

Handwritten text at the top of the page, including the word "relaxare" on the left margin.

Second section of handwritten text, continuing the script.

Third section of handwritten text.

Fourth section of handwritten text.

Fifth section of handwritten text, with "relaxare" written on the left margin.

Sixth section of handwritten text.

Seventh section of handwritten text.

Eighth section of handwritten text, with "relaxare" written on the left margin.

Ninth section of handwritten text at the bottom of the page.

