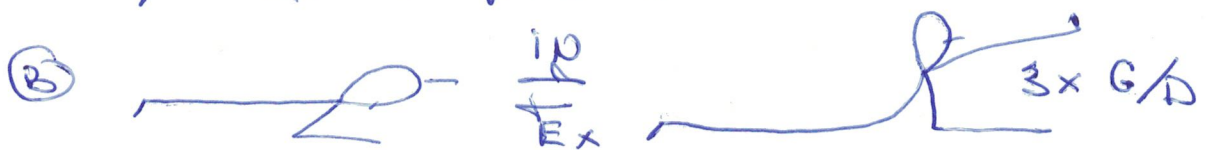
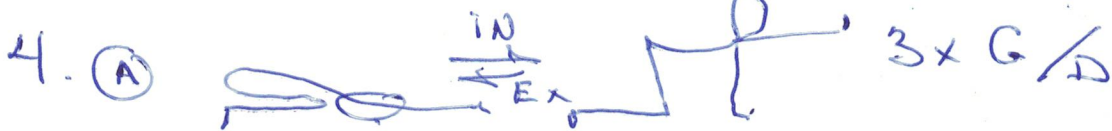
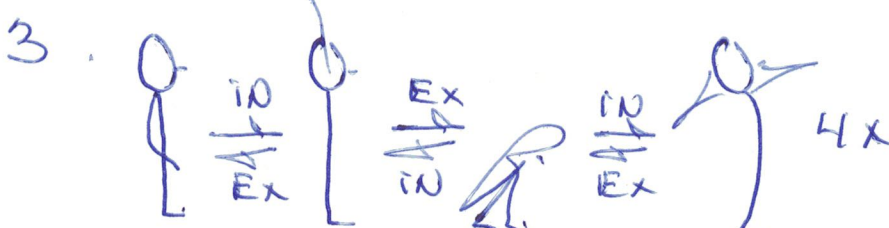
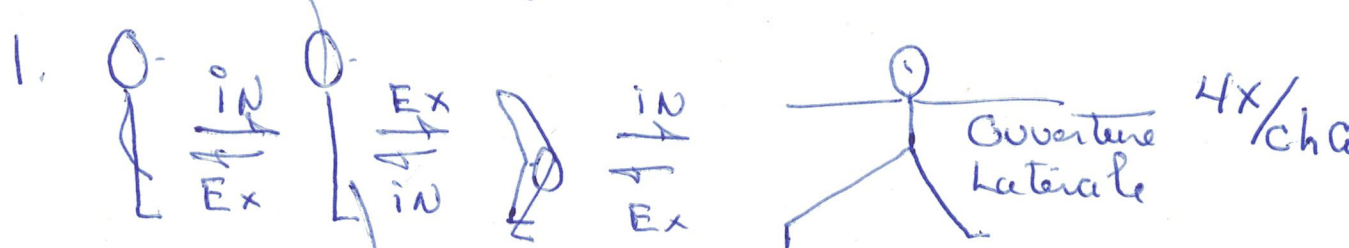
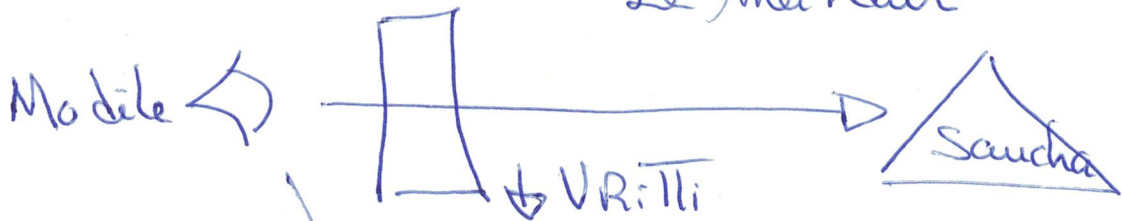


Choisir sans hésiter
Le meilleur



6. Pranayama Ujjayi

	IN	RP	EX	RV
A) Purker	8	0	12-16	Ø
B) Rencouler	8	8	8	Ø

7. Affirmation Saucha AHAM
Je choisis la Pureté.