






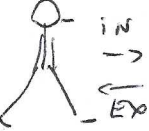





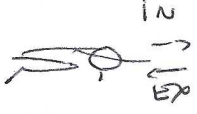


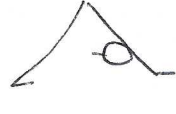

1)  ou  6 cycles Anuloma ujjayi
6 cycles Viloma ujjayi
3x OM SHANTI SHANTI SHANTI




2)  installer IN = EX
3x 4s'
3x 6s'
3x 8s'


3)  $\xrightarrow[\text{EX}]{\text{IN}}$  RP 6s' x 6



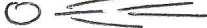
4)  Obs \Rightarrow  $\xrightarrow[\text{EX}]{\text{IN}}$  $\xrightarrow[\text{IN}]{\text{EX}}$  RV 6' x 6


5)  $\xrightarrow[\text{EX}]{\text{IN}}$  $\xrightarrow[\text{IN}]{\text{EX}}$  $\xrightarrow[\text{EX}]{\text{IN}}$  $\xrightarrow[\text{EX-IN}]{\text{IN}}$ 3/3

6)  $\xrightarrow[\text{EX}]{\text{IN}}$  $\xrightarrow[\text{IN}]{\text{EX}}$  x 3 +  GR (RV)
 Repos

7)  $\xrightarrow[\text{EX}]{\text{IN}}$  x 6 +  GR (RP)

8)  $\xrightarrow[\text{EX}]{\text{IN}}$  Avec RP et RV x 4

9)  $\xrightarrow[\text{EX}]{\text{IN}}$  x 6


 Nadi shodanam
en introduisant RP et RV

Prendre 3x le OM SHANTI... de plus en plus doux
Reste en amix.