

♩=60 4 Schläge Luft ausblasen 4 Schläge entspannt durch die Nase einatmen

3 4 Schläge Luft ausblasen 4 Schläge entspannt durch die Nase einatmen

5 4 Schläge Luft ausblasen 4 Schläge entspannt durch die Nase einatmen

7 4 Schläge Luft ausblasen 4 Schläge entspannt durch die Nase einatmen

9 4 Schläge Luft ausblasen 4 Schläge entspannt durch die Nase einatmen

11 2 Schläge laut zählen 2 Schläge einatmen durch die Nase

13

23

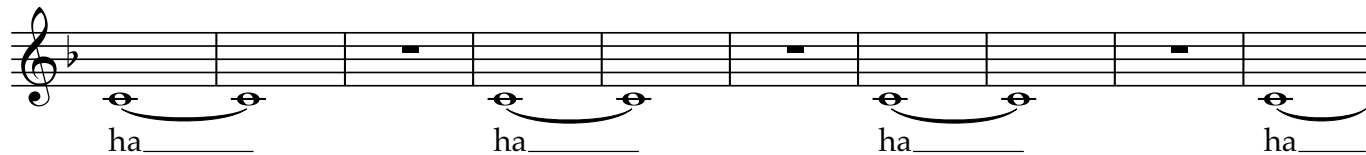
35

40

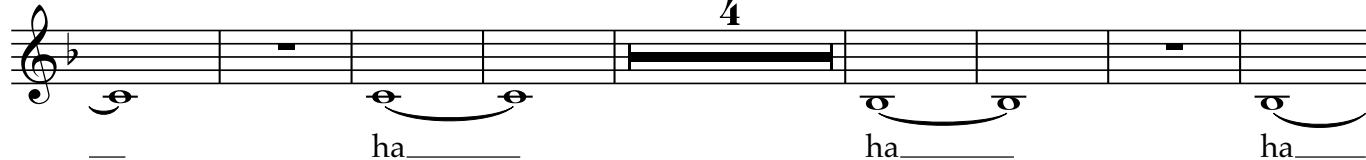
2

Horn in F

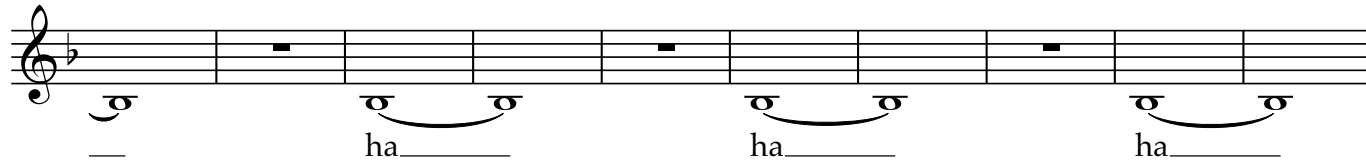
48



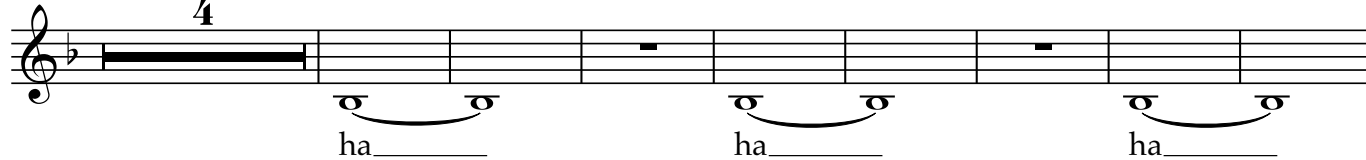
58



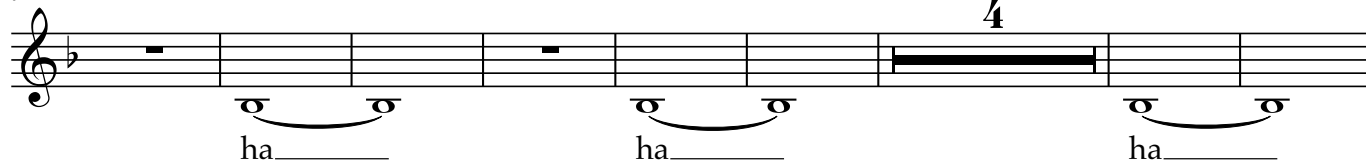
70



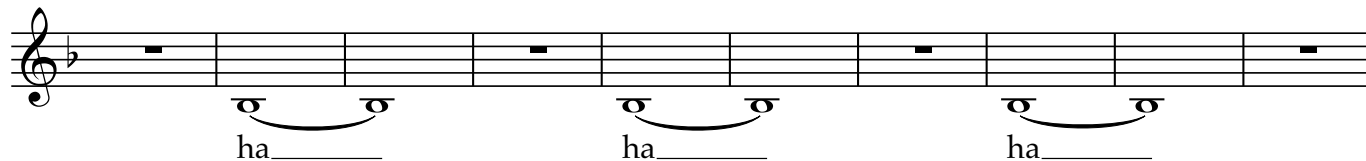
80



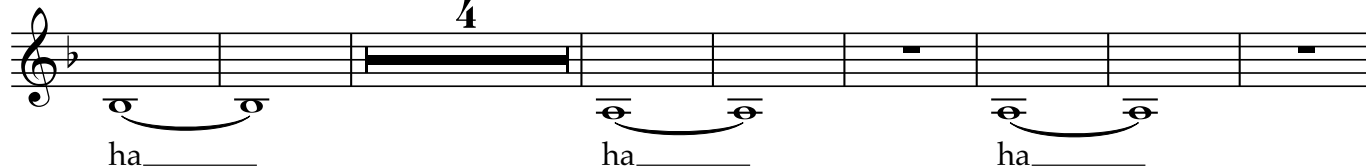
92



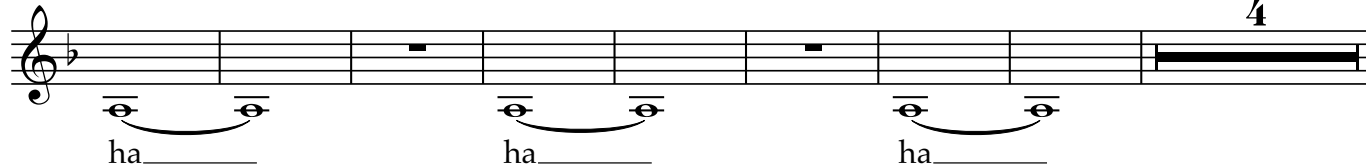
104



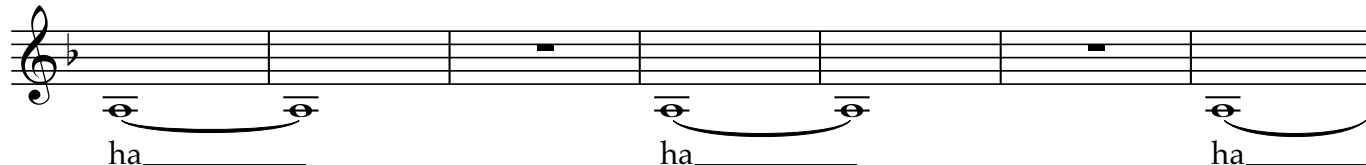
114



126



138



145

