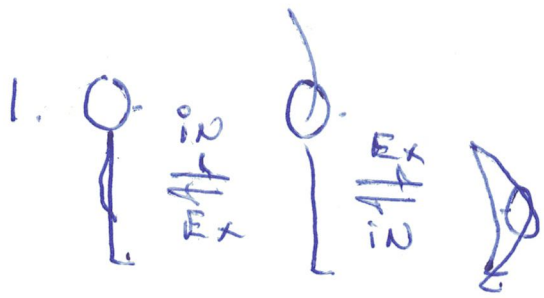
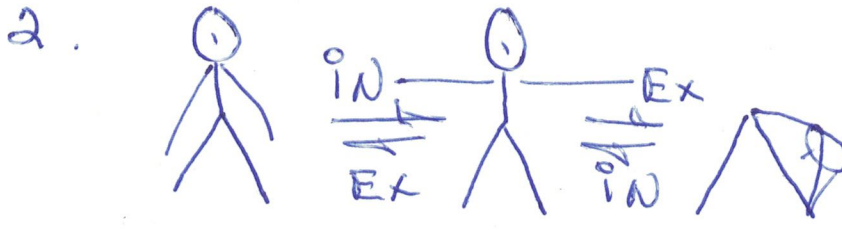
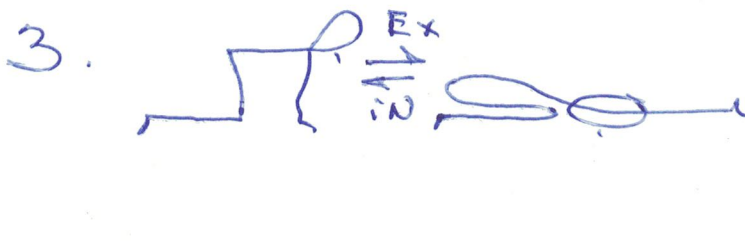
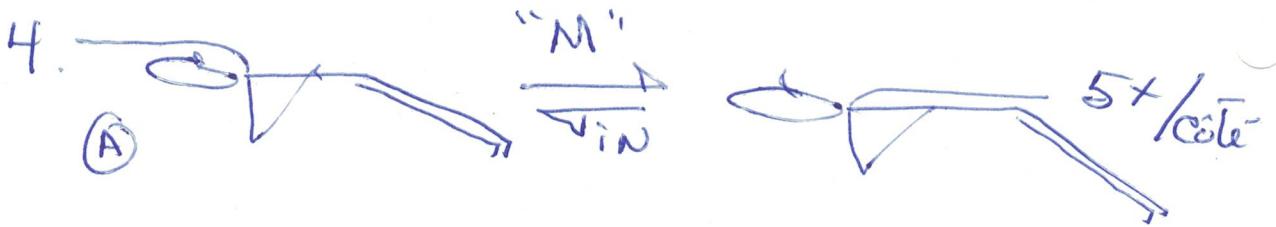


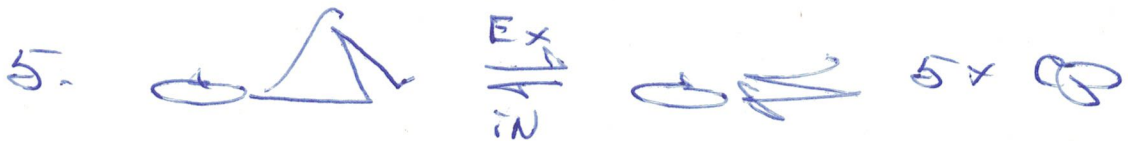
1.  6x + Variations

2.  Variations
Latérales
3x/c

3.  Centre 3x
Gauche 3x
Droite 3x
Centre 3x

4.  "M"
5x/côté

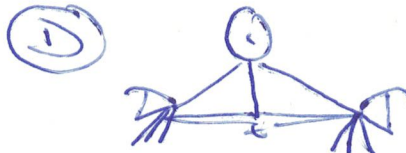
(B) avec Amulana Ex Une Narime 5x/côté

5.  5x

6. (A)  "M"
5x
puis 5 Amulana Gauche

(B) répéter à droite

(C) ALTERner Amulana "M" G/D 10 Rép.

(D)  Dhyana
Mudra "M" chuchette.