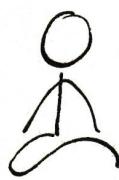


① quelques mts

très calme .

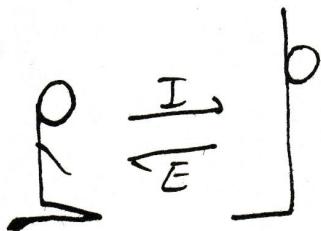


ou

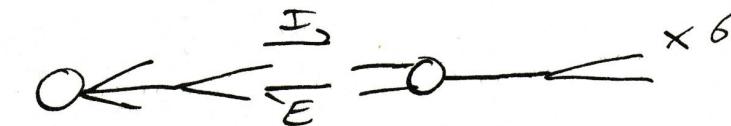


centré sur R
et laisser de côté
les pensées de la journée .

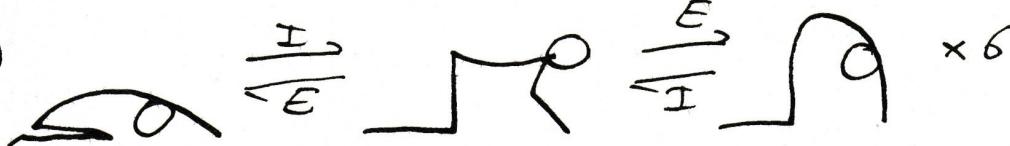
②



ou



③



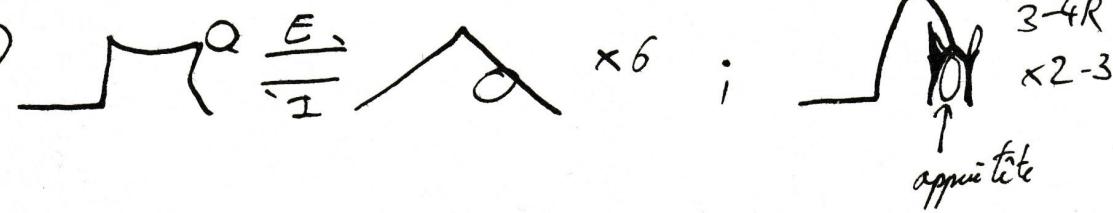
$\times 6$

④



torsion $\times 6$ CC alt.

⑤



$\times 6$

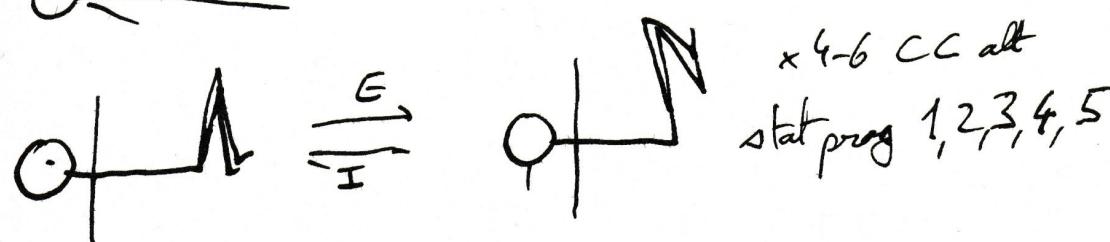
3-4R
 $\times 2-3$

appui tête

⑥



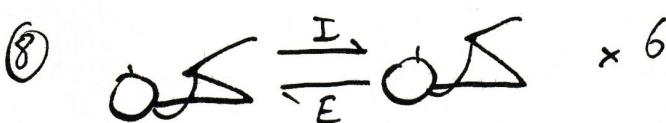
⑦



$\times 4-6$ CC alt

stat posg 1,2,3,4,5

⑧



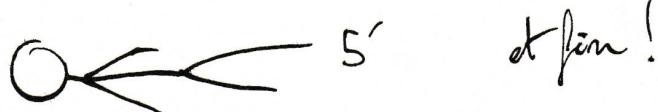
$\times 6$

⑨



$\times 6$

⑩



5'

et fin !