
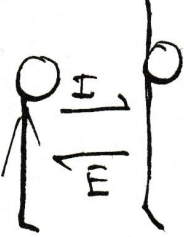
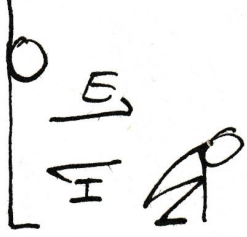




Tonique,  
sur équilibre - arbre .



①  • conscience R  
• appui G/D  
Devant / Arrière .  
~ équilibre .




②  x 6



③  x 5-0


④   
G à aller → Douc retour  
D → G au retour .  
x 2-3 - pause  
x 2-3 - pause

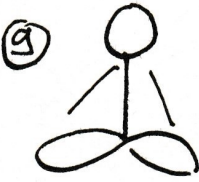

 3'

⑤  5 min  
CC  
i  3'

⑥    x 6  
iii

⑦   x 6

⑧  3'

⑨    
↑ ↓ ↑ ↓  
G D D G

Equilibre  
I, E  
G, D