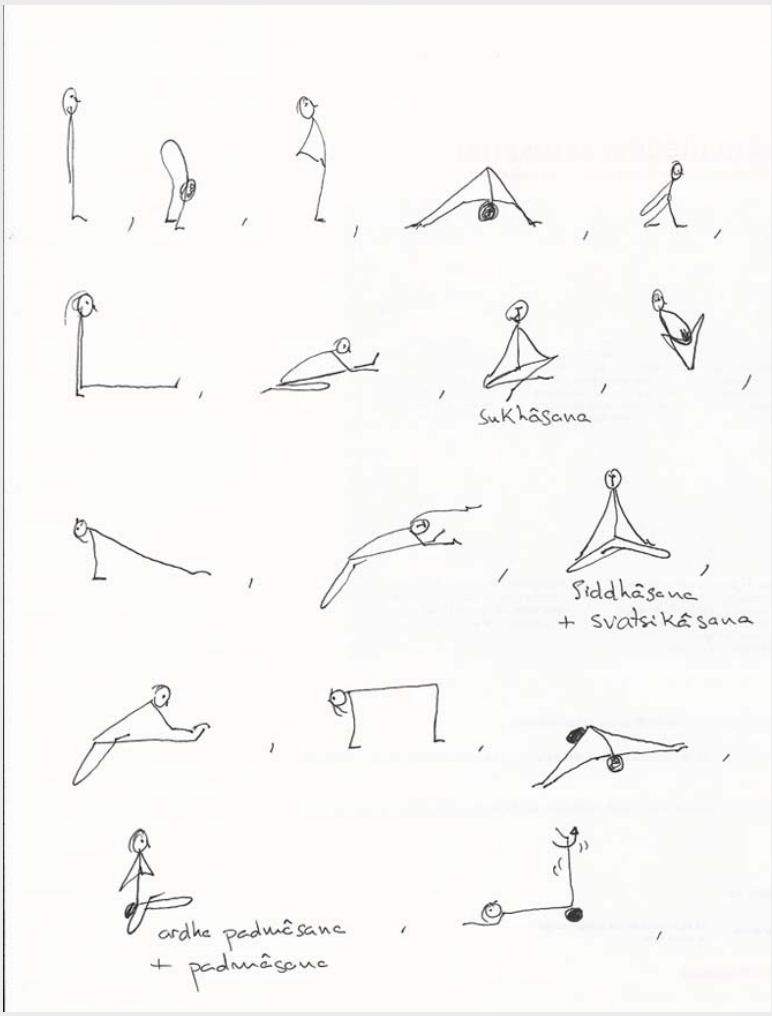Calentamiento meditación: progresión posturas