











PROGRESSION



P.7 Exploration Pranayama alterné




H-19-Prag

1.  $\begin{matrix} \text{IN} \\ \rightleftarrows \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \rightleftarrows \\ \text{IN} \end{matrix}$  2 Series. de 5x

2.  $\begin{matrix} \text{IN} \\ \rightleftarrows \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \rightleftarrows \\ \text{IN} \end{matrix}$  $\begin{matrix} \text{IN} \\ \rightleftarrows \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{IN} \\ \rightleftarrows \\ \text{EX} \end{matrix}$ 5x/côté
puis Rétention (A) (B)

3.  $\begin{matrix} \text{IN} \\ \rightleftarrows \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \rightleftarrows \\ \text{IN} \end{matrix}$  4x/côté (2 séries)

CP 4.  $\begin{matrix} \text{EX} \\ \rightleftarrows \\ \text{IN} \end{matrix}$  5x

5.  $\begin{matrix} \text{IN} \\ \rightleftarrows \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \rightleftarrows \\ \text{IN} \end{matrix}$  $\begin{matrix} \text{IN} \\ \rightleftarrows \\ \text{EX} \end{matrix}$ (A) Rotation G
(B) Latéral G-D
(C) flexion avant

6. Pranayama Exploration



1. Ujjayi Expir long BR

2. Anuloma: Expir 1 marine alternée 5 cycles

3. Viloma: INSPIR 1 N.A. : 5 cycles

4. NADI shodhana 4 cycles

5. Observer Scuffe = Mental

7.  $\begin{matrix} \text{IN} \\ \rightleftarrows \\ \text{EX} \end{matrix}$ +  $\begin{matrix} \text{EX} \\ \rightleftarrows \\ \text{IN} \end{matrix}$