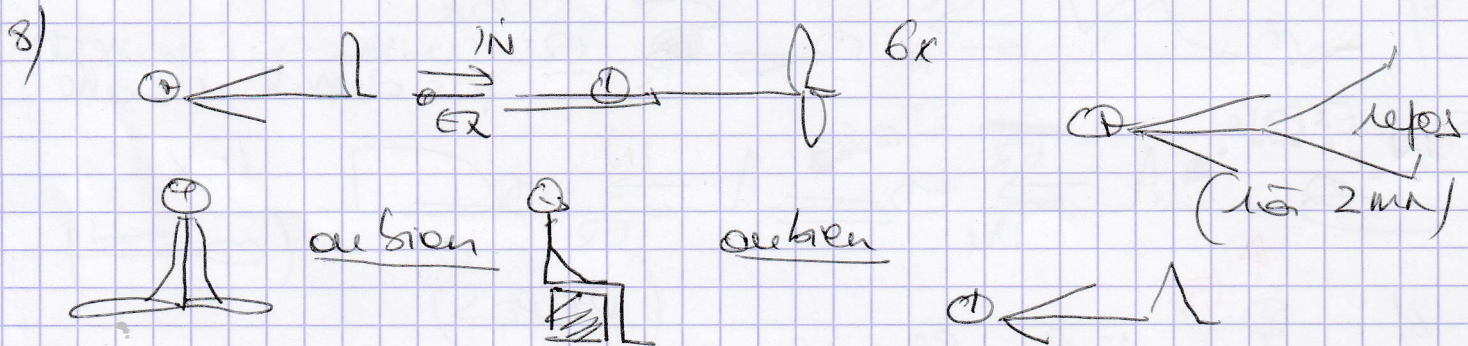
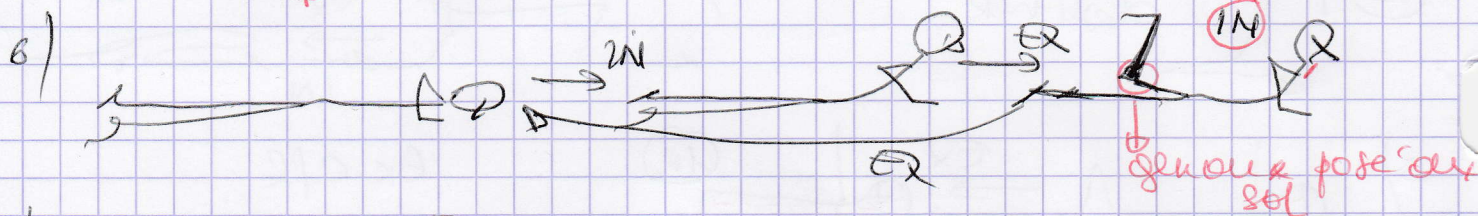
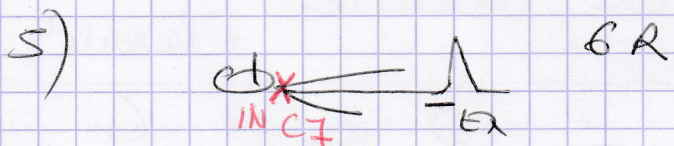
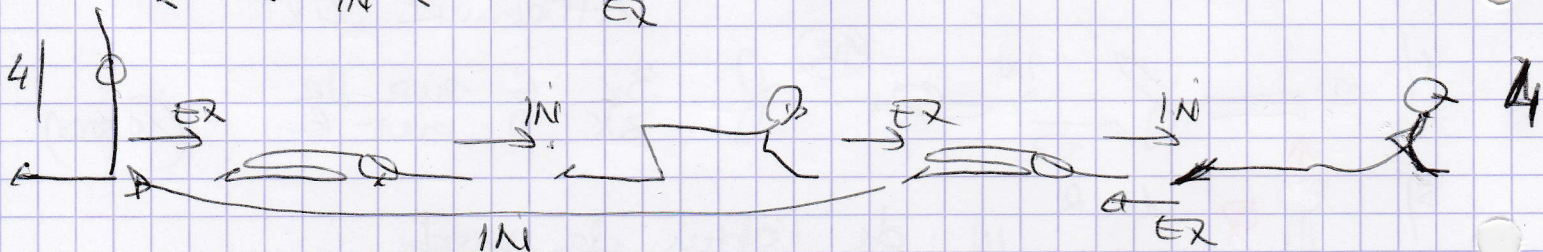
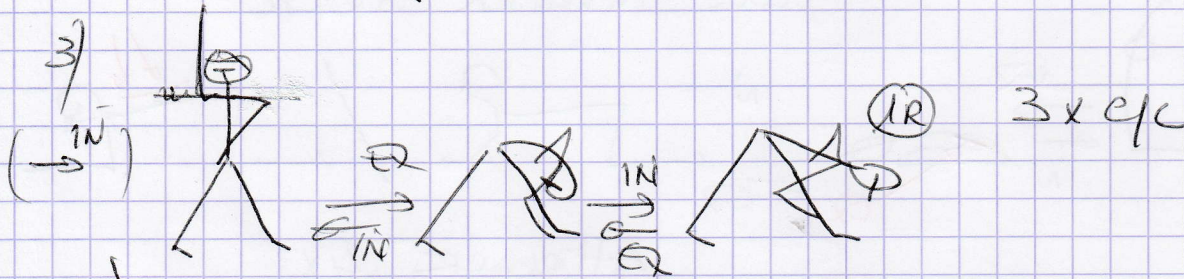
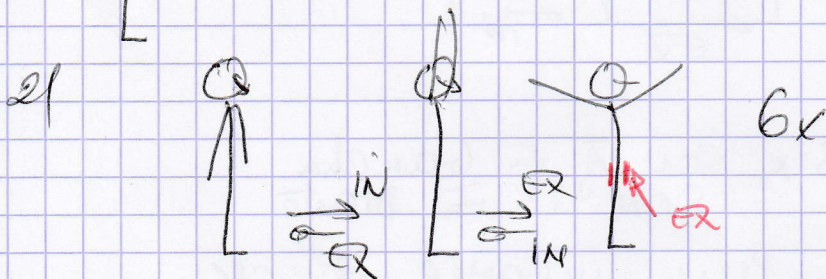


1) Prendre qq instants pour sentir = l'état du corps du souffle intérieur



12R - compter la durée de l'EXPIR

Puis observer = l'état du corps du souffle intérieur