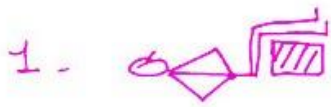
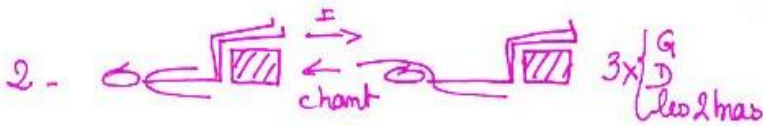


Pratique de Noël 2019 - Soir

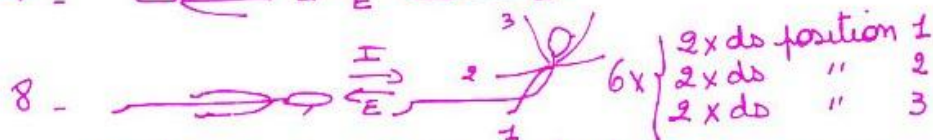
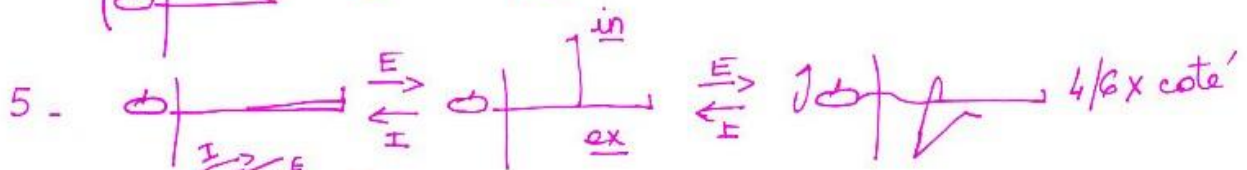
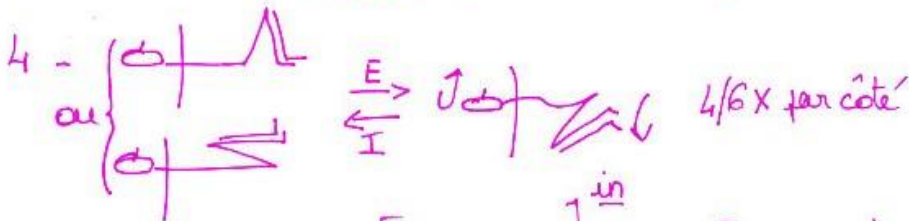


- installation du socle
- " de la respiration
- Pranayama: 18 respirations

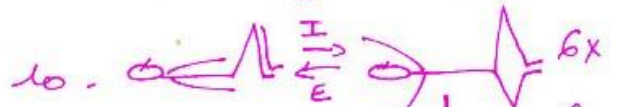
↳ in libre
ex chant voix douce x 6
+ mental x 6



sur 1 seule inspiration: tendre & écarter



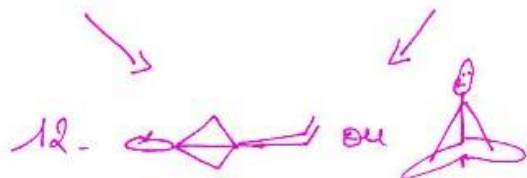
Si la séance continue ← au choix → si la séance se termine



11 - idem 9

11 - idem 9

rester dans la posture si confortable



Pranayama: idem 1.