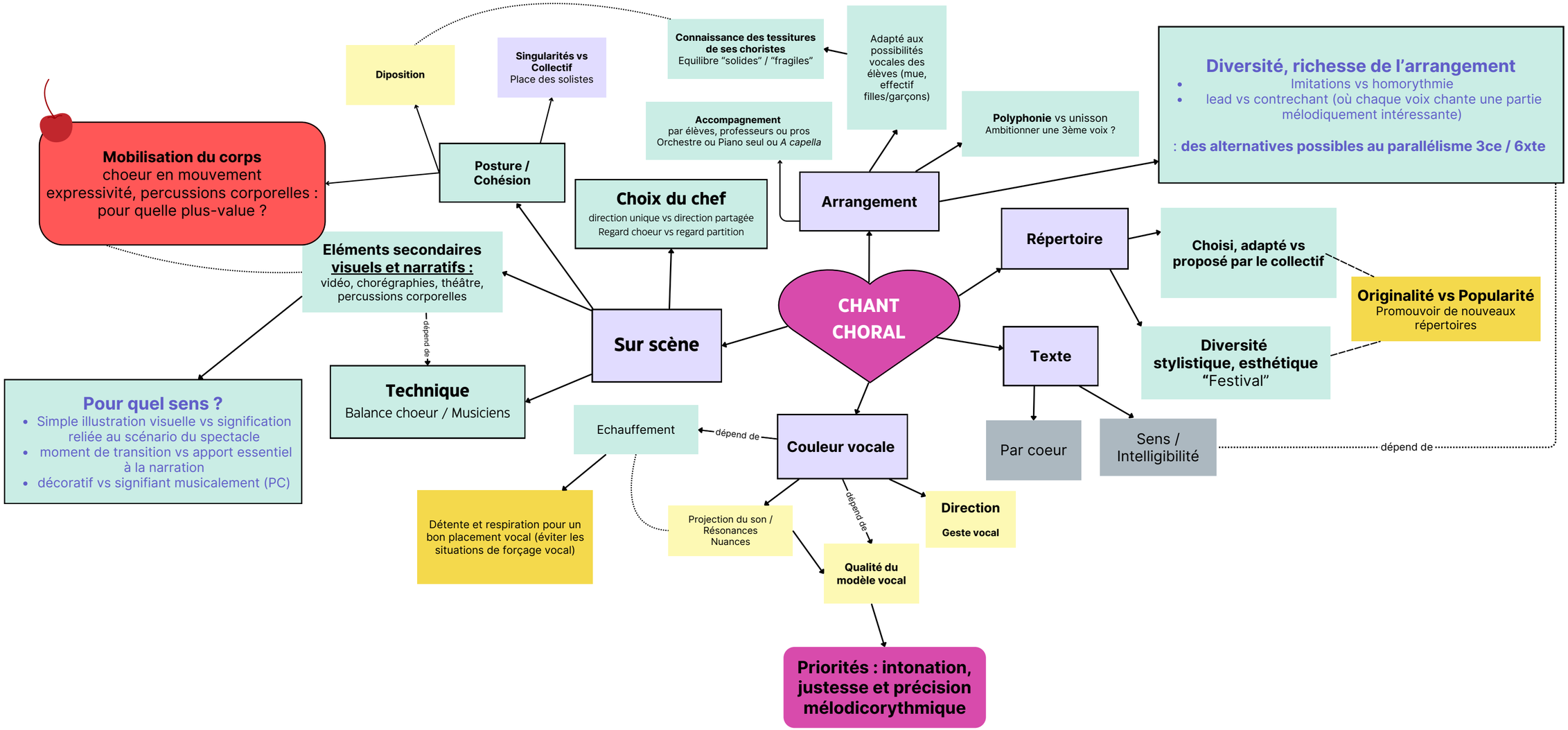Les fondamentaux du chant choral