

COTTUS

-FAMILIAR

-MALE

-MAGIC TYPE: UNDISCOVERED
-VERY CALM AND COLLECTED
-ALTHOUGH IT IS PRACTICALLY
UNBEATABLE AMONGST
FAMILIARS, COTTUS DOES
HAVE A KEY SOURCE (A THUNDER
AND SOME FORM
OF MAGIC)
-WHEN NERVOUS,
HE OFTEN RESITS
A SURVIVAL
SPELL, "FOR BAY BOO"

HECTOR

-MY WIZARD

-MALE

-MAGIC TYPE: AIR
-VERY COOL, SHORT TEMPERED
AND OFTEN STARTS TROUBLE
-IS VERY PROTECTIVE OF COTTUS
AND EVE
-CAN FLY GREAT HEIGHTS BUT
CANNOT FLY IF WET (DUE TO
BOTH MAGIC TYPE AND
PERSONAL FEAR)
-CAN OFTEN BE FOUND WITH
COTTUS OR ON HIS COACH

EVE

-FAMILIAR

-FEMALE

-NO MAGIC TYPE
-VERY FRIENDLY BUT CAN
PROBABLY CAUSE SEVERE DAMAGE IF
THREATENED
-INSTEAD OF THE BASIC
FAMILIAR ABILITY
TO TALK, EVE CAN
TELEPORT
-CAN BE
REMOVED

PINDROP

-SORCERESS

-FEMALE

-MAGIC TYPE: MASTER
-IS AGENT OF THE CMCM (COUNCIL OF
MONITORED AND CONTROLLED MAGIC)
-MOTHER OF COTTUS
-MASTERS WITH AND RELIANT ON SPELLS
AND POTIONS, SHE OFTEN APPROACHES
ANY PROBLEM WITH MAGIC
-ALWAYS WILLING TO TRY OUT A NEW SPELL
OR TWO

JENNIFER

-WITCH

-FEMALE

-MAGIC TYPE: ELEMENTAL FLORA
-VERY QUIET AND TAKES IN AS
LITTLE WORDS AS POSSIBLE IF
NEEDED
-THE "THORN HENNA" ON HER
HEAD ARE ATTACHED TO HER
MAGIC AND ARE CONTROLLABLE
-LOVES TO WATCH

DIMITRI

-SORCERER

-MALE

-MAGIC TYPE: MASTER
-IS AGENT OF THE
CMCM/CMCM MEMBER,
CURRENTLY TEMPORARY
MEMBER
-VERY UNBROODLY AND
UNCARING
-OFTEN PESSIMISTIC DUE TO
PAST EXPERIENCES
-CURRENTLY REACHES WITH
HAILEY

HAILEY

-WIZARD

-FEMALE

-NO MAGIC TYPE
-VERY CONFIDENT, FRIENDLY,
AND EXTREMELY CURIOUS
-CLOSE FRIENDS WITH COTTUS
AND HECTOR, AND IS ALWAYS UP
FOR AN ADVENTURE
-BEST FRIEND IS DIMITRI AND
SHE IS CURRENTLY TAKING UP
THE ROLE OF HIS
ASSISTANT/MOTIVATOR
-KNOWS HOW TO FIX A PLAN



Thirteenth Valley

Judd E. Hollander



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un rouleau de massage connu également sous sa dénomination anglaise foam roller est un accessoire sous forme de rouleau destiné à l'auto massage il est généralement constitué d'une partie rigide et de mousse selon see more

le sens du rouleau de massage blackroll - Nov 30 2021

exercices avec le rouleau de massage blackroll - Sep 09 2022

mar 10 2023 des exercices pour les fascias en massant ces membranes qui enveloppent notre corps les rouleaux de massage permettent de soulager tensions douleurs et

rouleau de massage quand et comment bien l'utiliser - Apr 16 2023

il existe sur le marché plusieurs modèles de rouleaux en mousse dont la densité le matériau le design la taille et le coût varient les meilleurs rouleaux en mousse ainsi que leurs

les 4 meilleurs rouleaux de massage en 2023 home fit - Oct 10 2022

sep 4 2023 pourquoi utiliser un rouleau de massage concrètement voici les différents bienfaits à utiliser un rouleau de massage libère les muscles et les fascias bon marché

rouleau de massage mode d'emploi pour soulager ses douleurs - Feb 02 2022

le rouleau de massage pour le visage est le dernier gadget en vogue la nouvelle star des réseaux sociaux et le chouchou des beauty addicts des modèles classiques en jade et en **rouleaux de massage nike fr** - Sep 28 2021

amazon fr rouleau massage - Jul 19 2023

les divers tests comparatifs stipulent que cet accessoire est destiné au grand public à tous ceux qui ressentent le besoin d un bon massage sans susciter une aide extérieure see more

les 10 meilleurs rouleaux de massage de 2023 décideur - Aug 20 2023

pour faire la comparaison de nos produits nous nous basons en grande partie sur une évaluation participative en tenant compte des clients ayant déjà acheté un produit et de tests plus avancés nous portons une attention see more

les 5 vrais meilleurs rouleaux de massage en 2023 - May 17 2023

pour les sportifs et adeptes d activités physiques intenses le rouleau de massage s utilise après chaque séance il soulage les douleurs musculaires et évite les courbaturespour see more

rouleau de massage avis exercices conseils d achat - Dec 12 2022

découvrez tous les exercices avec le rouleau de massage à effectuer avec les blackroll standard med groove et flow il existe deux manières différentes d effectuer des

meilleur rouleau de massage quel foam roller choisir - Jul 07 2022

le rouleau de massage anti cellulite lorsque vous recherchez un rouleau massant anti cellulite vous trouverez des masseurs manuels simples avec une poignée des rouleaux de

[les quatre meilleurs rouleaux de massage à choisir](#) - Nov 11 2022

sep 29 2019 pour la majorité des pathologies l auto massage au rouleau des muscles peut permettre de retrouver un équilibre et soulager les douleurs toutefois veillez à consulter

rouleaux de massage decathlon - Mar 15 2023

rouleaux de massage utilisé dans de nombreux cabinets de kinésithérapie ou par les sportifs eux mêmes le rouleau de massage présente de multiples avantages à celui ou celle qui

les bienfaits du rouleau de massage knees - Aug 08 2022

découvrez nos offres rouleau de massage corps large sélection de produits au meilleur prix livraison gratuite à partir de 25 entreprise française paiement 4x possible erreur

top 4 des exercices avec un rouleau de massage anti cellulite - Apr 04 2022

les rouleaux en mousse aident à la récupération musculaire après l entraînement en relâchant le tissu conjonctif de vos

muscles appelé fascia lorsqu'ils sont tendus et raides vos muscles