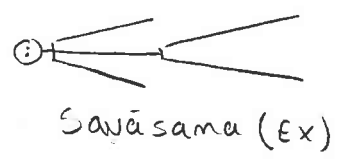
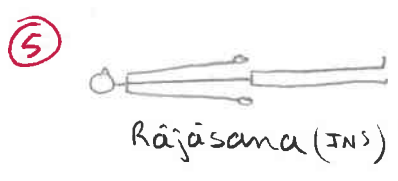
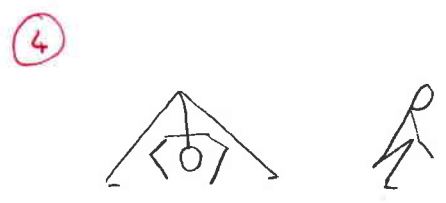
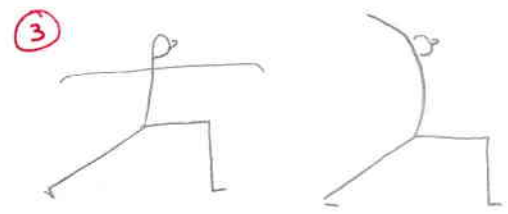
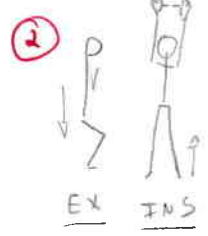
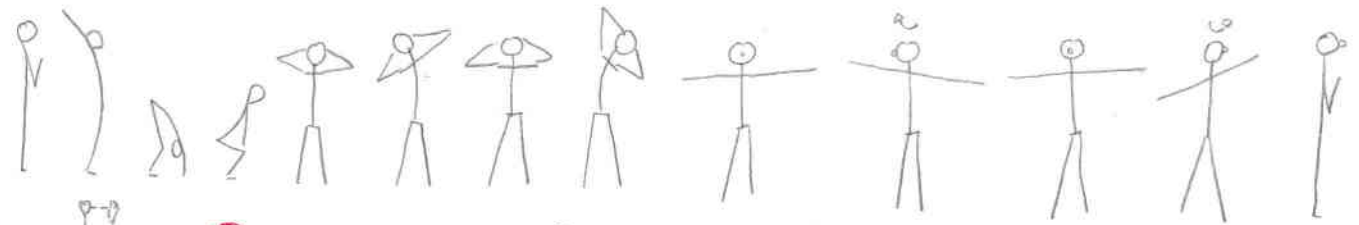


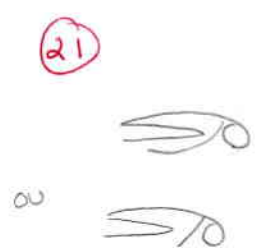
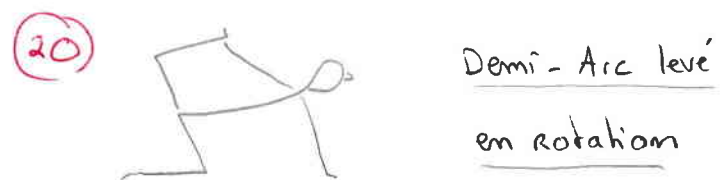
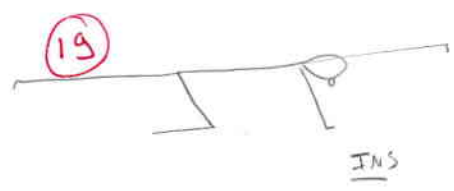
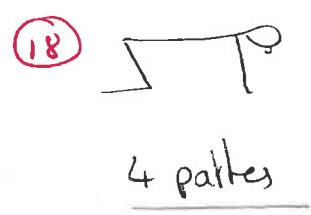
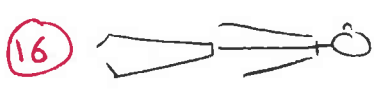
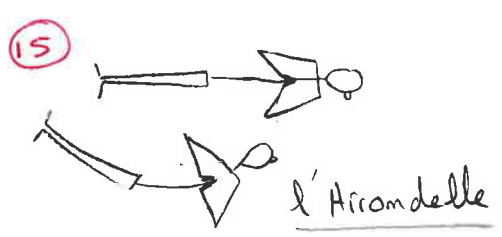
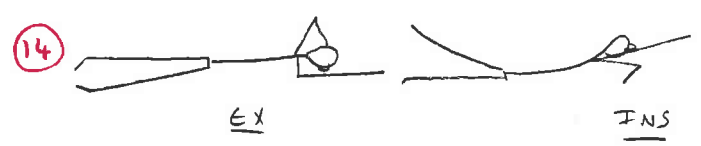
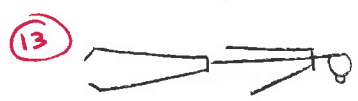
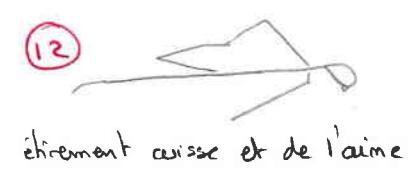
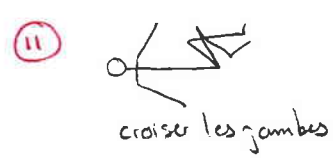
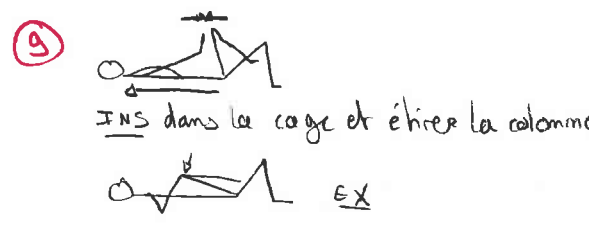
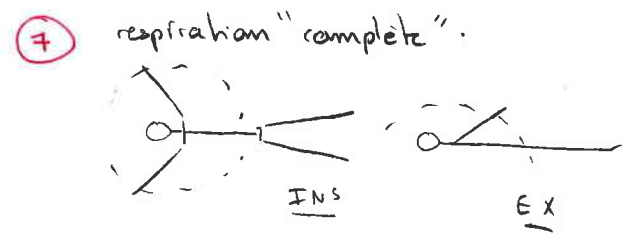
Séance 13

① Petite salutation aux points cardinaux:



⑥

- roller la tête au sol ; sentir le poids des gares, mâchoirs, yeux.
- se détendre et obs. la respiration



㉓ respiration du bourdonnement de l'abeille
EX: "mmmm"
(le hochant les ailles)

