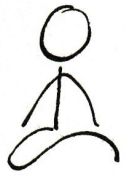


très calme .

① quelques mots

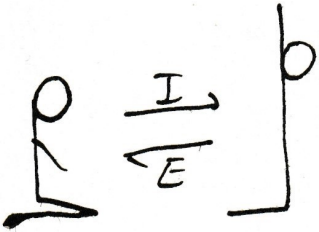


ou

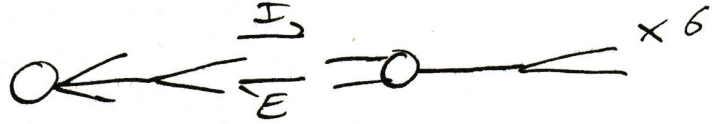


centre sur R
et laisser de côté
les pensées de la journée .

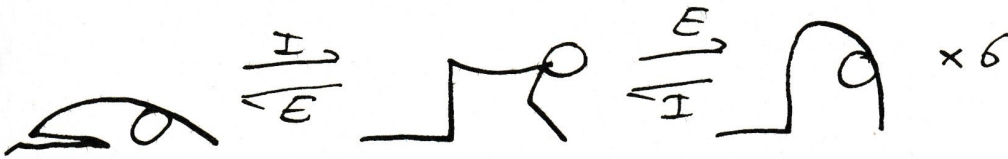
②



ou



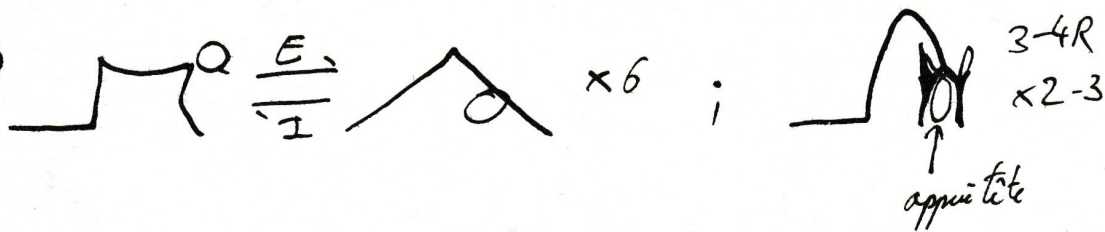
③



④



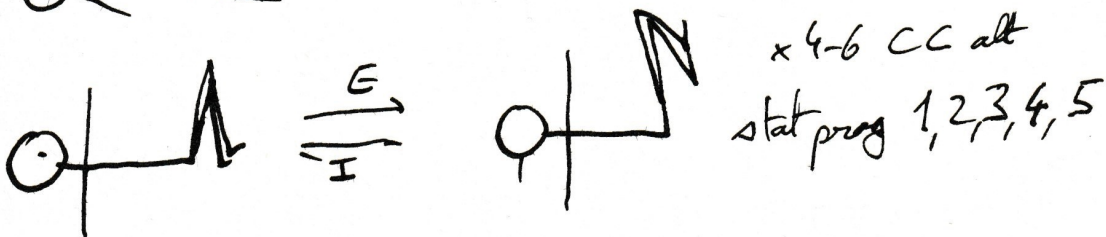
⑤



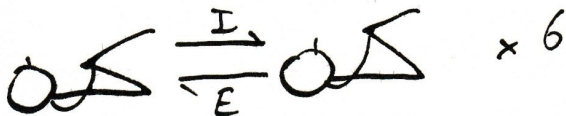
⑥



⑦



⑧



⑨



⑩

