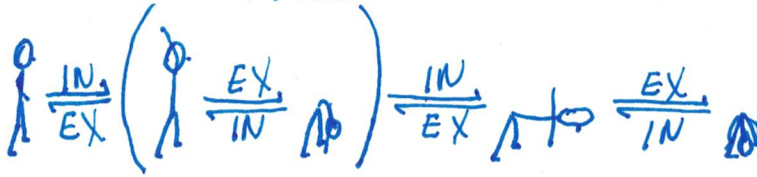
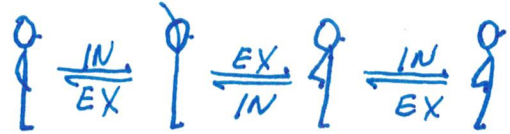
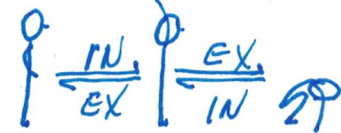
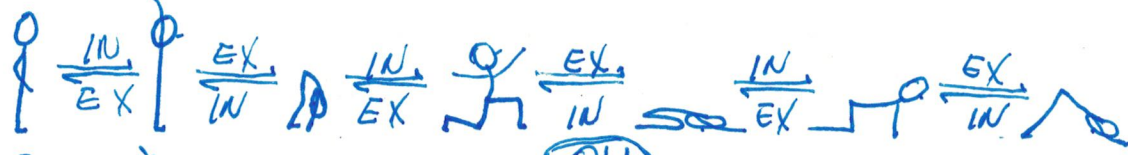



0. Conscience de l'état du corps, du souffle, de l'esprit
G/dlc

1.  6 X R.V. 3"
1 X 3R.

2.  4 X
1 X 2R.

3.  4 X

4.  4 X
 2 X

5.  petit repos  4 X
1 X 2R

6.  6 respirations

 OU

7.  6 X

8. 

Bonne semaine!