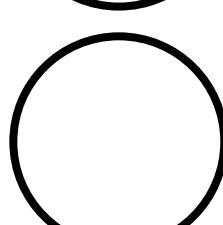
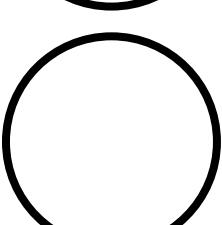
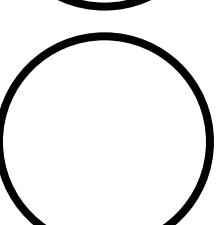
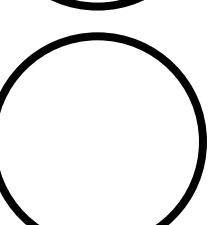
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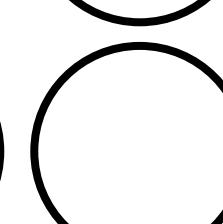
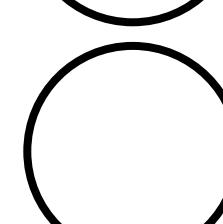
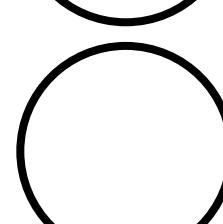
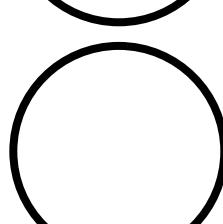
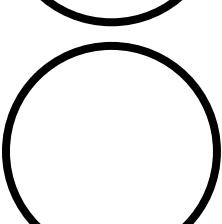
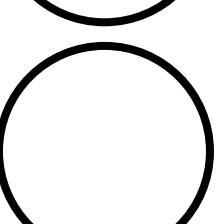
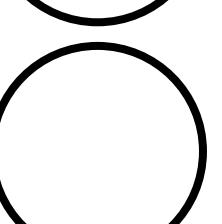
Lecture et méditation



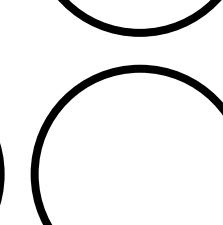
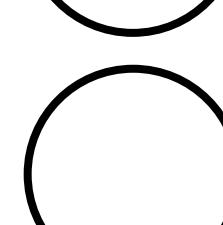
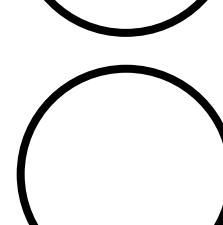
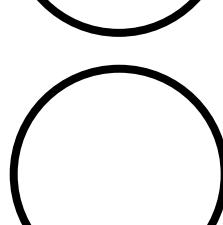
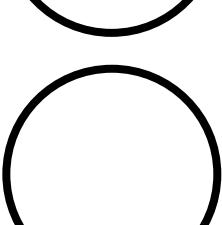
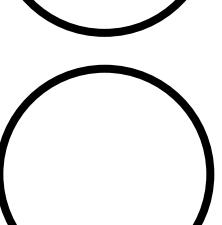
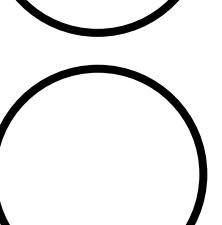
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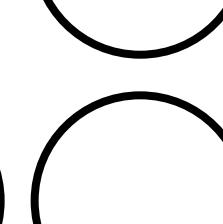
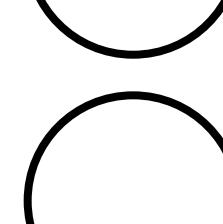
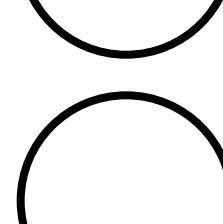
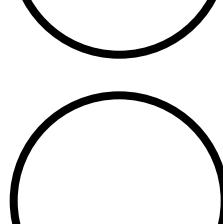
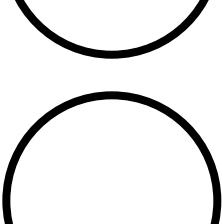
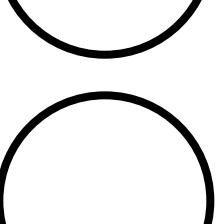
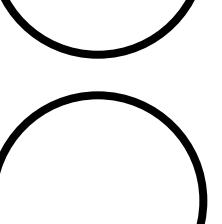
Examen de conscience



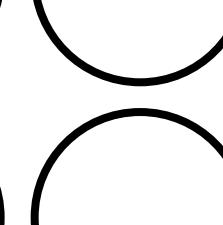
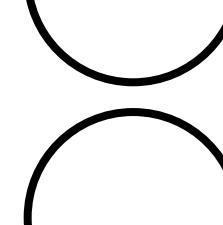
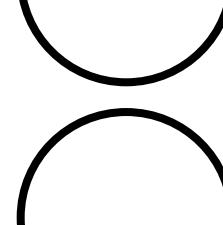
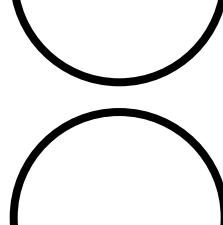
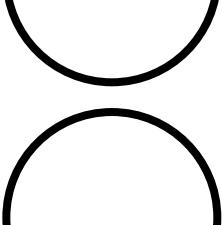
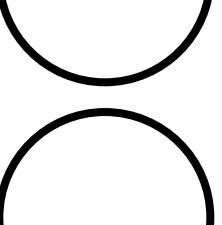
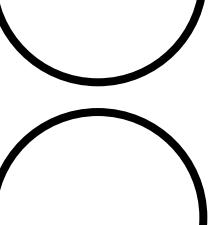
Douche froide



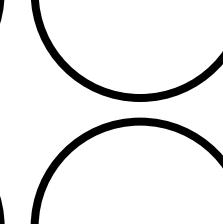
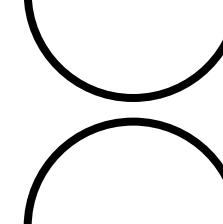
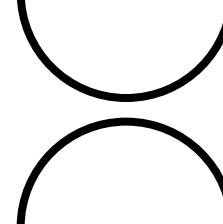
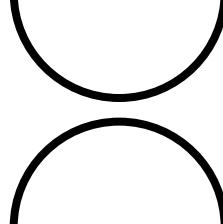
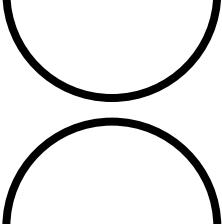
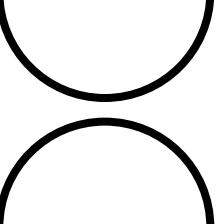
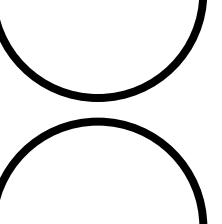
Exercice (3 x semaine)



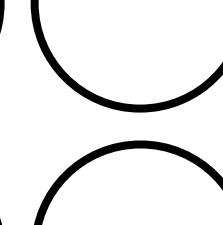
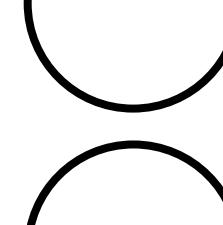
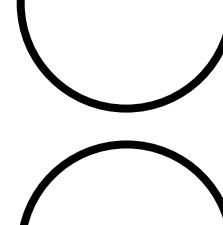
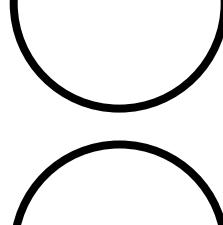
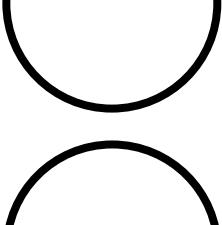
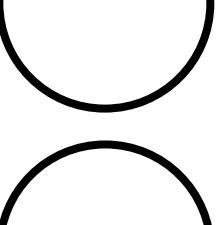
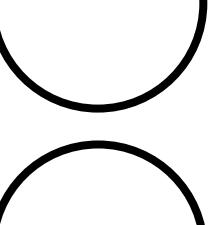
Nuit (+ de 7h de sommeil)



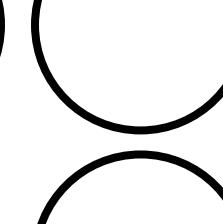
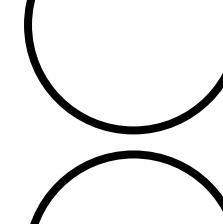
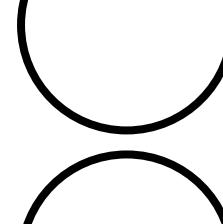
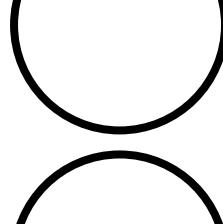
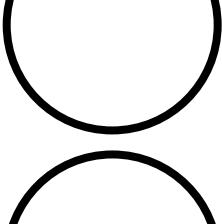
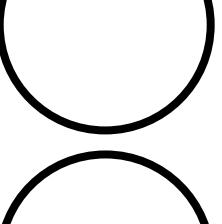
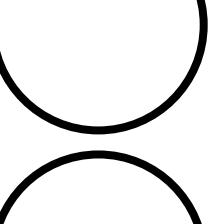
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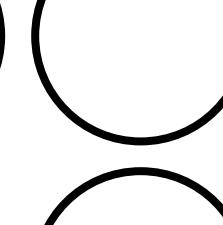
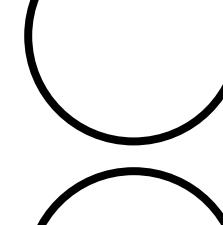
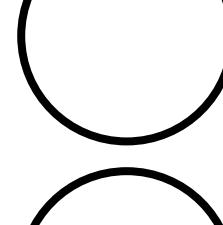
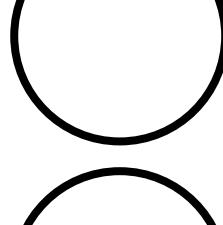
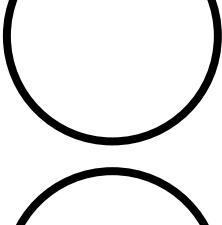
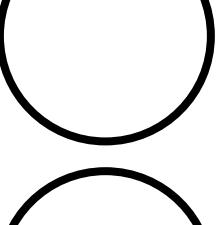
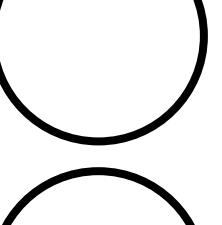
Abstention desserts et sucreries

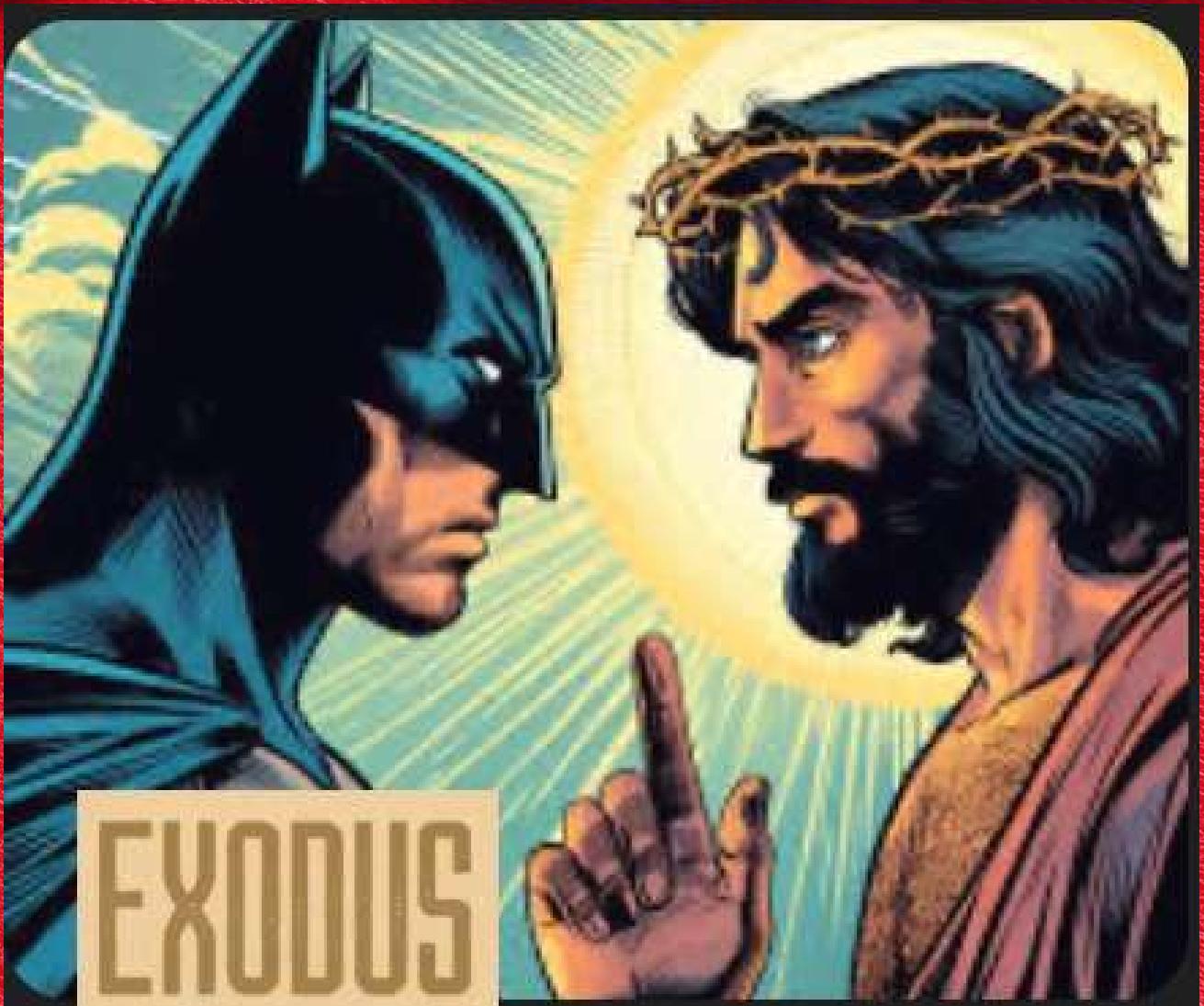


Abstention de grignotage



Abstention de boissons sucrées





Exodus - Semaine __

Pratiques quotidiennes

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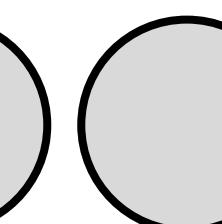
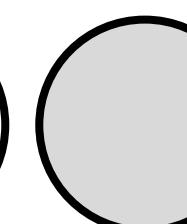
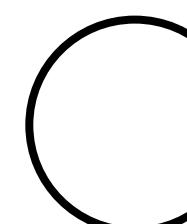
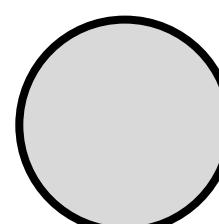
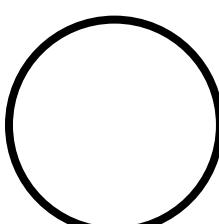
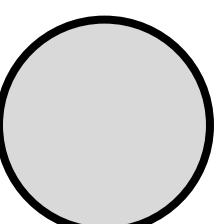
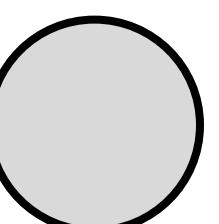
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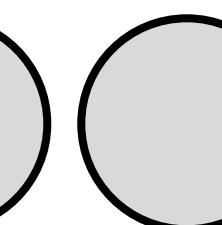
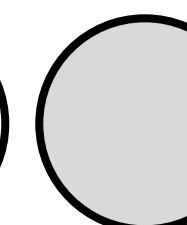
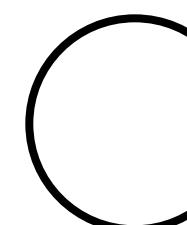
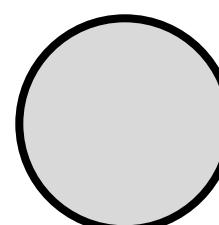
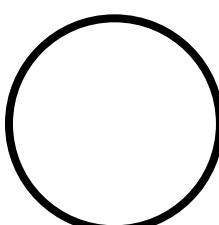
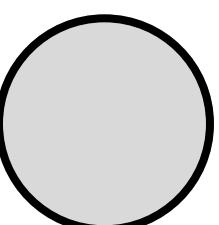
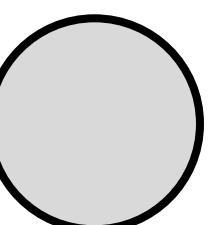
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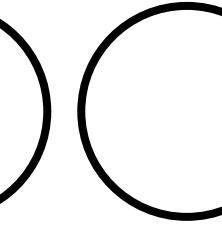
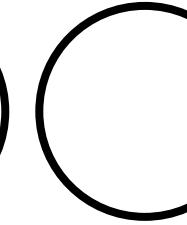
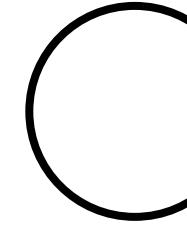
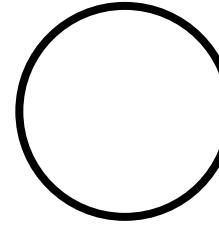
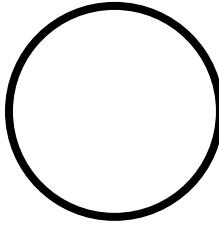
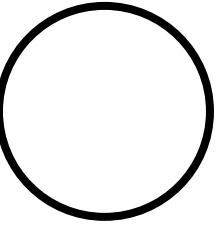
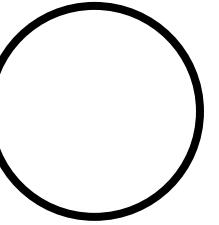
Jeûne (mercredi / vendredi)



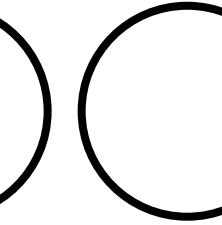
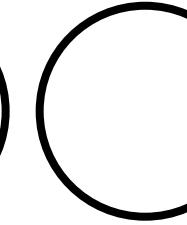
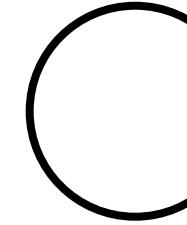
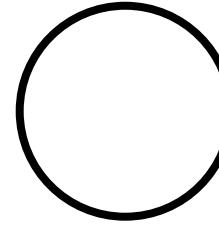
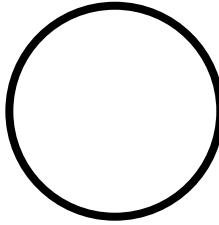
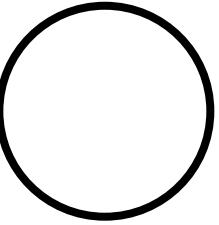
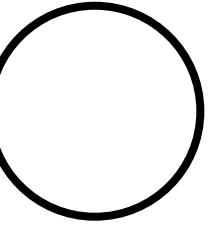
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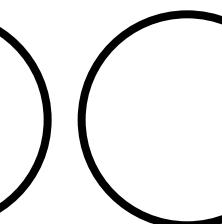
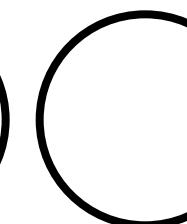
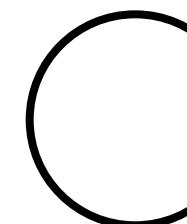
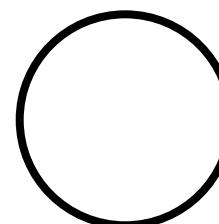
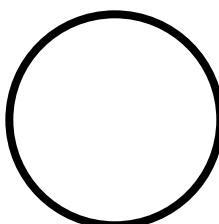
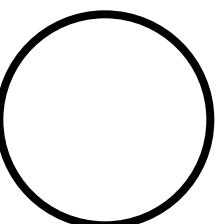
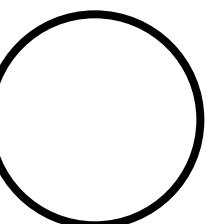
Abstention TV / Films



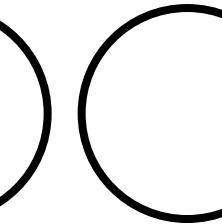
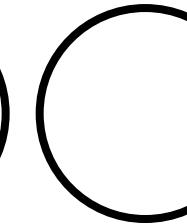
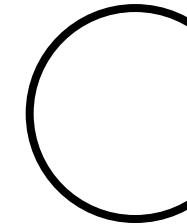
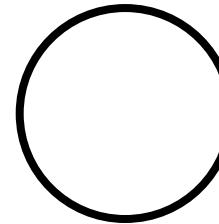
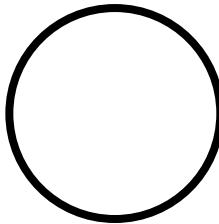
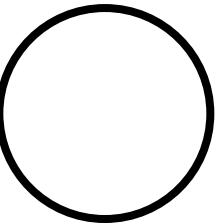
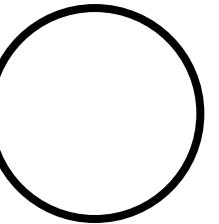
Abstention jeux vidéos



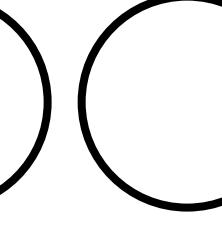
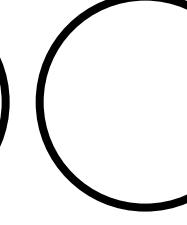
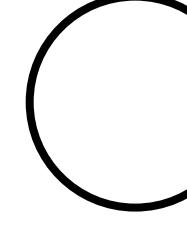
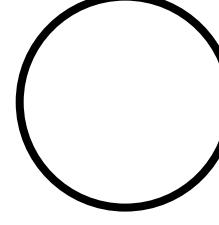
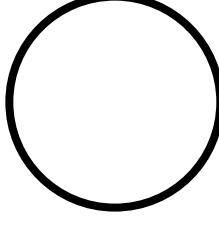
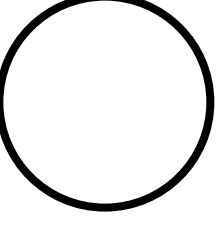
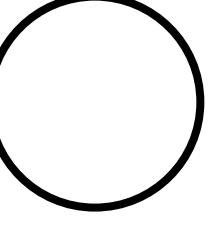
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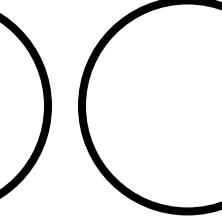
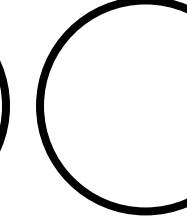
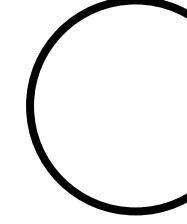
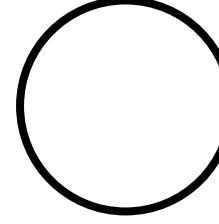
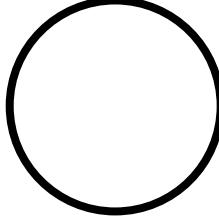
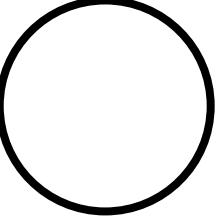
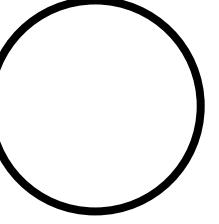
Abstention d'ordinateur



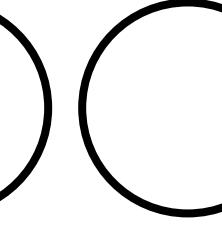
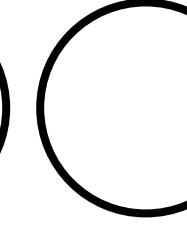
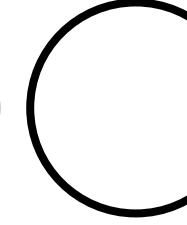
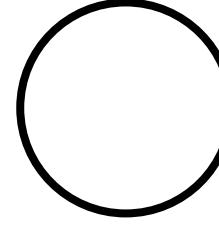
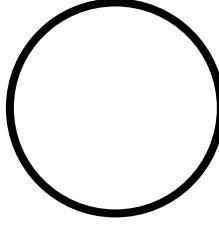
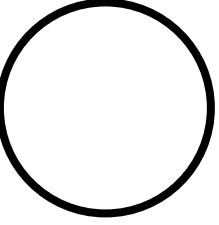
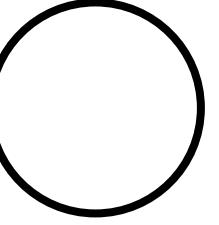
Abstention de smartphone



Abstention de musique



Enregistrement de l'ancre



Fraternité hebdomadaire

