






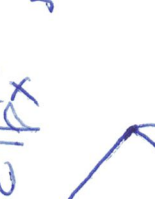

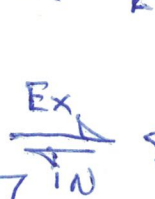

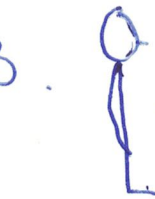
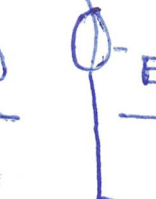
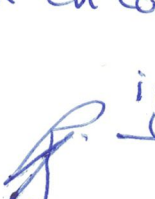


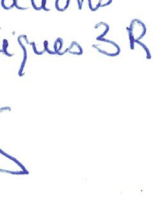



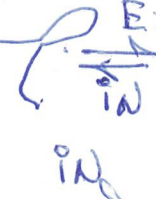
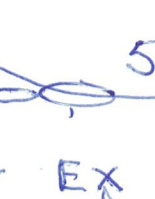
3 Etats ^{Éveil} ^{Rêve} ^{Méditation} ^{ou Sommeil} ^{Broken} P 9 1.38 SVAPNA Nidra MA A-18



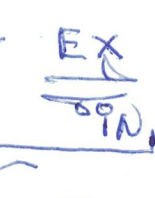

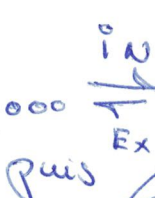
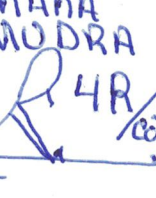
Connaitre les Etats Profonds

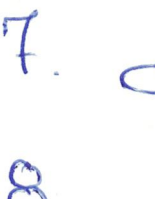

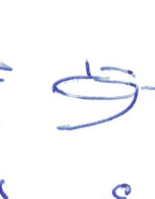
1.     


4x ch. Côté puis 3 Reos STATER (A) (B)
2.      

4x ch Côté puis Variations Statiques 3R.
3.      

4x ch Côté puis Variations Statiques 3R.
4. Surya Namaskara 1x Simplifiée / ch. Côté 2x Normal / ch. Côté
5.   

5x cp.
6.      

3x ch. Côté puis Maha MODRA 4R / côté
7.   

5x cp
8. 

Expérimenter Nidra Shavasana