
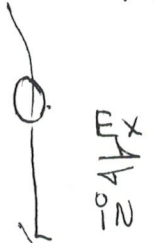




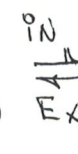


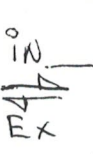







MEDITATION

M.T.

Les Souffles
APAISANTS
PURIFIANTS

H-19-Med

1.    6x Dyn. + 6x avec R.Vide. (3004sec)
2.      4x Dyn/ch. Côté puis 1x 2R. stat. en (A) & (B)
3.      4x Dyn/ch. Côté puis 1x 2R. stat. en (A) & (B)
4. cp.   5x

5. APANA VAYU (Souffle "du Printemps")

Respirer



A. Ujjayi IN & EX / 6 Resg.

B. Rechaka EX Long / 6 Resg.

C. Bahya Kumbhaka R.Vide 6sec / 6 Resg.

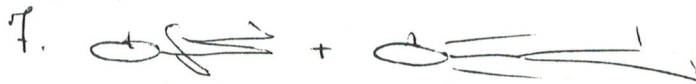
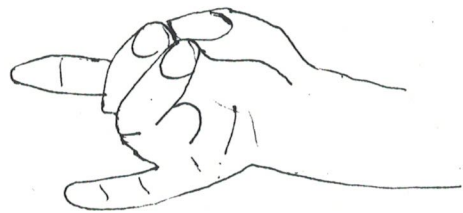
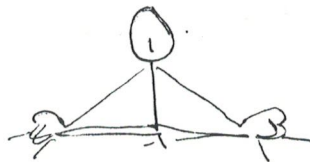


D. Anuloma + R.Vide / 6 Resg. / côté

E. CHANDRA Bedhana / 6 Resg.

Méditer

6. APANA Mudra



7.