

A photograph of a field of sunflowers. The foreground features a large, detailed sunflower head with its characteristic spiral pattern of seeds. The background is filled with more sunflowers, some in bloom and some as buds, creating a soft, out-of-focus effect. A white circular graphic is centered over the image, containing the text.

*les 3 choses qui  
me font du bien !*

*(et que je mets en place  
pendant ma retraite)*