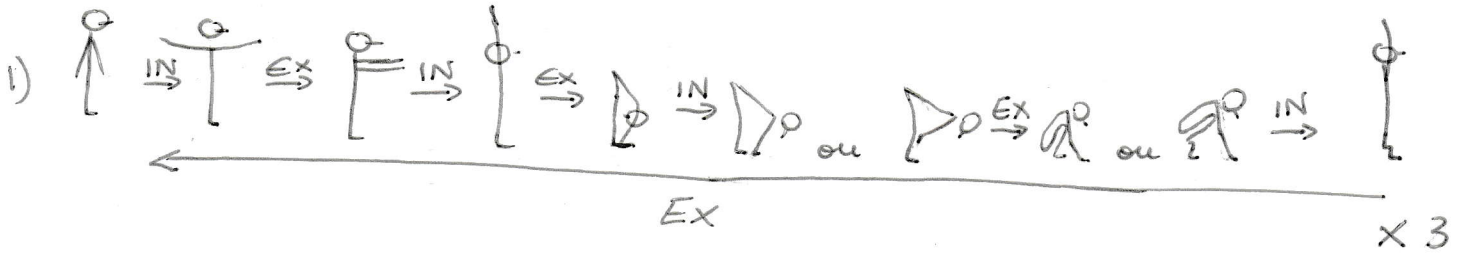
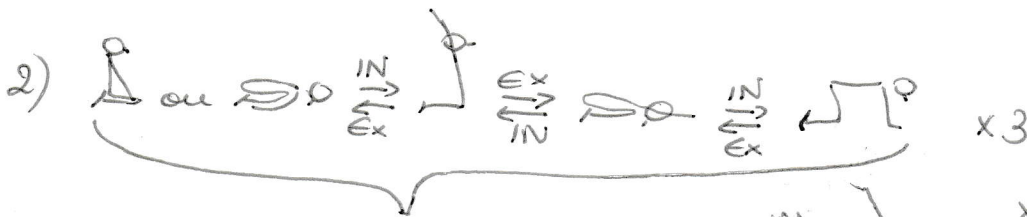


Ralentir & Suspendre le temps.

Écoute
IN = EX (4 à 6 secondes)

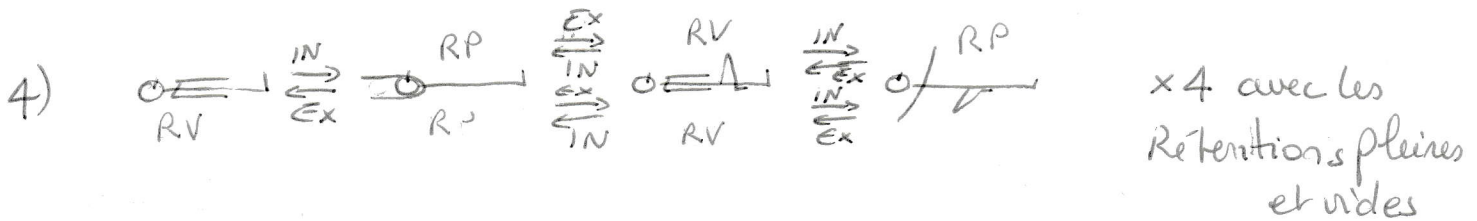
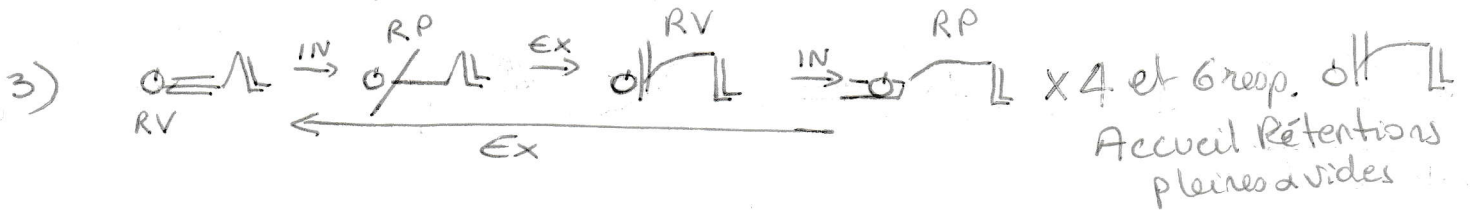


et x1 avec 2 postures au choix maintenues 6 respirat°



x3 avec 3 postures au choix maintenues 4 respirations!

Repos



Accueil - Repos



Pranayama

16 respirations Nadi Shodhana et écoute

IN	narine G	} x8
EX	narine D	
IN	narine D	
EX	narine G	