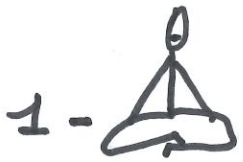
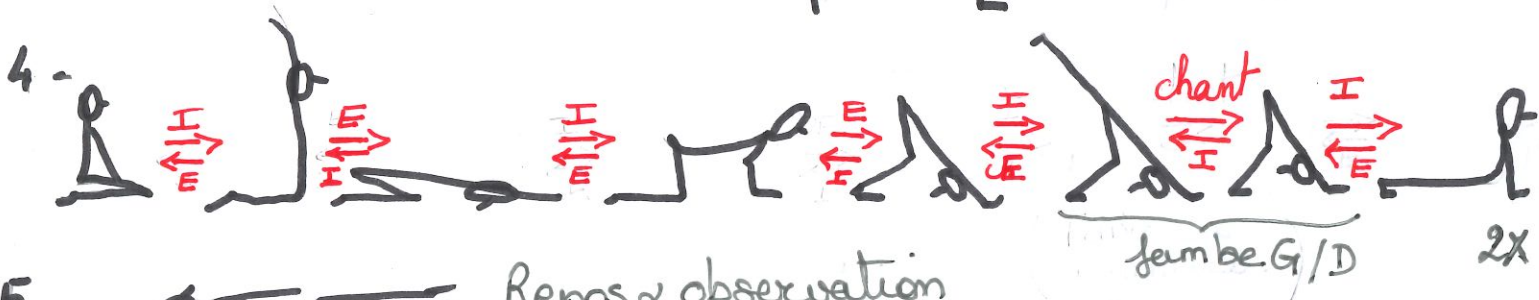
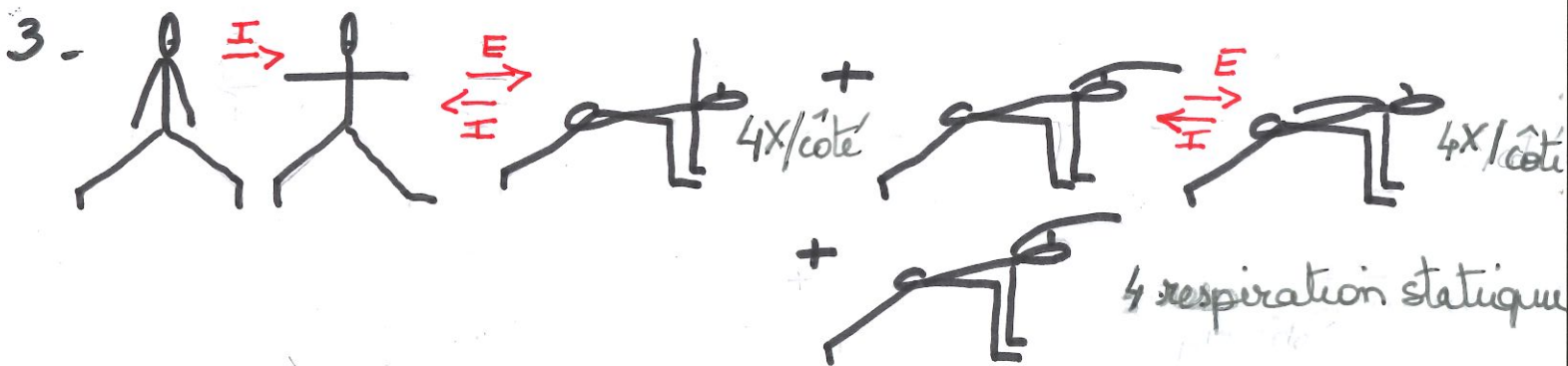
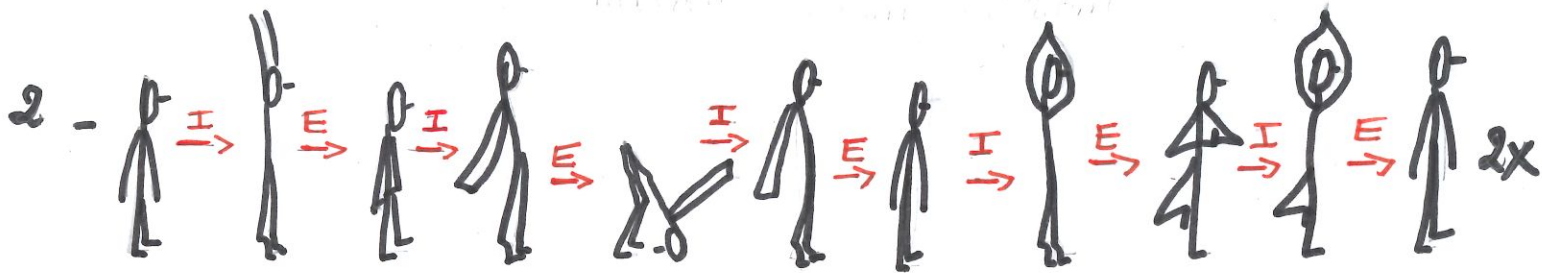


Pratique Février 2022

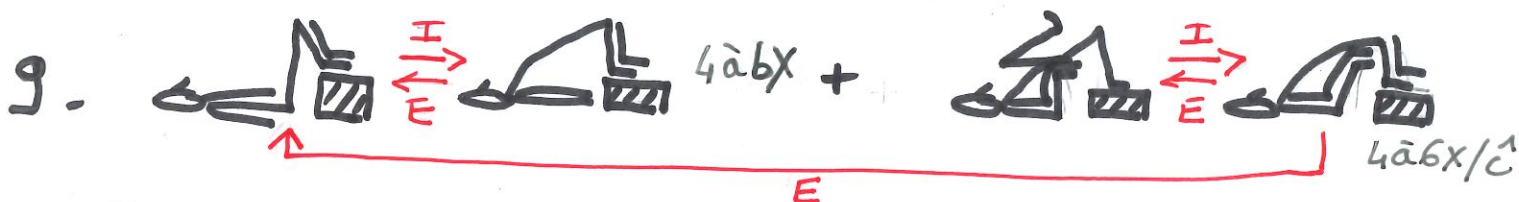
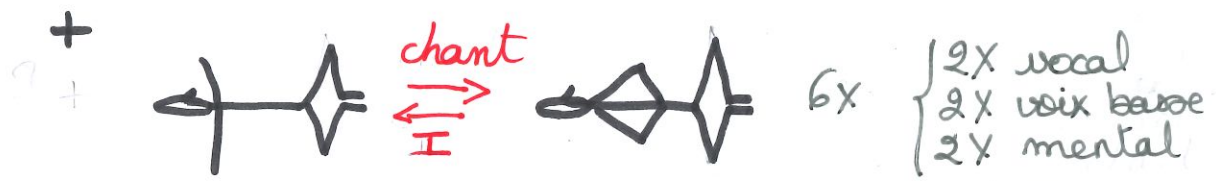
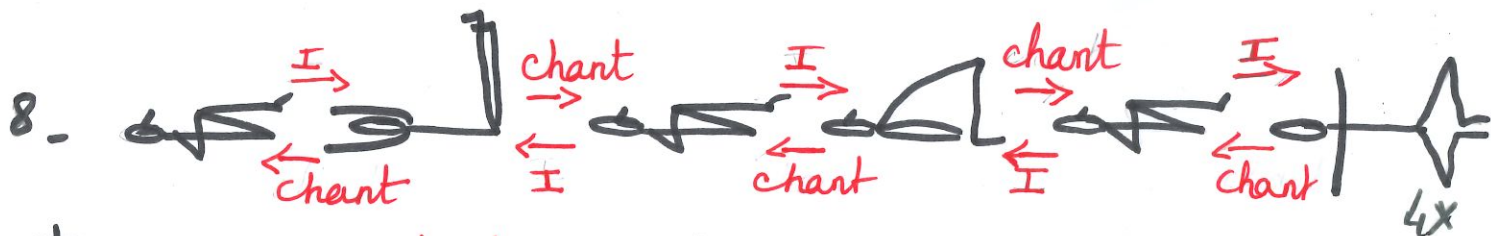


- Installation socle, dos, menton
 - Installation de la respiration abdominale avec focus sur l'expiration
 - Allongement de l'expiration jusqu'à maxi confortable
 - Anuloma Vijayi
 - . Insp 2 N
 - . exp NG
 - . Insp 2 N
 - . exp ND
- 6 cycles
- Chant du mantra sur l'expiration 6x
"Sthirasukham āsanam"
- yoga Sutra II. 46.

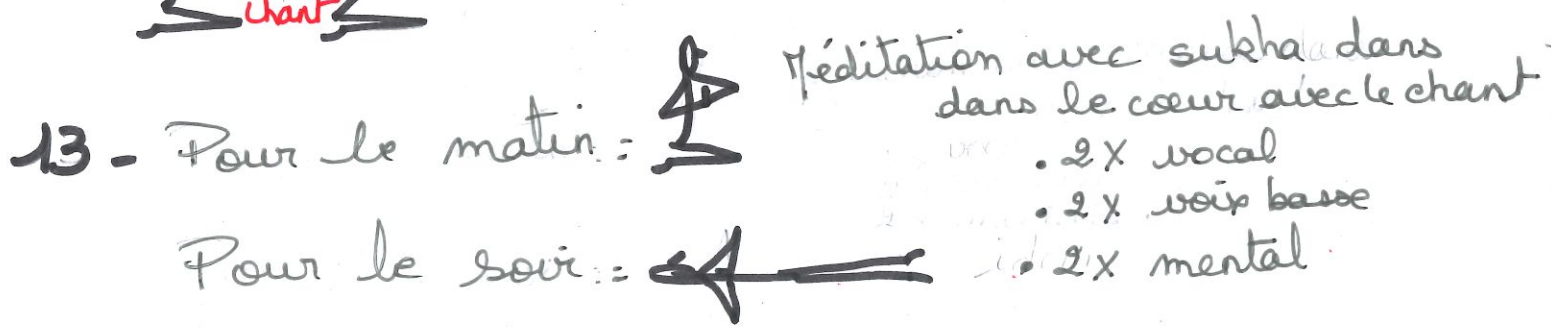
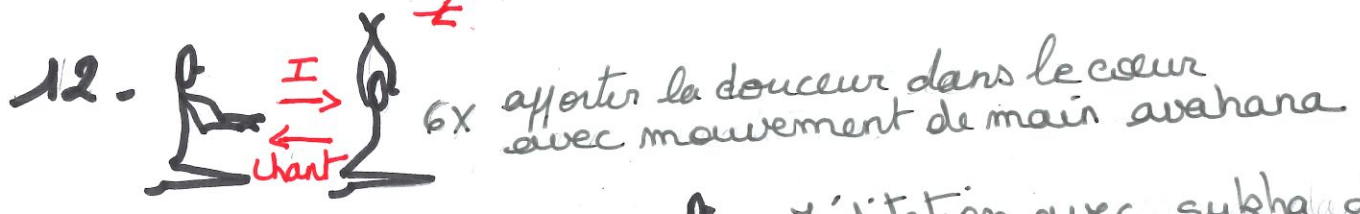
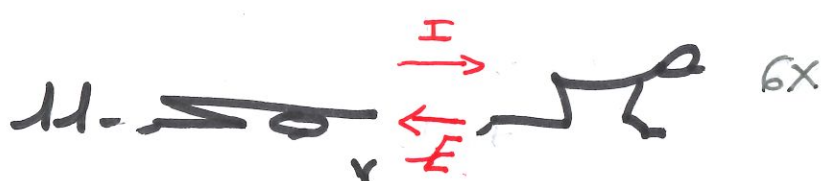
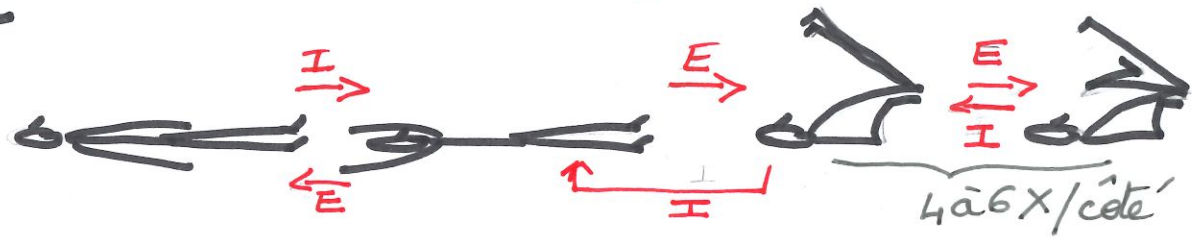


5. Repos & observation





ou



que cette pratique vous apporte la douceur

Namaste