
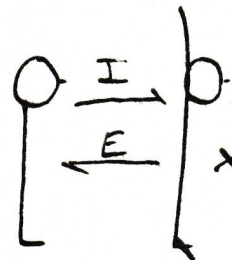
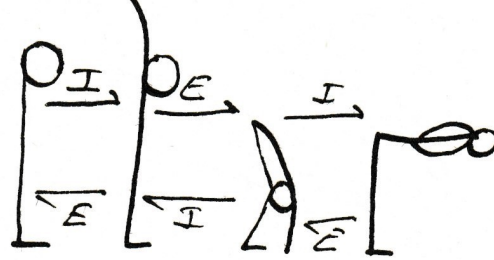
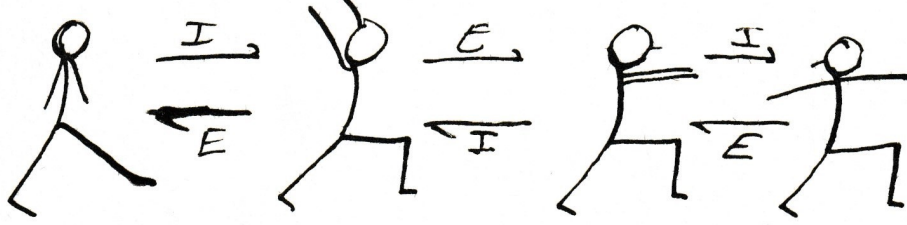


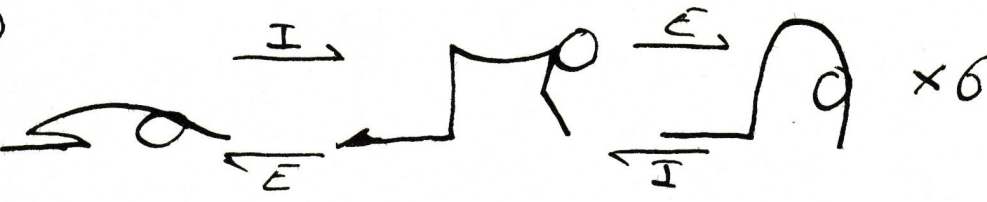
S'ouvrir, occuper l'espace.

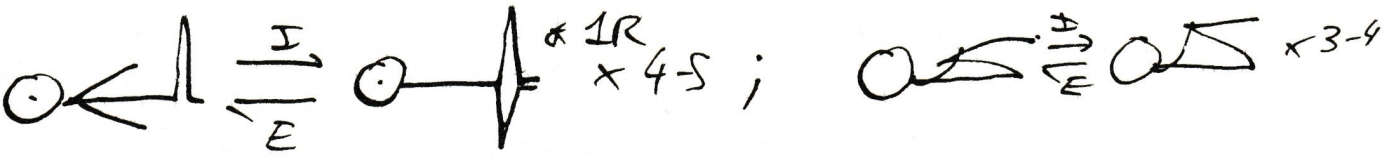

①  • R° et mobilité du thorax

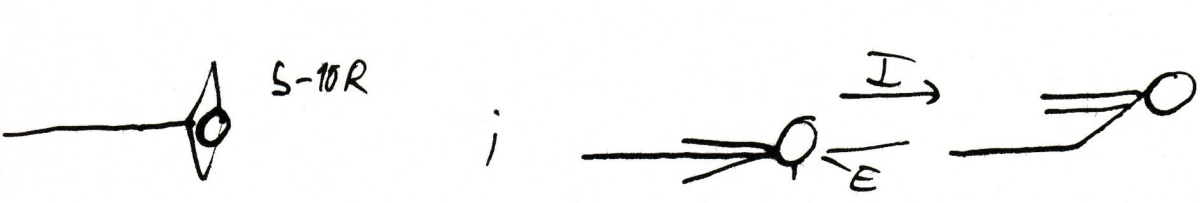
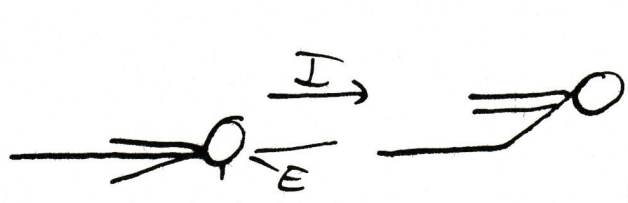
②  x6

③  x4

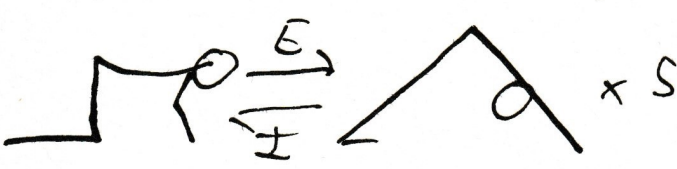
④  * 1-2R
CC x4.

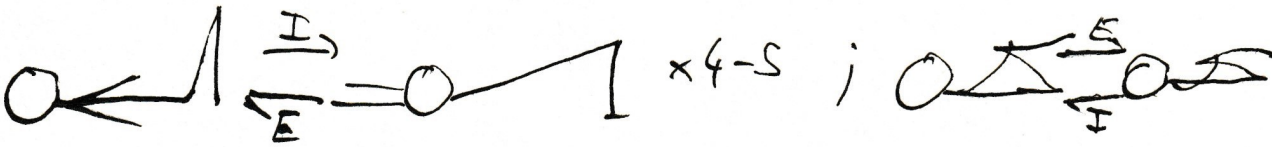
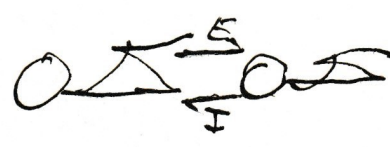
⑤  x6

⑥  * 1R x4-5 ;  x3-4

⑦  5-10R ;  stat prog

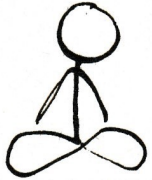
0
0
0
1
2
3
4
5

⑧  x5

⑨  x4-5 ; 

⑩  5'

• ↑ ↓ ↑ ↓
G D D G

⑪  "Revenir régulièrement pour porter son attention et méditer sur un objet, une personne ou un animal peut nous enrichir de ses qualités"