

PIO

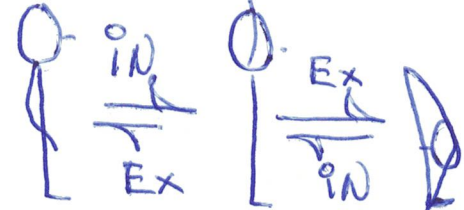
Synthèse


H19-L

Sym / ASym / Dyn / Stat / Scaglesse / Tonus /


Sequences / Brancyama / Detente / Inversion /

MENTAL CLAIR / ENERGIE PRANA / Corps en Sante

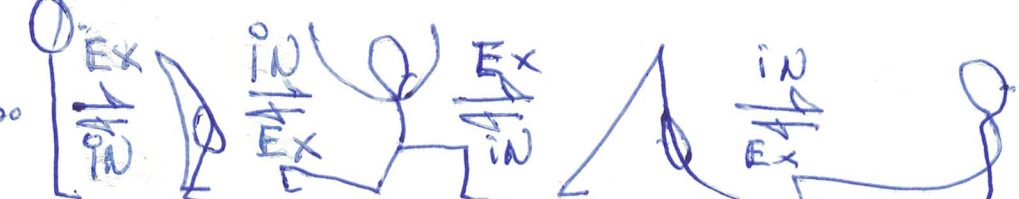
1.  6x + Variations } Dym.
Sym.
ASym.
Stat.

2.  4x/côte

Scaglesse


3.  5x/côte

... Variations avec Rotations G/D

4.  4x/côte

Sequences

CP 5.  5x

6.  • IN ≡ EX 6 Resq.

Prana yama

• Puis Krama 1/2 ... 1/3 / 6 Resq.

7. Concentration 3 points : Ventre / Gorge / Coeur

8. 