
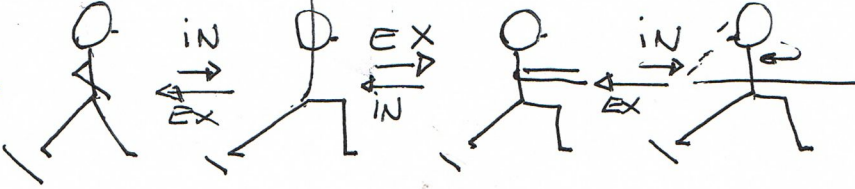


MARDI
10am

#4 h-2017

ASYMÉTRIE

1.  3 x DYN
2 x 2 STAT


2.  4 x DYN.
PAUSE
4 x DYN ↑ Souffle

3. 

4.  3 x DYN
2 x 2 STAT

5.  3 x 4 STAT k

6.  c.p.

7.  6 Resp. THORAX INSP = EXP.
6 Resp Abdomen EXP > INSP.

8.  méditation.

9. 