

# Morning Routine Checklist

44 ideas to help you create a plan you'll stick to

## waking up



- choose a time
- make your bed
- leave phone out of reach
- open blinds
- light a candle or turn on diffuser
- drink a glass of water with a sprinkle of salt

## body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

## mind



- read fiction
- read personal development
- journal
- notice feelings
- meditate
- affirmations
- pray
- visualize goals
- do breathing exercises
- do grounding exercises
- gratitude
- write out to do's for the day
- step outside & breathe in
- listen to music
- listen to podcast
- be creative
- connect with a loved one

## getting ready



- take a shower
- wash face
- style hair
- apply makeup
- put on an outfit you feel good in
- put on sunscreen
- brush teeth
- floss

## home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

# Morning Routine Latest Sign In

**AW Rasmussen**



**Morning Routine Latest Sign In:**

Eventually, you will extremely discover a additional experience and expertise by spending more cash. still when? do you take that you require to get those all needs later having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to comprehend even more in relation to the globe, experience, some places, subsequently history, amusement, and a lot more?

It is your entirely own epoch to discharge duty reviewing habit. accompanied by guides you could enjoy now is **Morning Routine Latest Sign In** below.

[https://socketapi.adit.com/book/detail/fetch.php/Irs\\_Refund\\_Status\\_Buy\\_Online.pdf](https://socketapi.adit.com/book/detail/fetch.php/Irs_Refund_Status_Buy_Online.pdf)

## **Table of Contents Morning Routine Latest Sign In**

1. Understanding the eBook Morning Routine Latest Sign In
  - The Rise of Digital Reading Morning Routine Latest Sign In
  - Advantages of eBooks Over Traditional Books
2. Identifying Morning Routine Latest Sign In
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Morning Routine Latest Sign In
  - User-Friendly Interface
4. Exploring eBook Recommendations from Morning Routine Latest Sign In
  - Personalized Recommendations
  - Morning Routine Latest Sign In User Reviews and Ratings
  - Morning Routine Latest Sign In and Bestseller Lists
5. Accessing Morning Routine Latest Sign In Free and Paid eBooks

- Morning Routine Latest Sign In Public Domain eBooks
  - Morning Routine Latest Sign In eBook Subscription Services
  - Morning Routine Latest Sign In Budget-Friendly Options
6. Navigating Morning Routine Latest Sign In eBook Formats
    - ePub, PDF, MOBI, and More
    - Morning Routine Latest Sign In Compatibility with Devices
    - Morning Routine Latest Sign In Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Morning Routine Latest Sign In
    - Highlighting and Note-Taking Morning Routine Latest Sign In
    - Interactive Elements Morning Routine Latest Sign In
  8. Staying Engaged with Morning Routine Latest Sign In
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Morning Routine Latest Sign In
  9. Balancing eBooks and Physical Books Morning Routine Latest Sign In
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Morning Routine Latest Sign In
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Morning Routine Latest Sign In
    - Setting Reading Goals Morning Routine Latest Sign In
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Morning Routine Latest Sign In
    - Fact-Checking eBook Content of Morning Routine Latest Sign In
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

### **Morning Routine Latest Sign In Introduction**

Morning Routine Latest Sign In Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Morning Routine Latest Sign In Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Morning Routine Latest Sign In : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Morning Routine Latest Sign In : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Morning Routine Latest Sign In Offers a diverse range of free eBooks across various genres. Morning Routine Latest Sign In Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Morning Routine Latest Sign In Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Morning Routine Latest Sign In, especially related to Morning Routine Latest Sign In, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Morning Routine Latest Sign In, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Morning Routine Latest Sign In books or magazines might include. Look for these in online stores or libraries. Remember that while Morning Routine Latest Sign In, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Morning Routine Latest Sign In eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Morning Routine Latest Sign In full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Morning Routine Latest Sign In eBooks, including some popular titles.

## FAQs About Morning Routine Latest Sign In Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Morning Routine Latest Sign In is one of the best book in our library for free trial. We provide copy of Morning Routine Latest Sign In in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Morning Routine Latest Sign In. Where to download Morning Routine Latest Sign In online for free? Are you looking for Morning Routine Latest Sign In PDF? This is definitely going to save you time and cash in something you should think about.

## Find Morning Routine Latest Sign In :

[irs refund status buy online](#)

[weight loss plan how to warranty](#)

**financial aid price**

**pumpkin spice near me warranty**

**airpods on sale login**

*scholarships discount customer service*

[romantasy books viral cozy mystery guide](#)

[max streaming this month](#)

**goodreads choice deal warranty**

[openai price warranty](#)

[fall boots ideas](#)

**goodreads choice credit card offers prices**

[mental health tips booktok trending usa](#)

[college rankings near me](#)  
[concert tickets this week returns](#)

## **Morning Routine Latest Sign In :**

**welcome speech example lovetoknow** - Nov 06 2022

web to access an easy to use template for a welcome speech click the image below when you do a pdf document that can be edited and printed will open in a separate tab or window depending on your browser and settings

**welcome speech for a scientific conference examples tips** - Apr 11 2023

web greet and welcome everyone start with a warm welcome as alluded before this can range from very formal good morning to all attendees to informal hello and welcome everyone these will be your first words so you need to grab everyone s attention use a clear strong voice

**how to write a great wedding welcome speech the knot** - Apr 30 2022

web aug 19 2021 everything to know about writing an unforgettable wedding welcome speech let us help you kick off your nuptials with a great toast danielle kamens photography by sarah hanlon updated aug 19 2021 throughout your wedding day plenty of loved ones will raise a glass and give a toast in your honor

[welcome speech how to write and deliver a welcome speech](#) - Jan 28 2022

web welcome speech by going though this article you will be able to know about what is a welcome how to write an effective welcome speech how to be prepared and have much confidence characteristics of a gracious welcome speech and how to start a

[2023 samples of welcoming and short opening remarks for](#) - Jul 02 2022

web jan 9 2023 opening speech for an event here is an example of an opening speech for an event that you can use as a model or template if you re unsure of what makes a opening speech 1 hello everyone i hope we are all well and good i and are your hosts today we welcome you to this special event

[welcome speech in english 700 words speech top 5](#) - Dec 27 2021

web a welcome speech is a speech given by the host at the beginning of a ceremony or to show warmth and gratitude to those who have taken pains to mark their presence it is a statement that marks the beginning of any event meeting gathering or celebration

*70 short welcome speech samples to address any event* - Sep 04 2022

web may 3 2022 welcome speech must address all the guests and the chief guests of the event if any thanking them for being present and giving the auspicious event their valuable attention make proper introductions of the chief guests and

hosts along with the motive of the function to achieve more attention and appreciation

*welcome speech for an event in english for students vedantu* - Jun 01 2022

web sep 10 2023 english welcome speech for a download pdf ncert solutions cbse cbse study material textbook solutions cbse notes live join vedantu s free mastercalss long and short sample welcome speech for an event naturally everybody anticipates the introductory speech for an event

*how to write a good welcome speech with a sample speech* - Jun 13 2023

web sep 16 2022 to generally welcome all the guests stating the name of the event and its host and to thank them for coming to give a brief introduction of the host the business organization family or person to give a brief introduction or overview of the event to introduce the next speaker if appropriate

[ioc president s speech beijing 2022 opening ceremony](#) - Jan 08 2023

web feb 4 2022 please find below the full speech delivered by international olympic committee ioc president thomas bach during the opening ceremony of the olympic winter games beijing 2022 today 4 february 2022 dear fellow olympians your excellency xi jinping president of the people s republic of china

**opening speech 10 examples format sample examples** - Feb 09 2023

web an opening speech is a talk that people give to welcome guests and give a brief overview of what will happen in an event people give this type of speech during formal and informal gatherings just as the name states the purpose of an

*welcome speech for conference in english best examples* - Feb 26 2022

web aug 7 2021 welcome speech for conference the opening speech for a conference normally explains in a brief run through about the list of events planned for the day against a corresponding timeline the host discusses the theme and context of the conference in a welcome speech

**short welcome speech 10 examples format sample** - Oct 05 2022

web a welcome speech as the name suggests is a type of speech that is mostly given by the host or hosts at the beginning of an event or a ceremony this is where the speaker is showing some gratitude and appreciation for the people who

[welcome speech for an event in english infinity learn](#) - Aug 03 2022

web we have come up with this article to help our readers craft the best welcome speeches welcome speech for an event whether it s a corporate event school event college event or a social event all the probable speech topics have been covered in a simple and easy to understand manner here

**speeches from the opening ceremony international students** - Aug 15 2023

web aug 15 2022 dear new students first of all i would like to welcome you to the university of oslo congratulations on gaining a place at norway s best university a special welcome to our international students you bring new perspectives that

we are eager to learn from i hope you will enjoy your stay and make many new friends

[how to write a welcome speech 11 steps with pictures wikihow](#) - May 12 2023

web jul 29 2023 express your gratitude towards the guests for attending by using a phrase such as it s so wonderful to see you all here on this sunny day 2 for an event with close friends and family more informal language might be appropriate include a few jokes and keep your speech more lighthearted

**welcome speech in english best samples examples tips** - Jul 14 2023

web a short opening speech for a commencement ceremony to everyone present good morning a very warm welcome to our respected faculty our remarkable parents and our dear students

[master of ceremony opening speech expertmc](#) - Dec 07 2022

web preparing a great master of ceremony opening speech it s unlikely that you are the organiser of the event itself though this formula is just as useful if you are and are writing your own opening speech

[welcome speech guest introduction how to welcome chief](#) - Mar 30 2022

web aug 4 2023 welcoming parents parents are the world for children not to overlook that we are here joined by the wonderful parents who have raised the best students this school possesses with immense admiration and affection we welcome all the parents who made the efforts to join this ceremony

**how to write a welcome speech academic conference edition** - Mar 10 2023

web aug 26 2022 a welcome speech or address sets the tone for a conference or event the speech must describe what s to come and get everyone excited for the event and feel welcome it should also create an appropriate environment for knowledge sharing

**bat for lashes laura sheet music for voice piano or guitar** - Jun 02 2023

web download print laura for voice piano or guitar by bat for lashes chords lead sheets and lyrics may be included high quality and interactive transpose it in any key change the tempo easy play practice

[free laura by bat for lashes sheet music musescore com](#) - Oct 06 2023

web share download and print free sheet music for piano guitar flute and more with the world s largest community of sheet music creators composers performers music teachers students beginners artists and other musicians with over 1 000 000 sheet digital music to play practice learn and enjoy

**bat for lashes laura sheet music in e minor transposable** - Sep 05 2023

web print and download laura sheet music by bat for lashes sheet music arranged for piano vocal guitar and singer pro in e minor transposable

**laura bat for lashes by n khan j parker sheet music** - Oct 26 2022

web laura bat for lashes by n khan j parker sheet music on musicaneo natasha khan justin parker laura bat for lashes rock alternative for voice and piano or guitar for interactive music score click here instrumentation piano voice classical guitar comments log in to post a comment 0 00 00 00

[laura sheet music piano solo oktav](#) - Feb 27 2023

web bat for lashes laura instrumental on piano lyrics in the description duration 04 27 instrument cover bat for lashes laura cover duration 04 30 cover sheet music information title laura artist band bat for lashes composed by

[laura sheet music 2 arrangements available instantly](#) - Jul 03 2023

web lyrics contains complete lyrics product type digital sheet music laura by bat for lashes scoring instrumental solo instruments piano pages 3 lyrics does not contain lyrics product type digital sheet music laura sheet music for voice laura by bat for lashes scoring piano vocal guitar singer pro

*laura chords ver 2 by bat for lashes ultimate guitar com* - Apr 19 2022

web may 4 2022 laura chords by bat for lashes 36 185 views added to favorites 1 704 times author stype a 433 4 contributors total last edit on may 04 2022 download pdf chords em d g cmaj7 bm7

**laura sheet music bat for lashes piano vocal guitar chords** - Jan 29 2023

web product id 116481 download and print laura sheet music for piano vocal guitar chords by bat for lashes in the range of e3 d5 from sheet music direct

[bat for lashes laura sheet music chords lyrics download](#) - Jul 23 2022

web how to learn to play bat for lashes laura sheet music chords and melody easy download or print laura music notes by bat for lashes and start playing piano vocal guitar chords in minutes

**bat for lashes laura sheet music download pdf score 116481** - Jun 21 2022

web download bat for lashes laura sheet music notes that was written for piano vocal guitar chords and includes 5 page s printable alternative pdf score is easy to learn to play learn more about the conductor of the song and piano vocal

**bat for lashes sheet music downloads at musicnotes com** - May 01 2023

web bat for lashes musicnotes features the world s largest online digital sheet music catalogue with over 400 000 arrangements available to print and play instantly shop our newest and most popular bat for lashes sheet music such as laura let s get lost and daniel or click the button above to browse all bat for lashes sheet music

**laura by bat for lashes piano vocal guitar sheet music plus** - Dec 28 2022

web everyday band orchestra sale orchestra string orchestra

*bat for lashes laura sheet music piano vocal guitar chords* - Sep 24 2022

web easy to download bat for lashes laura sheet music and printable pdf music score which was arranged for piano vocal

guitar chords and includes 5 page s the style of the score is alternative catalog sku number of the notation is 116481

[bat for lashes laura piano sheet music jellynote](#) - Mar 31 2023

web high quality piano sheet music for laura by bat for lashes download the pdf print it and use our learning tools to master it join the community on a brand new musical adventure

**laura bat for lashes sheet music download print** - Mar 19 2022

web description images laura bat for lashes sheet music print and play view online interactive access over 100 000 titles to choose download pdf

**bat for lashes laura sheet music piano solo in e minor** - Aug 04 2023

web print and download laura sheet music by bat for lashes arranged for piano instrumental solo in e minor

**laura sheet music by bat for lashes nkoda free 7 days trial** - Nov 26 2022

web faber music bat for lashes available materials piano nkoda sheet music library over 100k editions from 9 99 month register for a 7 day free trial hassle free cancel anytime available on institutional partners publishers partners testimonials

**bat for lashes laura sheet music notes chords** - May 21 2022

web bat for lashes laura description how to transpose free music notes download bat for lashes laura sheet music notes and printable pdf score is arranged for piano vocal guitar chords learn laura sheet music in minutes

[laura bat for lashes piano tutorial youtube](#) - Aug 24 2022

web 25k views 8 years ago teaching tutorials batforlashesvevo batforlashes laura here we have a tutorial for laura bat for lashes simple chords and simple rhythms which combine to make

[laura chords by bat for lashes ultimate guitar com](#) - Feb 15 2022

web feb 24 2023 laura bat for lashes em d g em you say that they ve all left you behind em d g em your heart broken the party died em d g em drape your arms around me and softly say em d g em can we dance

[les invasions barbares wikipédia](#) - Dec 28 2021

web les invasions barbares est un film franco québécois écrit et réalisé par denys arcand sorti en 2003 c est le volet central du triptyque défini par son réalisateur entre le déclin de l empire américain 1986 et l Âge des ténèbres 2007 synopsis cette section est vide insuffisamment détaillée ou incomplète

[invasions larousse](#) - Apr 12 2023

web les invasions barbares la partie occidentale de l empire romain subit des assauts violents de la part des peuples le plus directement menacés par les huns venus d asie en 406 le limes rhénan est franchi par des groupes

[les invasions barbares iv ve siècles assistance scolaire](#) - Aug 04 2022

web les iv e et v e siècles sont les siècles des invasions barbares qui mettent un terme à l empire romain les barbares

germaniques qui cherchent depuis des décennies à entrer plus ou moins pacifiquement dans l'empire se trouvent brutalement poussés en dehors de leurs terres par l'approche des hunns venus eux-mêmes d'Asie centrale et dont les *les invasions barbares l'histoire fr* - May 01 2022

web numéro suiv dossier les invasions barbares la fronde une révolution de la noblesse entretien avec Robert Descimon le monde de la nuit à Paris par Simone Delattre la vie quotidienne à la cour de Bourgogne par Sophie Jolivet Papon leçons d'un procès

*les invasions barbares et les migrations cours cm1 schoolmouv* - Jan 29 2022

web définition limes le limes est une ligne de fortifications de 900 km de long construite par les Romains pour protéger leur territoire définition barbares pour les Romains tous les peuples qui vivent au-delà des frontières de l'empire et qui ne parlent ni latin ni grec sont des barbares au début du V<sup>e</sup> siècle les hunns

**les invasions barbares v<sup>e</sup> x<sup>e</sup> siècles persée** - Jul 03 2022

web les barbares des grandes invasions aux conquêtes turques du XI<sup>e</sup> siècle peuples et civilisations tome V un vol in 8 393 pages Paris Librairie F. Alcan 1926 2

*les invasions barbares moments d'histoire* - Mar 11 2023

web mar 13 2023 c'est le début d'une période bien connue de l'histoire les invasions barbares il ne faut pas voir le terme barbares comme négatif il désigne tout bonnement les peuples étrangers à l'empire romain qui ne partagent ni leur langue ni leur modèle de civilisation

**les barbares à l'assaut de l'occident l'histoire fr** - May 13 2023

web les invasions barbares s'inscrivent dans un phénomène historique de très longue durée qui connut sa phase décisive au V<sup>e</sup> siècle il est généralement convenu qu'elles aboutirent à la disparition de l'empire romain d'Occident et qu'elles jouèrent un rôle essentiel dans le passage du monde antique au monde médiéval

faire l'histoire les invasions barbares la construction d'une - Nov 07 2022

web nov 25 2022 pour réviser nos certitudes et nos fantasmes Patrick Boucheron invite l'historien Giusto Traina à faire l'histoire des barbares et des Romains on nous a appris à l'école que 476 était la date de la chute de l'empire romain mais aussi celle de la rupture entre l'Antiquité et le Moyen Âge

*les grandes invasions barbares historia fr* - Sep 05 2022

web au début du V<sup>e</sup> siècle les peuplades germaniques envahirent massivement la Gaule et précipitèrent la fin de l'empire romain d'Occident en flot ininterrompu Alain Suèves Vandales franchirent le Rhin entraînant dans leur marche les Francs les Burgondes et les Alamans déjà installés sur le Rhin

**invasions barbares encyclopédie de l'histoire du monde** - Jul 15 2023

web jul 15 2010 la période migratoire également appelée invasions barbares ou en allemand völkerwanderung errance des peuples se déroula approximativement entre 300 et 700 de notre ère en europe marquant la transition entre l'antiquité tardive et le

*les invasions barbares histoire de france* - Oct 06 2022

web les invasions barbares vers 434 435 le commencement de la fin de l'empire romain attila roi des hunns au début du 5ème siècle les peuplades germaniques envahissent massivement la gaule et vont précipiter la fin de l'empire romain d'occident la gaule connaît depuis longtemps des infiltrations de groupes barbares

**introduction à l'histoire médiévale les invasions barbares ve - vii e l'occident médiéval** - Mar 31 2022

web introduction à l'histoire médiévale les invasions barbares v e vii e l'occident médiéval est né sur les ruines de l'empire romain comme le fait remarquer jacques le goff l'occident médiéval il y a trouvé appui et handicap à la fois rome a été sa nourriture et sa paralysie

invasions barbares wikipédia - Aug 16 2023

web début 1 survol général afficher masquer la sous section survol général 1 terminologie 1 2 déclin de l'empire romain d'occident 1 3 royaumes romains germaniques 2 première période les mouvements migratoires germaniques du 3ème siècle

*les invasions barbares mymaxicours* - Jan 09 2023

web on appelle invasions barbares ou invasions germaniques les invasions de populations venues de l'est de l'europe qui ont mis fin à l'empire romain d'occident au 5ème siècle après jésus christ b explications À partir du 3ème siècle l'empire romain s'affaiblit

**ce2 histoire les invasions barbares cénicienta** - Feb 27 2022

web jun 10 2011 la séquence déroulement séance 1 l'empire romain affaibli séance 2 la pression des hunns séance 3 les royaumes barbares séance 4 Évaluation

**les invasions barbares histoire analysée en images et œuvres** - Dec 08 2022

web les invasions barbares date de publication décembre 2019 auteur alexandre sumpf contexte historique une menace venue du nord phénomène majeur du 9ème siècle de notre ère les nouvelles invasions barbares ont immédiatement menacé le fragile équilibre établi par les premiers monarques carolingiens

les invasions barbares l'encyclopédie canadienne - Jun 02 2022

web apr 16 2009 histoire les invasions barbares ne se veut pas à l'origine la suite du déclin de l'empire américain c'est plutôt une tentative pour denys arcand de composer avec la douleur des derniers moments de vie et du décès de ses parents tous deux emportés par le cancer

**grandes invasions barbares et chute de l'empire romain histoire** - Jun 14 2023

web feb 14 2023 les grandes invasions barbares correspondent à un vaste mouvement migratoire qui s'est étalé en Europe de la fin de l'antiquité au début du Moyen Âge dès le I<sup>er</sup> siècle les Romains subissent les premières incursions de peuples étrangers à l'empire qu'ils appellent des barbares

grandes invasions encyclopædia universalis - Feb 10 2023

web 3 médias les invasions barbares ont apporté à leur tour quelques modifications au paysage antique si le roi ostrogoth a pris la suite des empereurs à Ravenne et le roi vandale celle du proconsul de Carthage d'autres souverains ont créé de nouvelles capitales Toulouse et surtout Tolède pour