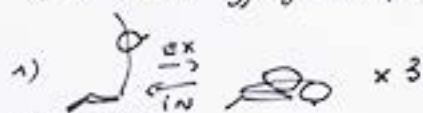


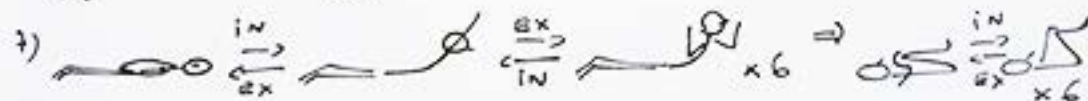
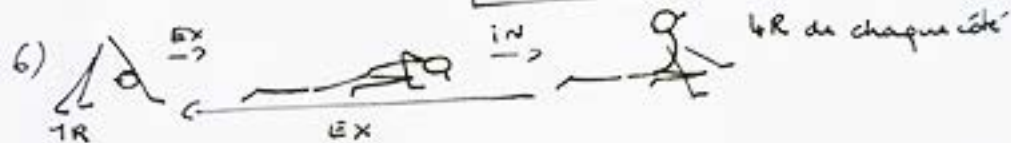
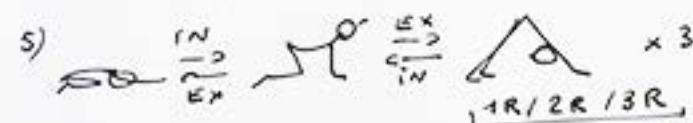
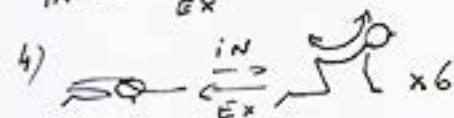
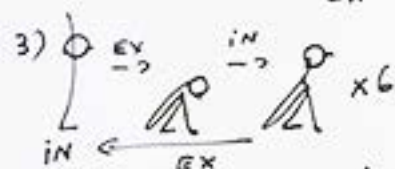
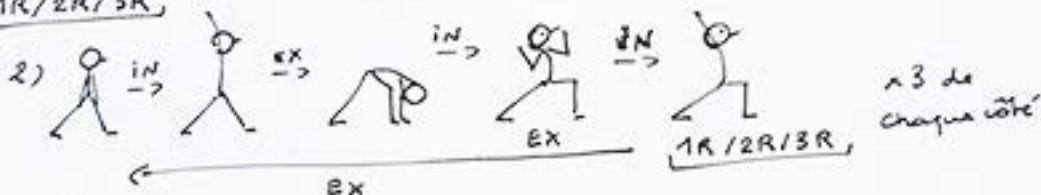
14.4.2020

installer une respiration consciente et régulière (avec ujjayi si possible). 12 R.

Position des bras dans 2), 7) et 9)



1R/2R/3R



Repos



Repos Revenir à la respiration naturelle.