

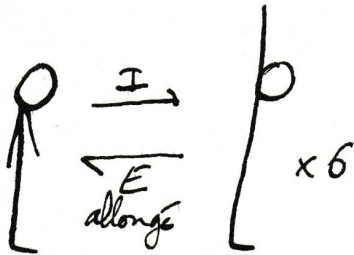
soir, apaisant

①

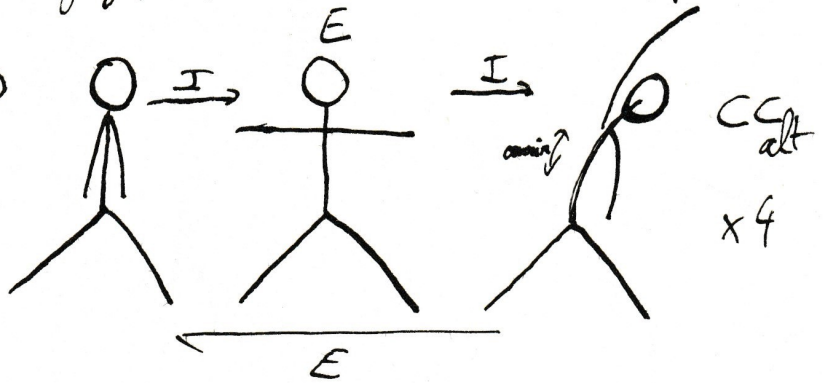


- laisser de côté les pensées de la journée
- venir se concentrer sur le flux naturel de la R°
- petit à petit, chercher à étirer l'E + PAV (ajc, freinage par la gorge à E)

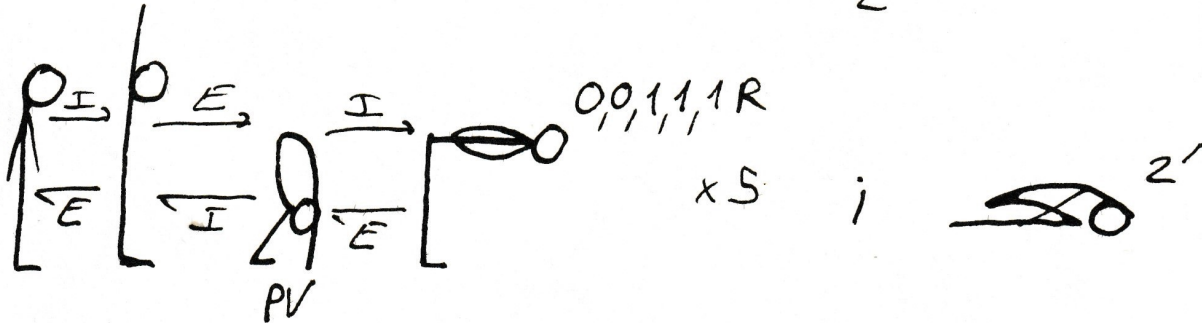
②



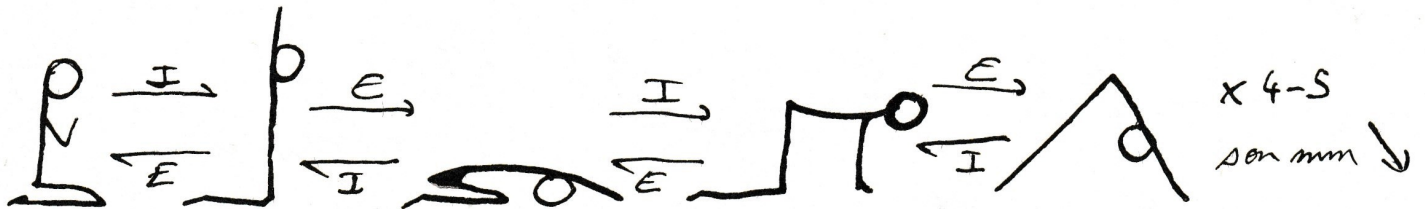
③



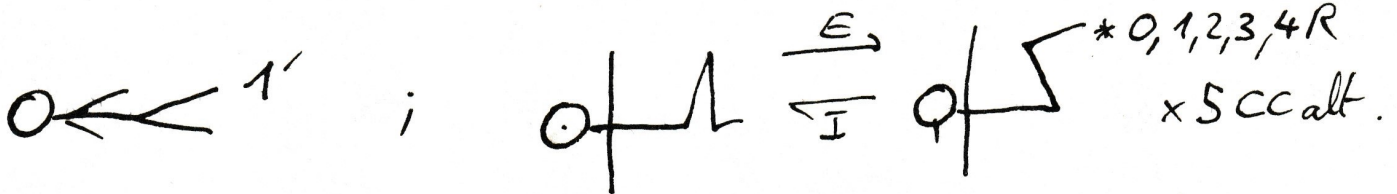
④



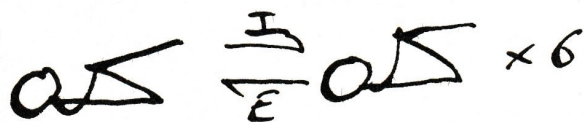
⑤



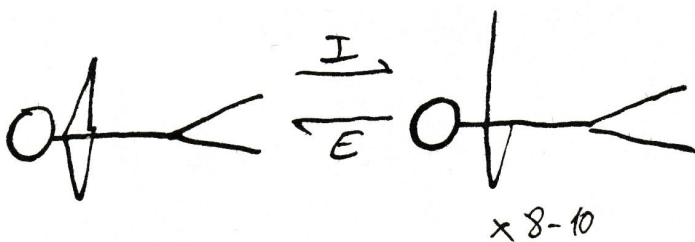
⑥



⑦



⑧



• R° avec mot bras

• ralentir progression

• arrêter mot

