



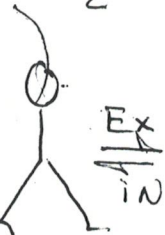
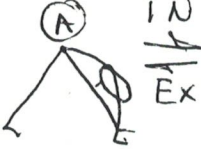




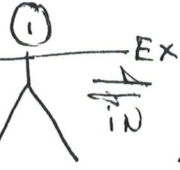
LUNDI



Pf Vers le Pranayama

H-19-L



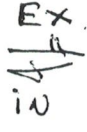
1.    8x  
(dont 4x avec RV de 4sec)

2.     5x  
côte  
puis 2x IR. Statique  
A et B


3.    4x  
côte  
puis  M


cp 4.   5x


Pranayama ASSISE

5.    4x  
A - flexion  
B - Rotation  
C - Lateral  
D - Sankhya Mudra  
4R. Stat.

6. Pranayama

(A)  Ujjayi 8 Rps.

(B)  Anuloma Ujjayi 8R.  
Viloma Ujjayi 8R

7.  + 