
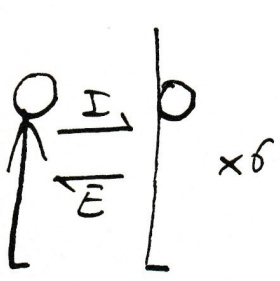
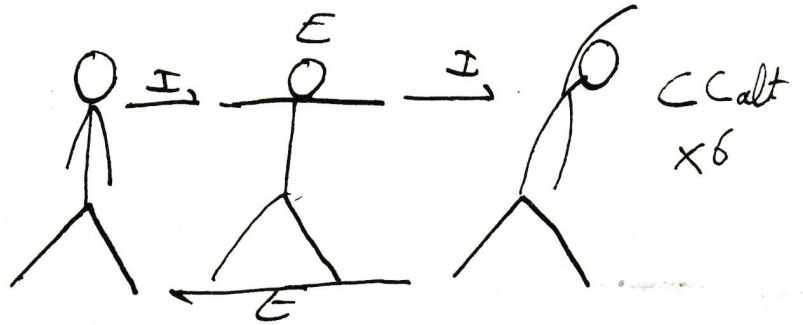
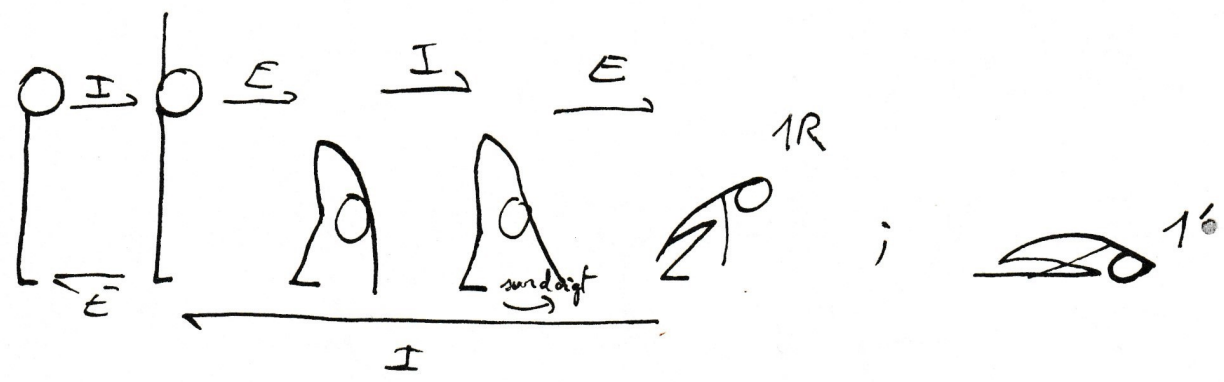


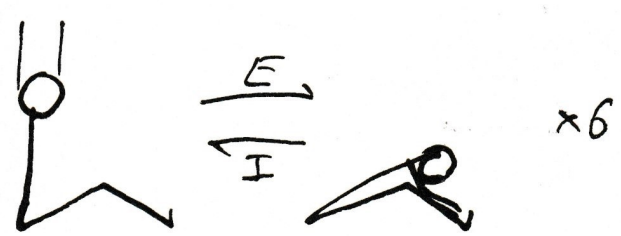
①  .R°
 . main sur l'abdomen
 . relacher les genoux

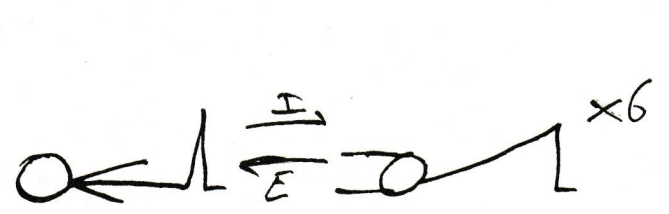
② 

③ 


④ 

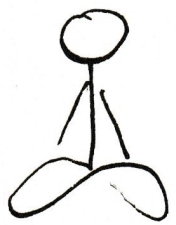
⑤ 

⑥ 

⑦ 

⑧ 

⑨ 

⑩  .I: tête vers le haut, bas, droite, gauche
 .E: tête au centre "mm"
 . accueil