
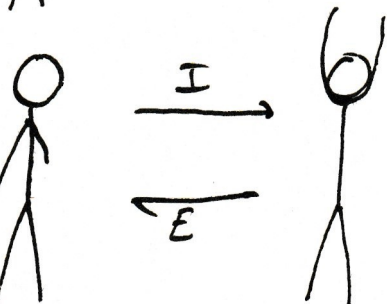
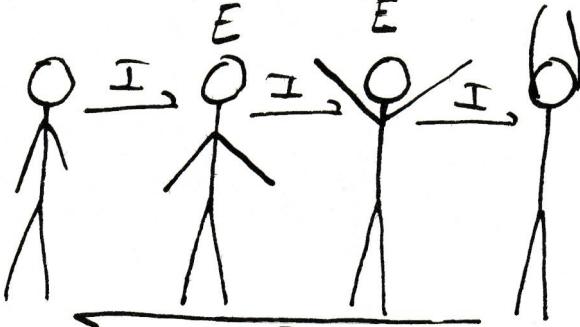
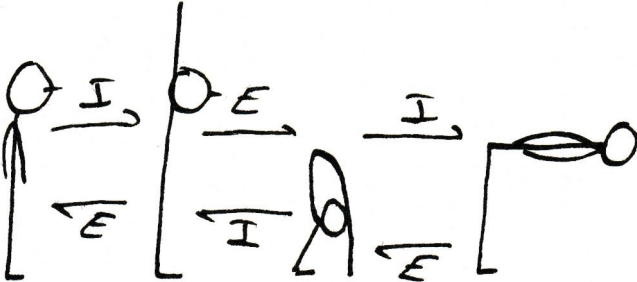

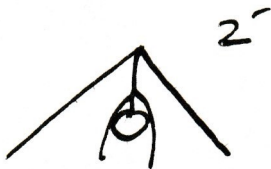


dynamique
attention à l'I

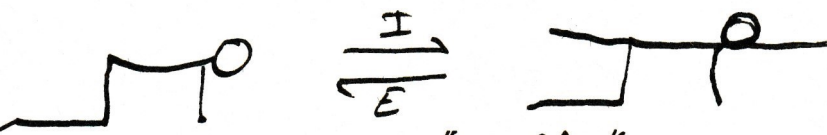
①  • appuis
• R, attention à I

②  x6 ;  x3

③  x6


④  x4cc ;  2'

⑤  x6

⑥  * 1,2,3,4 CC alt
+ yeux fermés "tête dans le prolongement de la colonne"

⑦  ; 

⑧  ⑨  3'

⑩  I, PP 1-2-3 sec
E allonge + méditation sur arisier en fleur.