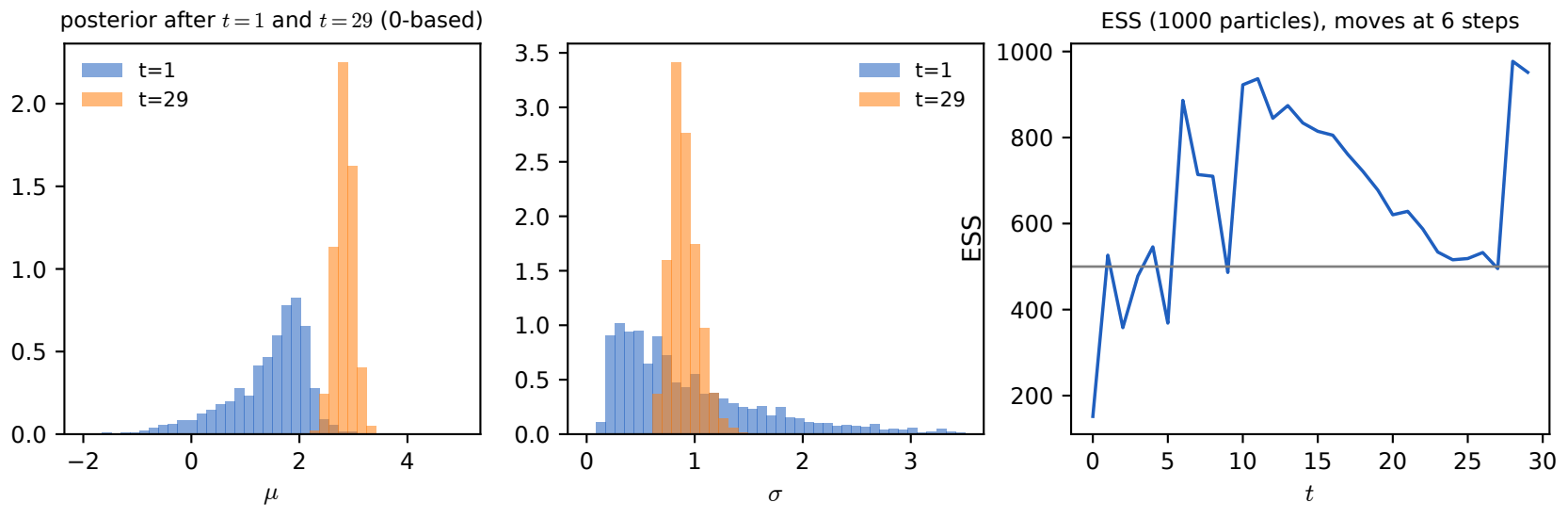

posterior after $t=1$ and $t=29$ (0-based)
t=1
t=29
μ
σ
ESS (1000 particles), moves at 6 steps
ESS
t