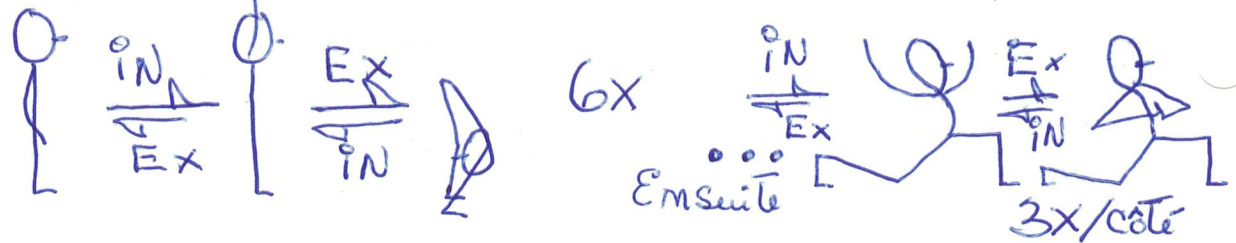
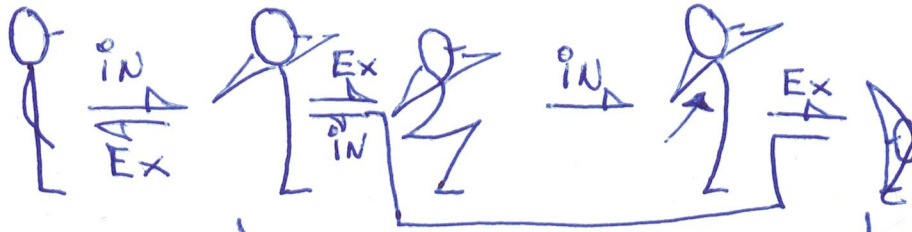


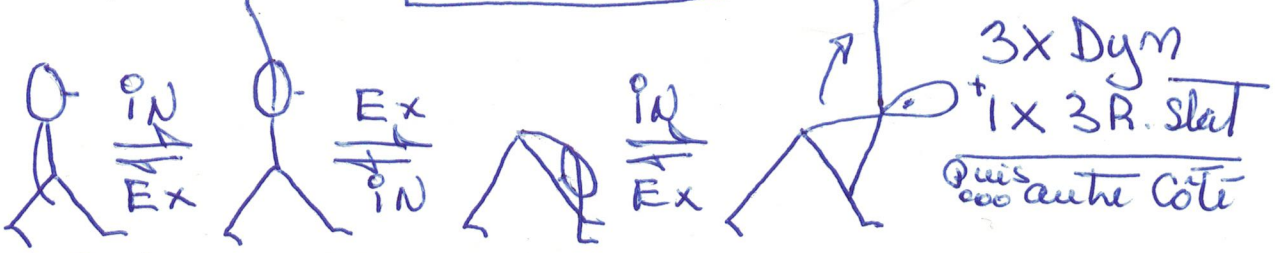
LIEU HEUREUX "OVERTURE"


YSI. 36
Vi shoka

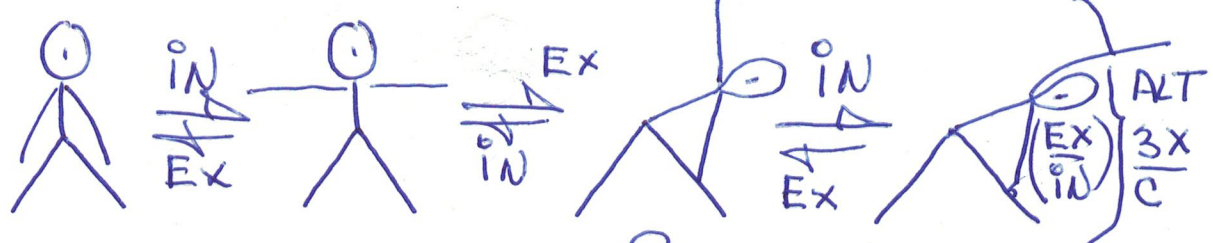
Progression
MA-A-18

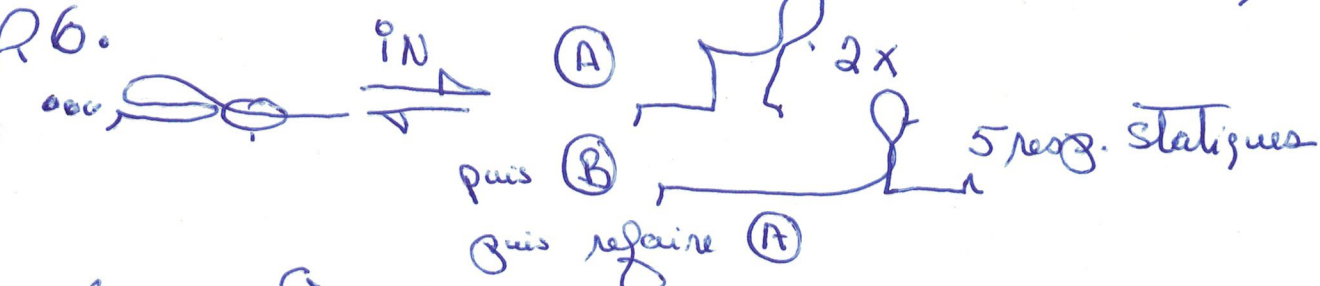
1. 


6X
Em suite
3X/cote
2. 

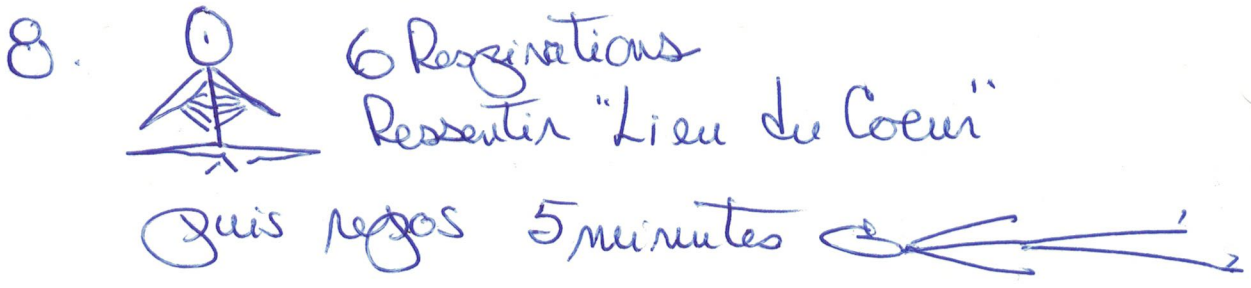
5X
3. 

3X Dym
+ 1X 3R. stat
Puis cote autre cote
4. 

4X Centre posture
5. 

3X C
6. 

2X
5 reqs. statistiques
Puis refaire (A)
7. 

4X cp
au besoin
8. 

6 Respirations
ressentir "Lieu du Coeur"
Puis repos 5 minutes