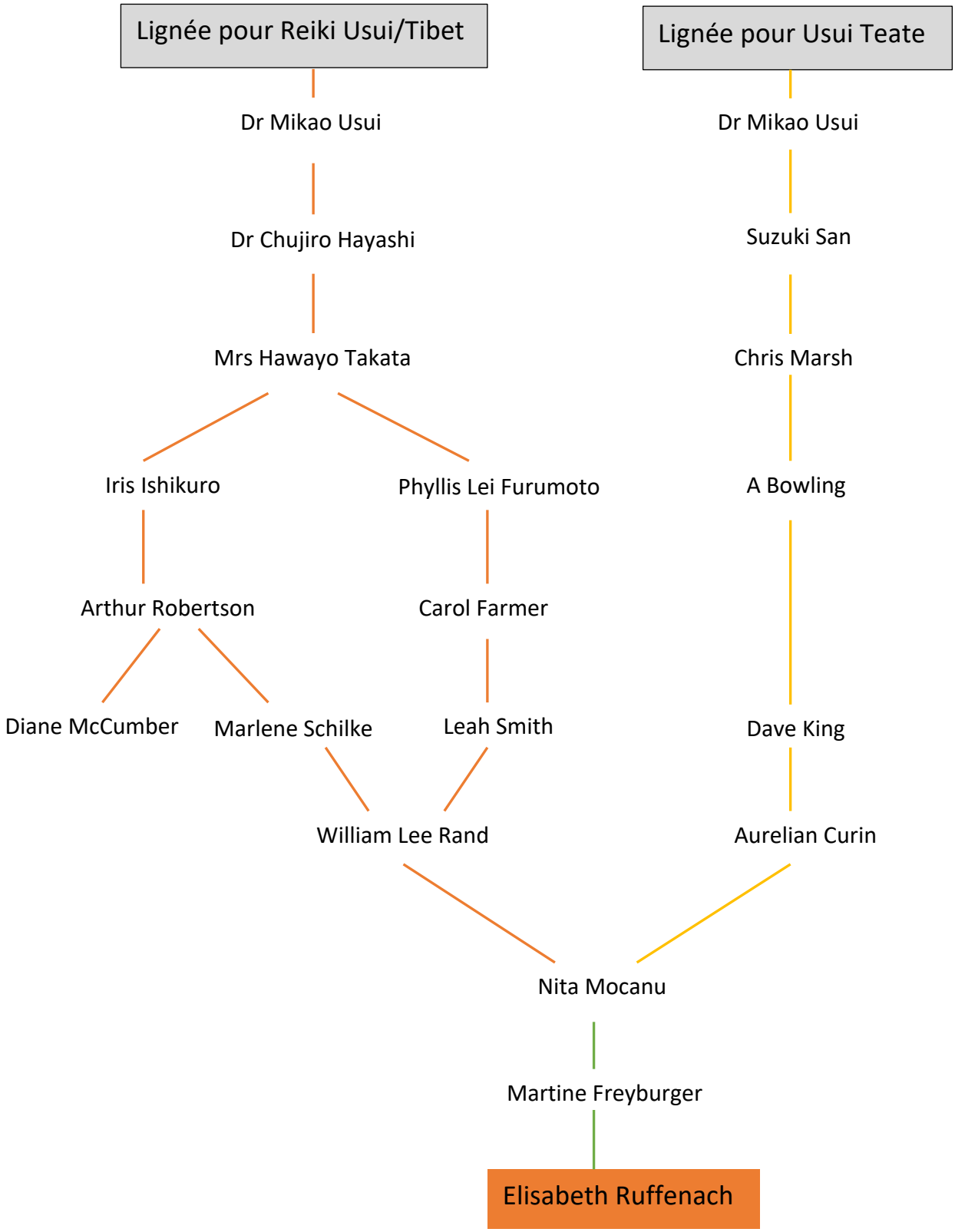La lignée REIKI de Elisabeth Ruffenach