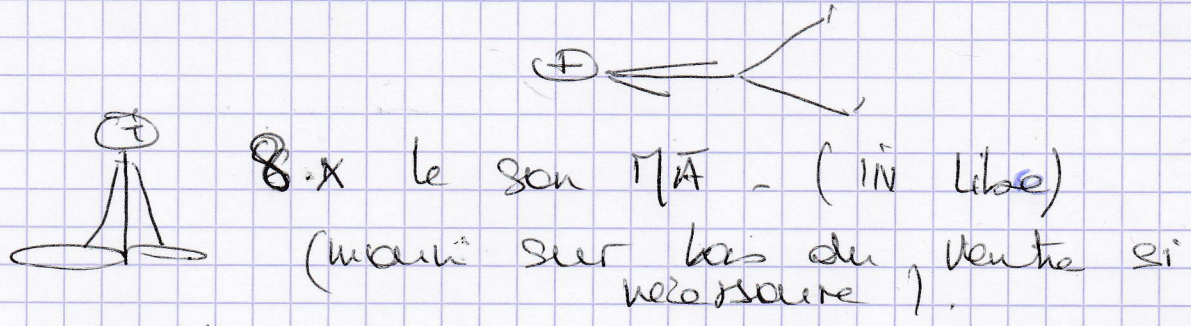
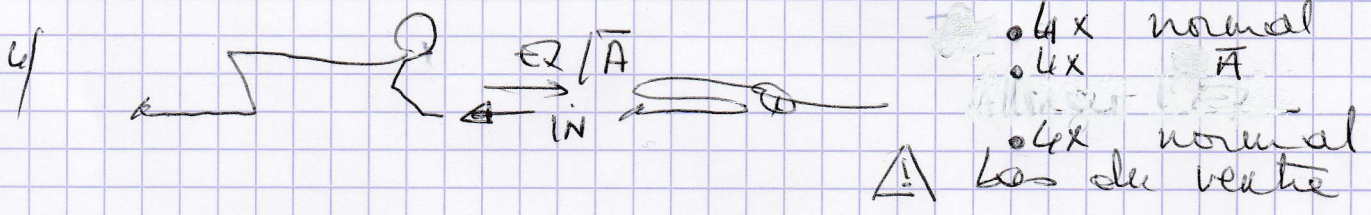
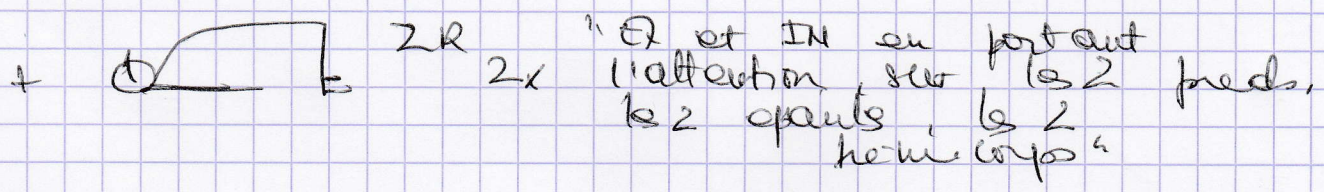
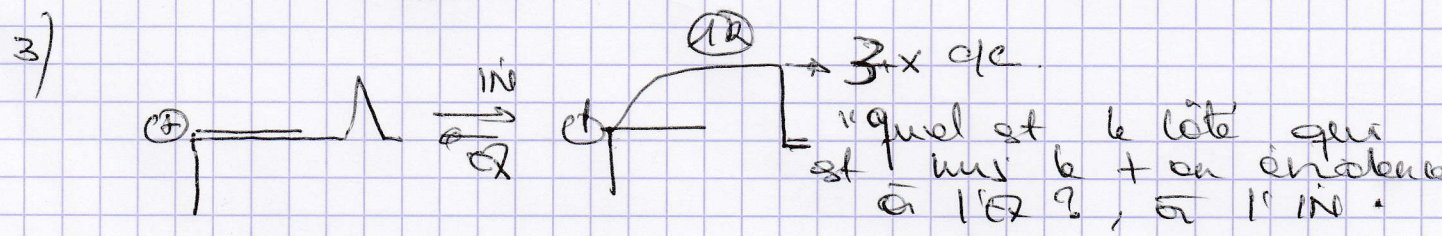
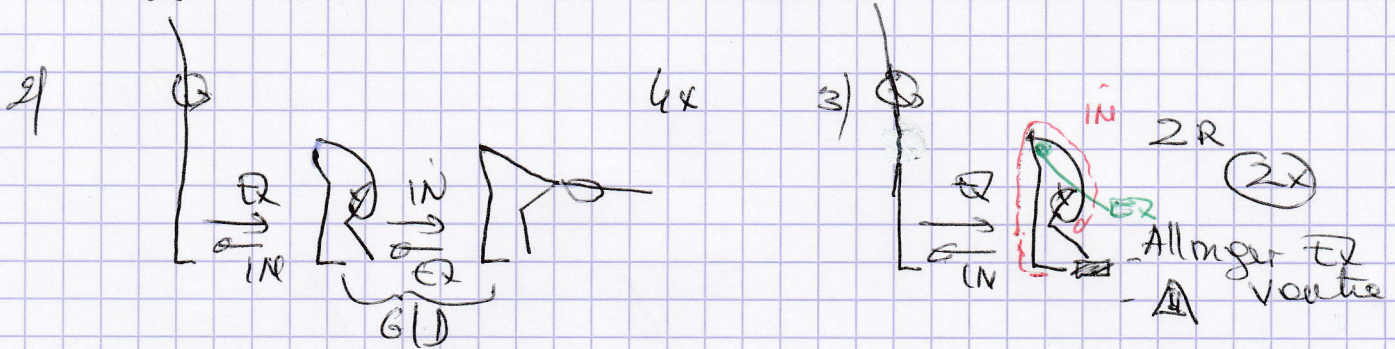


Respire : Allonger l'EXPIR

1) Observer =
ce que m'habite ?
(penser, émotions, tensions...)



Méditation : observer ce qui m'habite