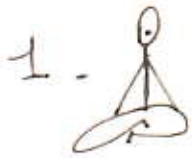
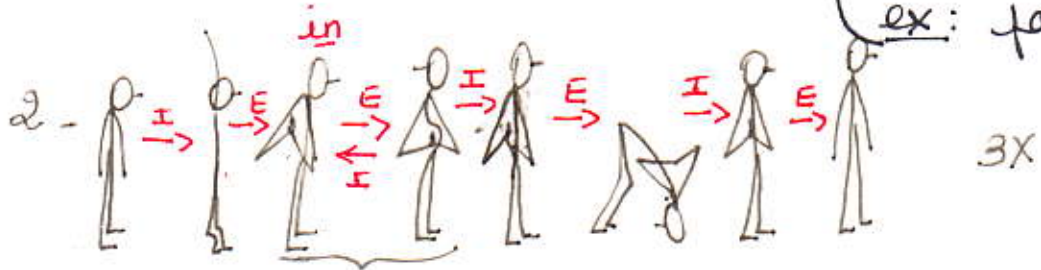


Pratique de l'été 2022

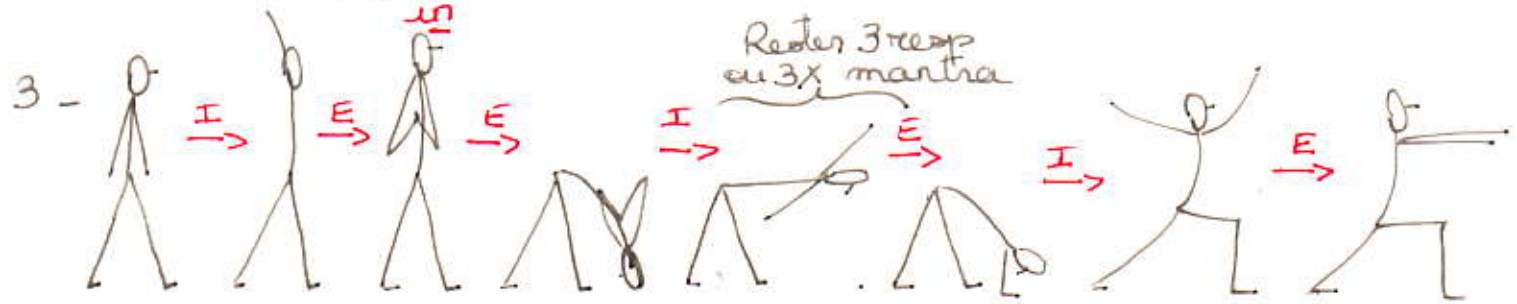


- Installer son socle, son dos, jalandhara bandha
- Observer sa respiration
- Placer la respiration abdominale
 - longue
 - fluide
 - subtile

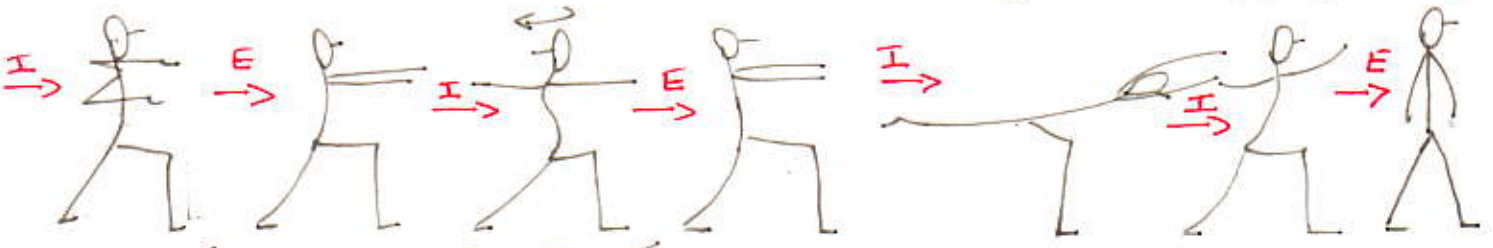
- 8 cycles sitkari {
 in : entre les dents en levant le menton
 Apres : placer la langue puis le menton
 ex : par les 2 narines



G/D.



Restez 3 resp ou 3x mantra

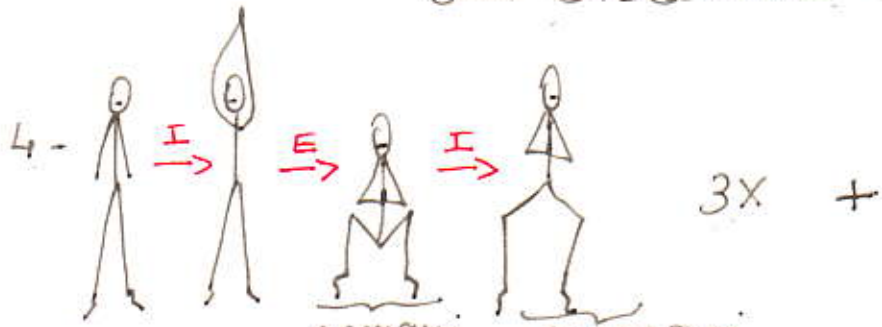


rester 3 resp ou 3x mantra

rester 3 resp ou 3x mantra

rester 3 resp ou 3x mantra

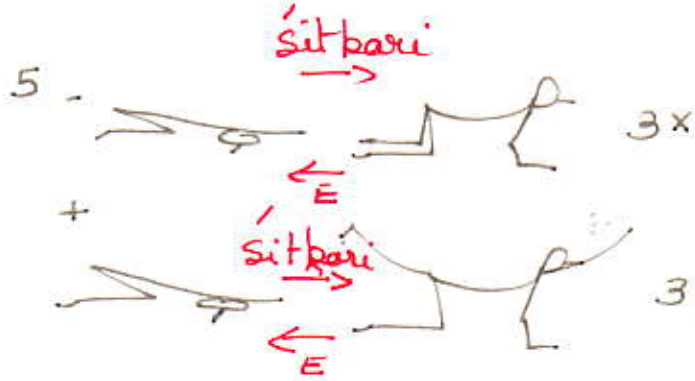
"Om Shraddha ya namah"



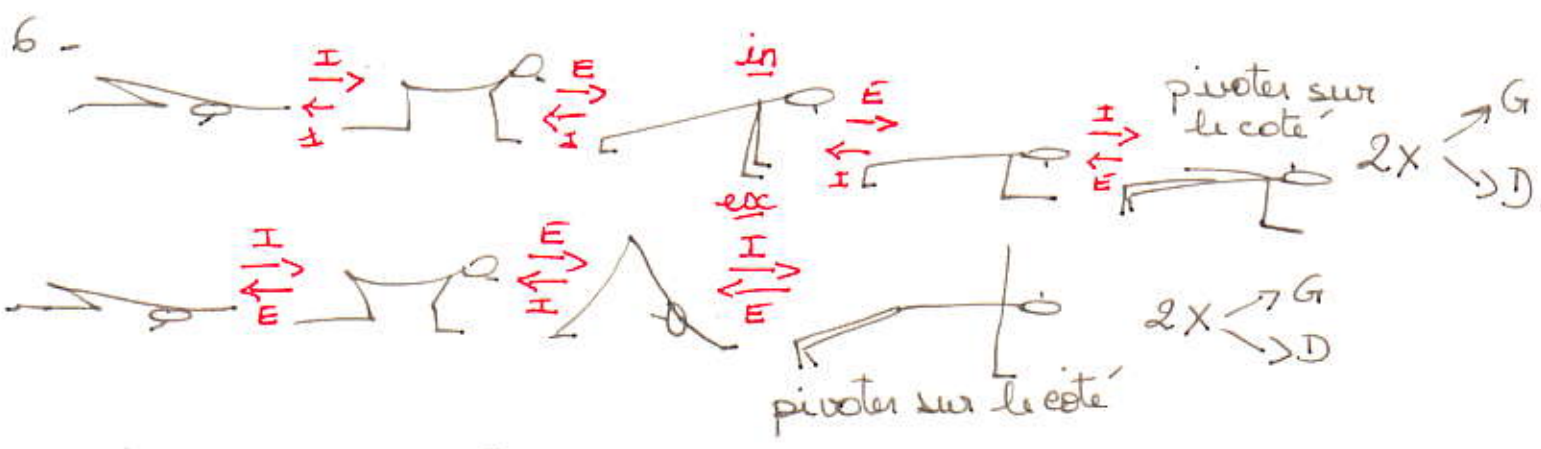
accraipi 1/2 accraipi sur pointe des pieds.

option : Posture du cerceau

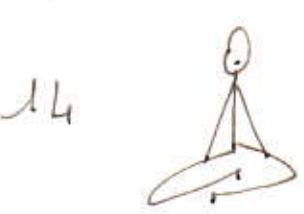
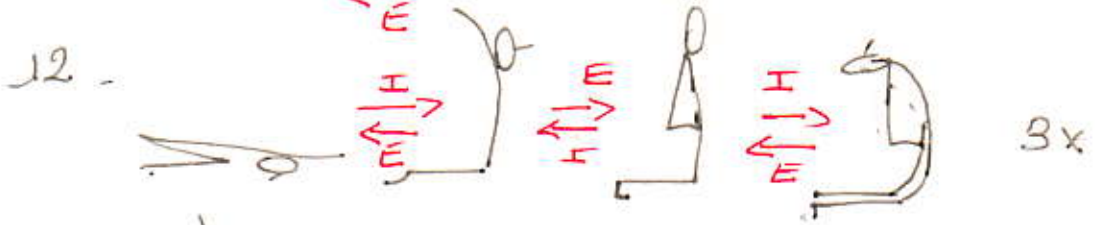




3x/2 + 3 resp sur place
ou chant du mantra 3x/10



7 - Repos.



6 cycle nadi shodana :
 in = narine G freiné
 ex = narine D freiné
 in = narine D freiné
 ex = narine G freiné

Rester avec le chant du mantra, regard intérieur vers le ♥

Bonnes Vacances!