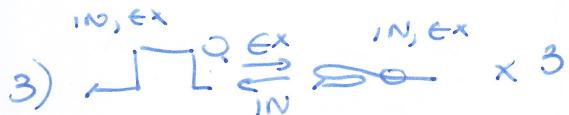
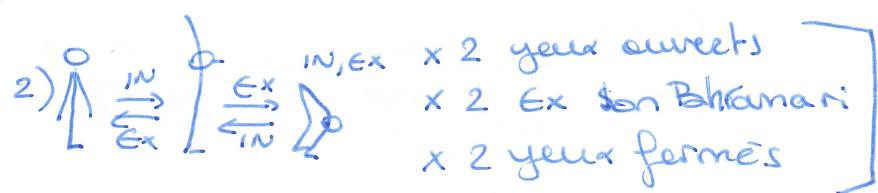
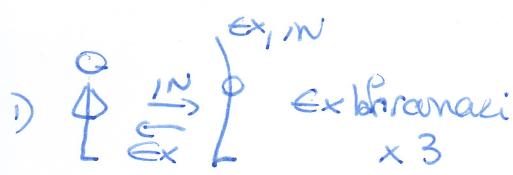


observation des oppois

6 resp. libres

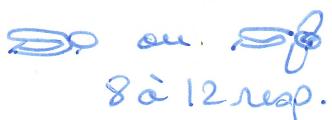
respiration zénith du nombre 1



G et D

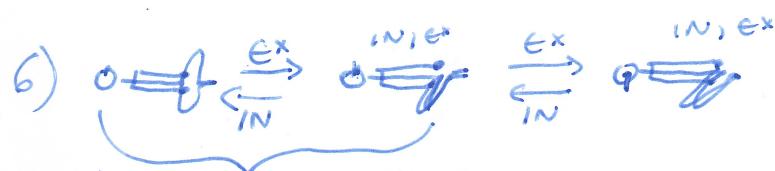
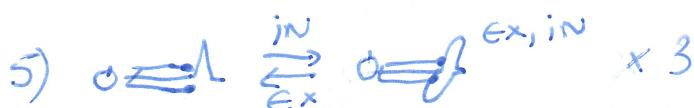
{
x 1 yeux ouverts
x 1 son bibrancard s/ex
x 1 yeux fermés



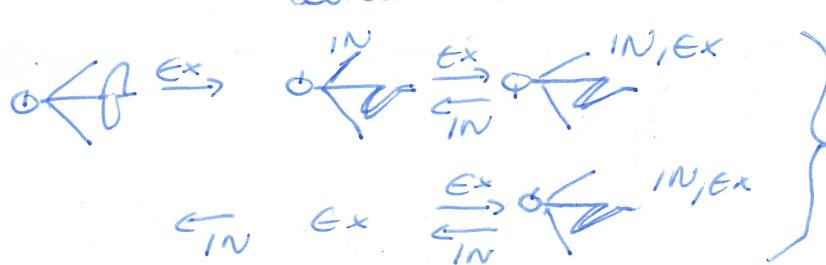
 ou ou
8 à 12 resp.



+ détente mâchoires x yeux

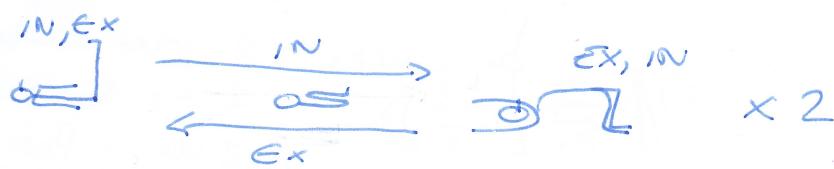
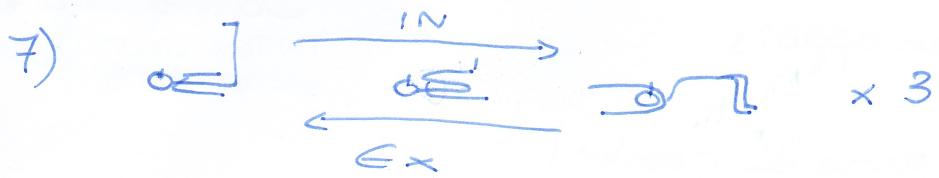


Ex lâcher l'oreille
observer la relation
au sol



x 1
alternée G/D

sibeson  ex
in
x 6



et six respirations dans chaque posture } observe la relation au sol.

$\xleftrightarrow{\text{IN Ex}}$ selon besoin

repos

Pranayama

$\xrightarrow{\text{IN}} \xleftarrow{\text{Ex}}$ son bhramari $\times 6$

au chant

6 resp. ex son bhramari

et écoute