

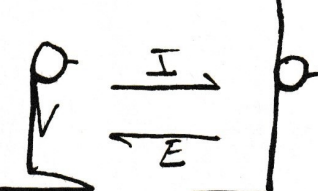









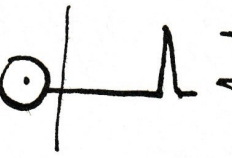

①  ou  • laisser de côté ses pensées
• prise de conscience R°



②  s'étirer $\times 4$ + $\begin{matrix} \xrightarrow{E} \\ \xleftarrow{E} \end{matrix}$  $\times 4$


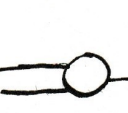
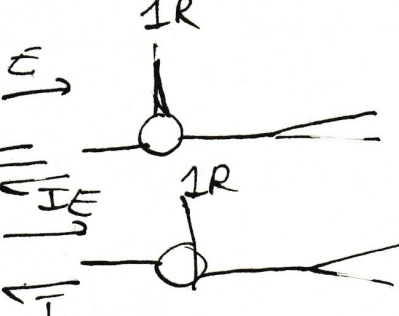
③  \xrightarrow{I}  $\begin{matrix} \xrightarrow{E} \\ \xleftarrow{I} \end{matrix}$  $\times 4$ alt front-géron.


④  $\begin{matrix} \xrightarrow{E} \\ \xleftarrow{I} \end{matrix}$  $\times 6$;  $2'$

⑤  $\begin{matrix} \xrightarrow{I} \\ \xleftarrow{E} \end{matrix}$  $\times 6$ * $\left\{ \begin{matrix} 0 \\ 0 \\ 1 \\ 2 \\ 3 \\ 3 \end{matrix} \right. R^\circ$

⑥  $\begin{matrix} \xrightarrow{E} \\ \xleftarrow{I} \end{matrix}$  $\times 6$ alt profiter de la torsion. $1R$

⑦  $\begin{matrix} \xrightarrow{E} \\ \xleftarrow{I} \end{matrix}$  $\times 6-8$ et réduire amplitude.

⑧  \xrightarrow{I}  $\begin{matrix} \xrightarrow{E} \\ \xleftarrow{I} \end{matrix}$  $\times 4-5$ $1R$

⑨  accueil - mise au repos complète du corps
- mise au repos de la R°
- esprit apaisé.