

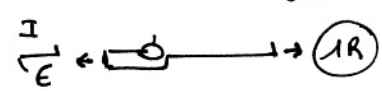

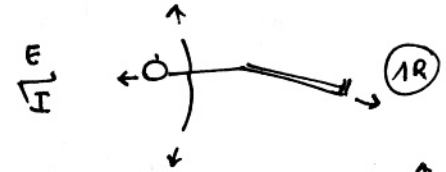

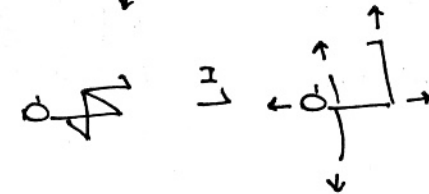

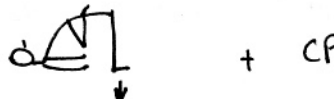



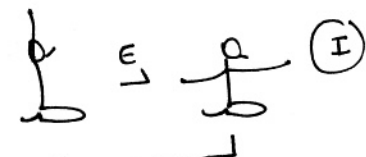
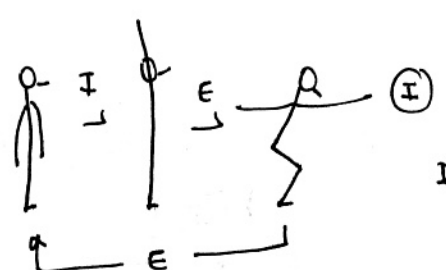
1.  **BHAVANA** = <sup>Foi</sup> Śraddha - <sup>Force</sup> virya - <sup>Fidélité</sup> Smṛti (YS I20)  
 Sol  
 Sourire  
 direct<sup>s</sup>


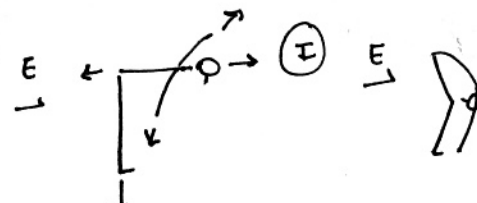
puis  

2.   D/G

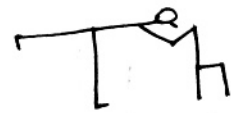
3.  

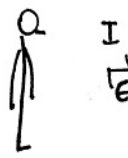
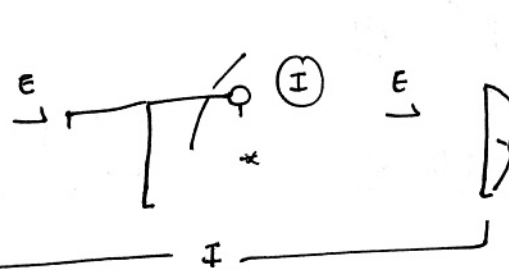
4.   + CP

5.   D/G  
 puis  D/G

6.  

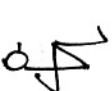
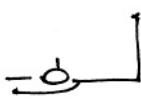
\* Avec support si besoin



7.  

D/G puis 1R; 2R; 3R

8.  

9.  

  Gouter à chaque respiration