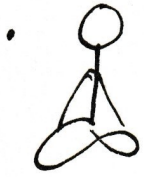


① quelques mots

très calme, appui tête
et torsion

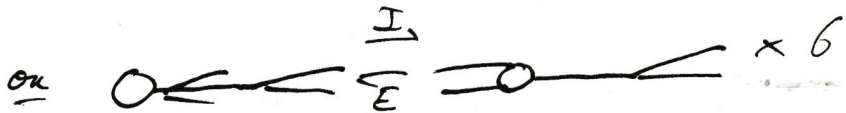
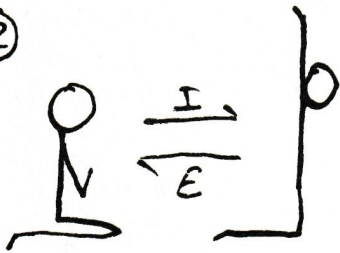


ou



centre sur R
laisser de côté les
pensées de la journée

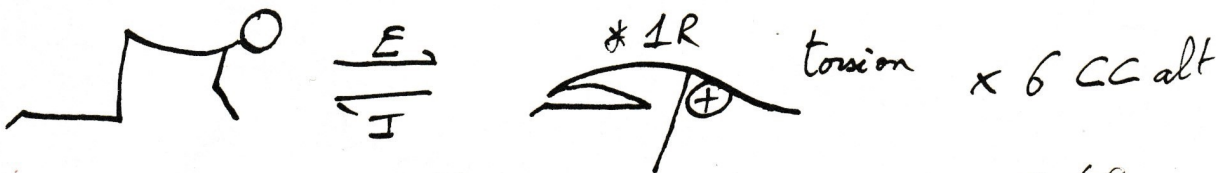
②



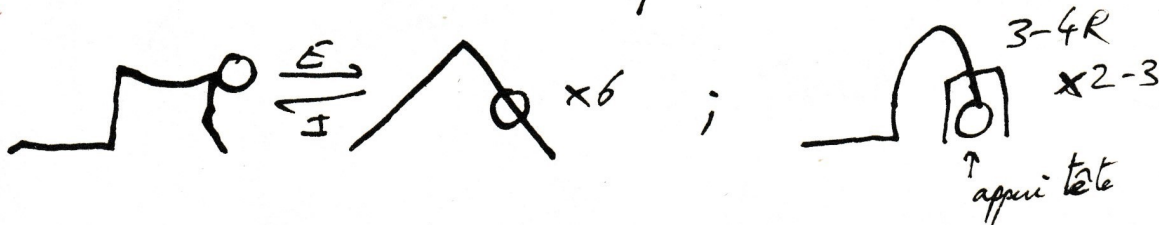
③



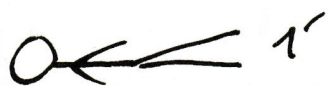
④



⑤



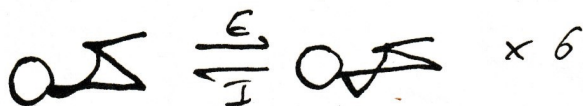
⑥



⑦



⑧



⑨



⑩

