


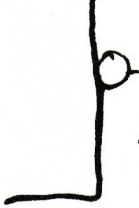



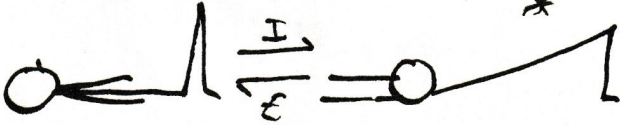
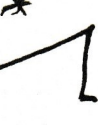


①  ou  • laisser de côté ses pensées
• prise de conscience R

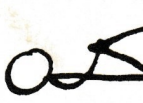

②  \xrightarrow{I} \xleftarrow{E}  x4 "s'étirer" + \xrightarrow{E} \xleftarrow{I}  x4



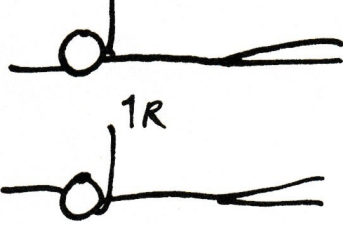
③  \xrightarrow{I} \xleftarrow{E}  \xrightarrow{E} \xleftarrow{I}  x4 CC alt front-gonon


④  \xrightarrow{E} \xleftarrow{I}  x6 ;  2'

⑤  \xrightarrow{I} \xleftarrow{E}  x6 * $\begin{matrix} 0 \\ 1 \\ 2 \\ 3 \\ 3 \end{matrix} R^0$

⑥  \xrightarrow{E} \xleftarrow{I}  x6 CC alt * 1R profiter de la torsion

⑦  \xrightarrow{I} \xleftarrow{E}  x6-8 et réduire l'amplitude de

⑧  \xrightarrow{I} \xleftarrow{E}  \xrightarrow{E} \xleftarrow{I}  1R 1R x4-5

⑨  accueil
- mise au repos du corps
- R° vers un rythme très calme
- esprit apaisé...