

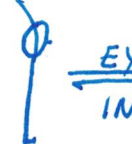


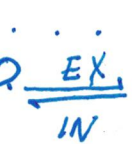

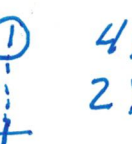
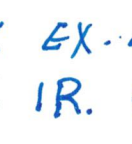
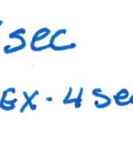





# Explorer les postures statiques



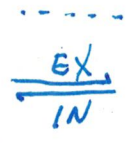

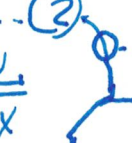

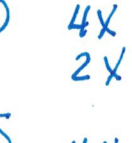
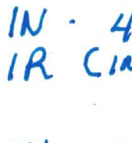
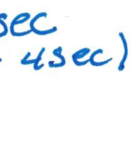
Conscience du souffle - Lieu et durée  
Observer les effets

0.  Conscience de l'état du corps, du souffle, du mental  
Installer Ujjayi

1.    4X EX · 4sec  
2X IR




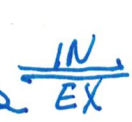





2.            
① 4X EX · 4sec  
2X IR. (EX · 4sec)  
② 4X EX · 4sec  
RV · 3sec  
2X IR.


3.  Observer puis  4X

4.           
① 4X IN · 4sec  
2X IR (IN · 4sec)  
② 4X IN · 4s  
RP 3s  
2X IR.

5.           
4X IN · 4s  
RP 3s  
2X IR

6.  Observer et 

7.           
4X EX  
RV  
IN  
RP } 4 sec

8.  } 

IN	RP	EX	RV
0	0	4	0
4	0	4	0
4	4	4	0
4	4	4	4

 } Puis 