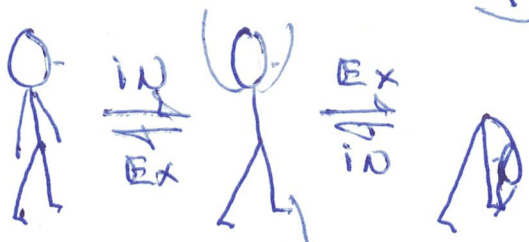
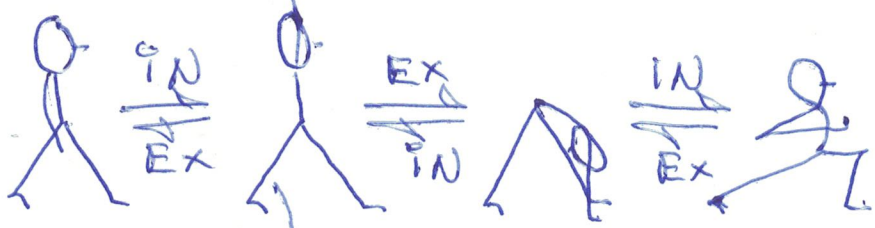
MÉDITATION P9 — VIVEKA II

Med-A-2018

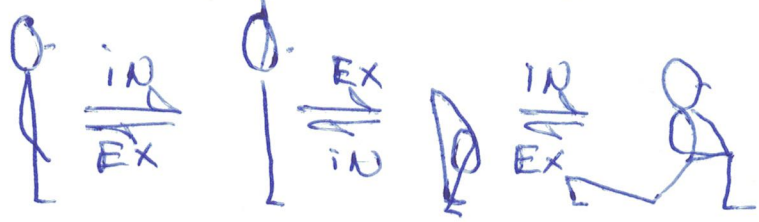
DISCERNER < LE SYMPTÔME / LE MOI

1. 

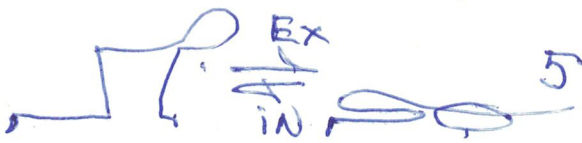
4x/côté
+ Variations Echauffement

2. 

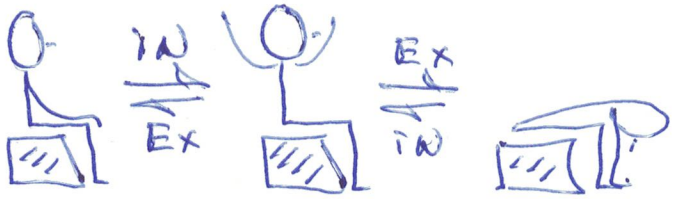
4x Dyn/côté
+
4 R. Stat/côté

3. 

1x Dyn/côté
+
4 R. Stat/côté

4. 

5x CP

5. 

Variations Latérales
G/↗/G/D
} 4 séries

6

Pranayama

	IN	RP	EX	RV
Ujjayi & Resp	6	3	9	3

7.

Lotus (Padma) Mudra

Discerner Extérieur (Situation Effet-Symptôme)

→ Moi Intérieur profond

8.