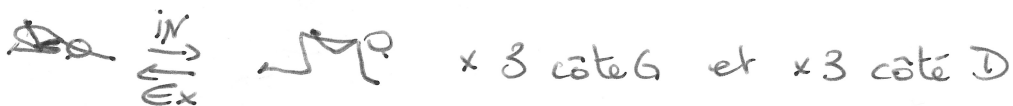
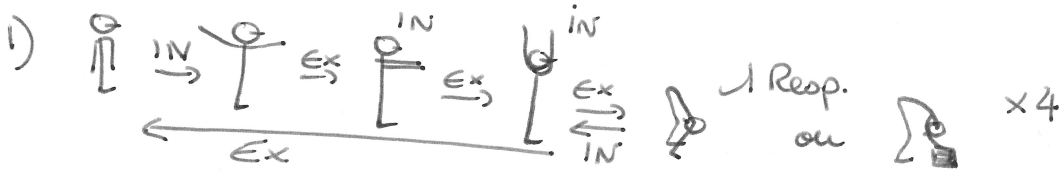
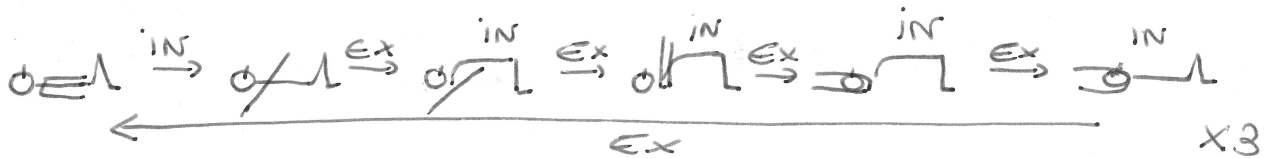
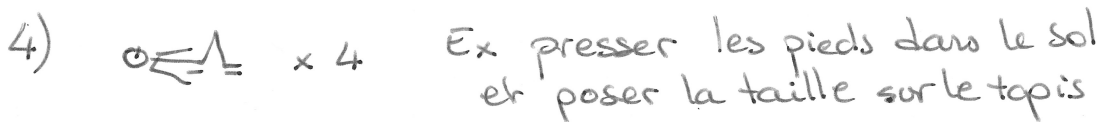


Observations
 · relation au sol
 · conscience du souffle



←← Repos



si besoin si besoin et Repos ←← Repos

PRANAYAMA

Anuloma Ujjayi EX > IN
 IN 2 narines
 Ex narine G } x4
 IN 2 narines
 Ex narine D

Viloma Ujjayi EX < IN
 IN narine G
 Ex 2 narines } x4
 IN narine D
 Ex 2 narines