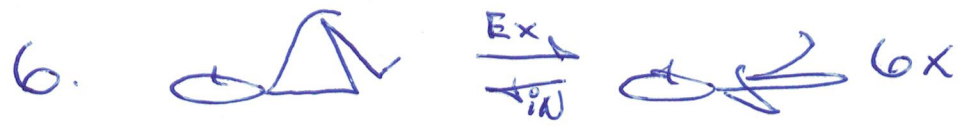
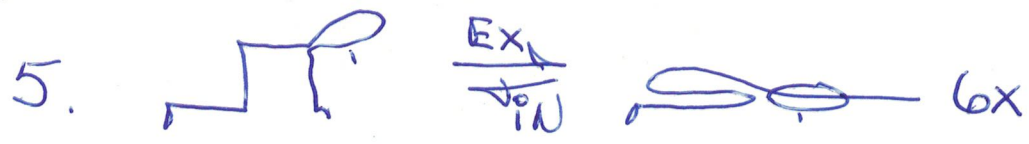
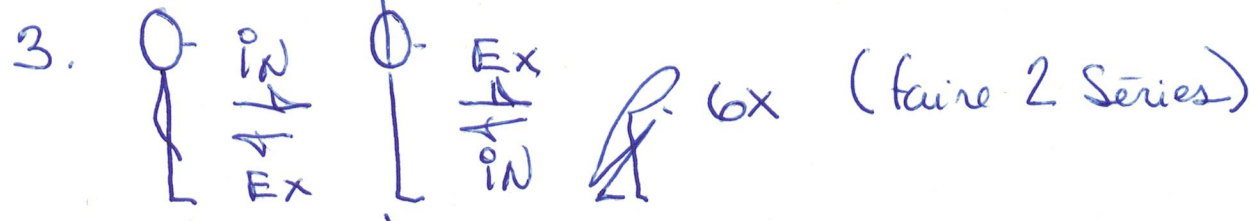
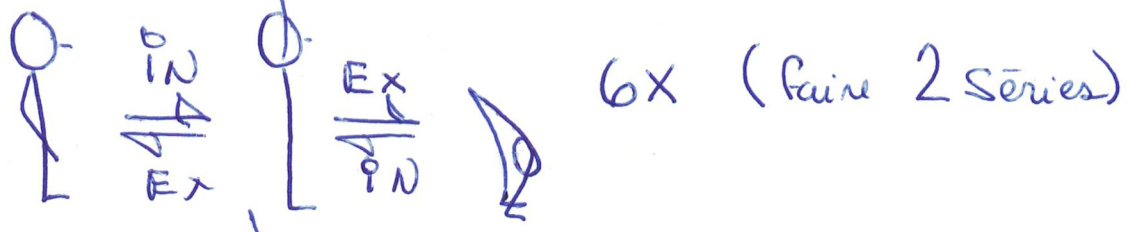
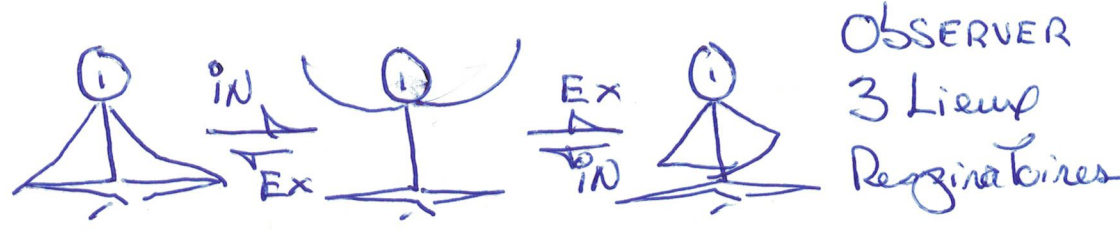


1. NOTIONS du PROCESSUS MEDITATIF EN YOGA

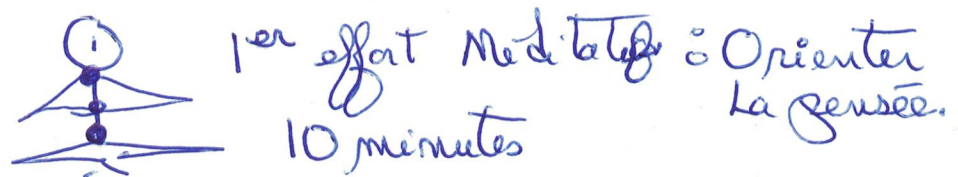
2. Preparation physique



PREPARER LE SOUFFLE 7.



MEDITATION 8. LIEUX RESPIRATOIRE AU CHOIX QUI REPRESENTE VOTRE BESOIN IMMEDIAT.



DETENTE 9. Contre Goutte et Repos.