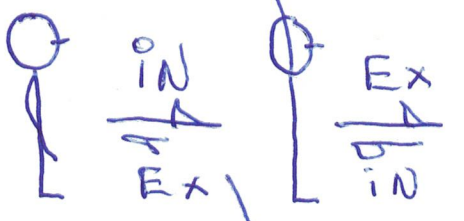
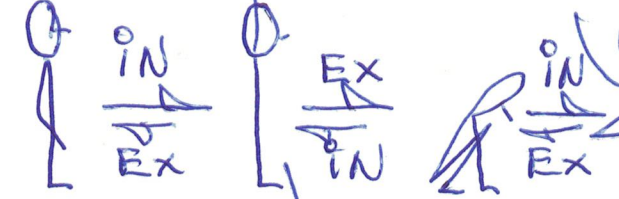
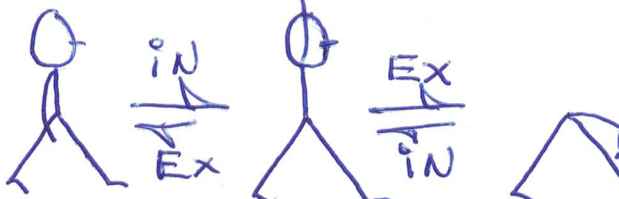
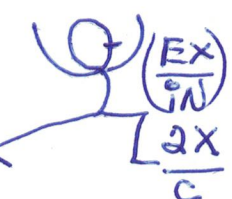
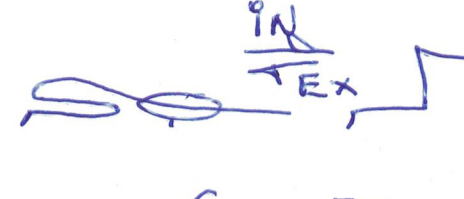
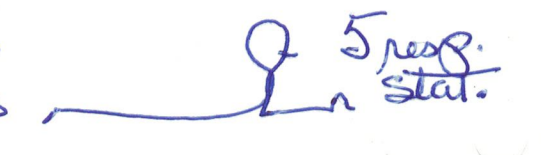

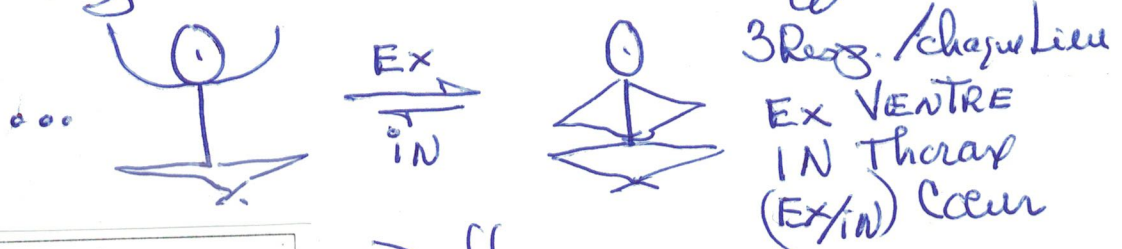
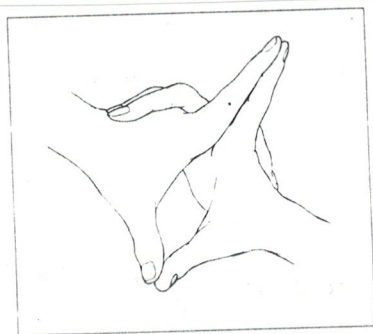


1.  4x Centre
 3x alterner cheville G/D
 4x Centre
2.  2x Dyn
 ... puis
 2x (EX/IN) sur place
3.  4x
 Côté ... puis  (EX/IN)
 2x/c
4.  CP 4x
 ... puis  5 resp. Stat.
5.  5x cp

6. Pranayama : D'où vient le Souffle ?



7.



UTTARA BODHI MUDRA

Differencier :

Ce qui vient d'en Haut = SVA

Ce qui vient de Moi = SVĀMI

Méditer 10min.

SVA: "MA VRAIE IDENTITÉ"

8. cp & repos 