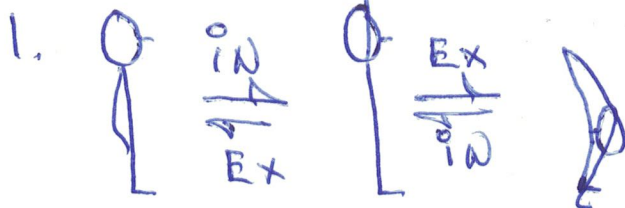


VERS Le
PRANAYAMA

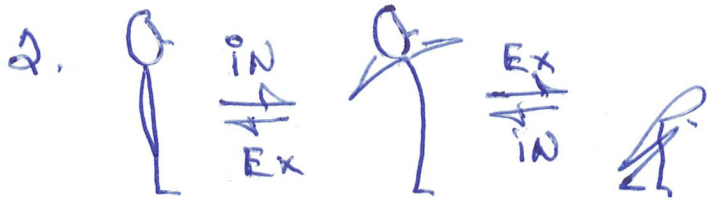
P6

SVASA
PRAŚVASA

H-19-PROG.



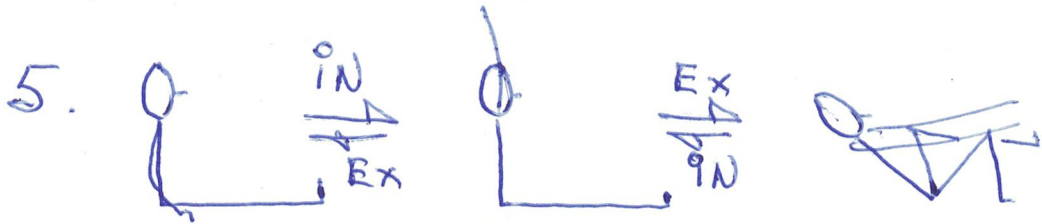
- (A) 6x Dym
- (B) 6x R Uide (3sec)
- (C) 6x avec KRAMA $\frac{1}{2}$ (EX/IN)



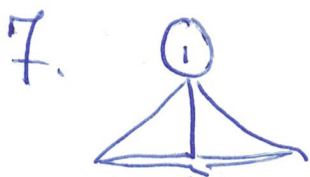
- (A) 5x Dym
- (B) 5x RP = RV = 3sec



- (A) 4x Dym /ch. Côté
- (B) 4x RP = RV = 3sec
- (C) 4x avec (IN-EX) en (A)



- (A) 4x G-D- puis 2 jambas
- (B) 1x IR. stat G-D... 2 jamb



Ujjayi Pranayama

- (A) EXPIR Long 4 Resp.
- (B) IN = EX 4 Resp.
- (C) KRAMA $\frac{1}{2}$ Sur EXPIR 4 Resp.
- (D) KRAMA $\frac{1}{2}$ Sur IN-EX 4 Resp.

Meilleure position Assise

