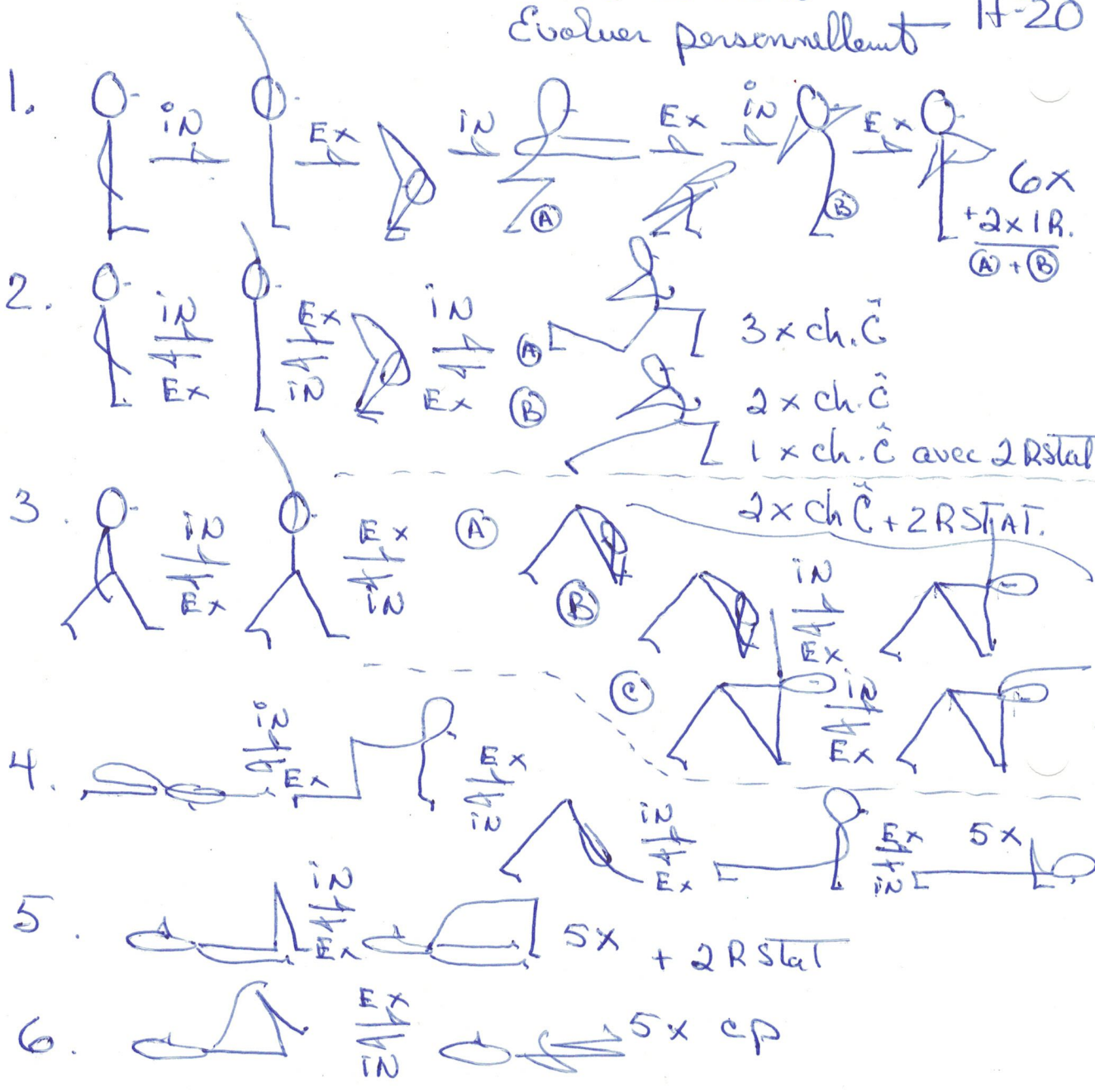


P5 PRAYATNA - 2 Progress
 90 ou 110% Evoluer personnellement H-20



7. Pranayama

	IN	RP	EX	RV	
Ujjayi 8 Res.	8	8	8	8	Jour
	8	4	12	4	Soir

8. *Ujjayi*