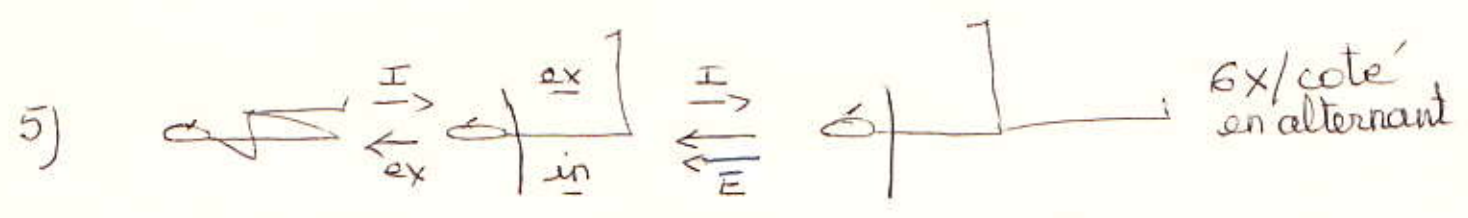
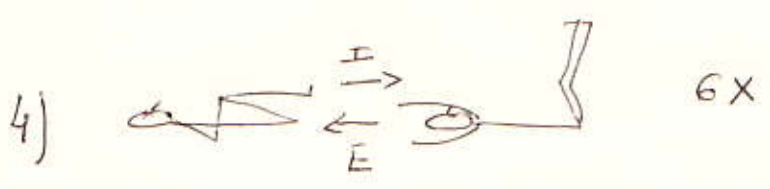
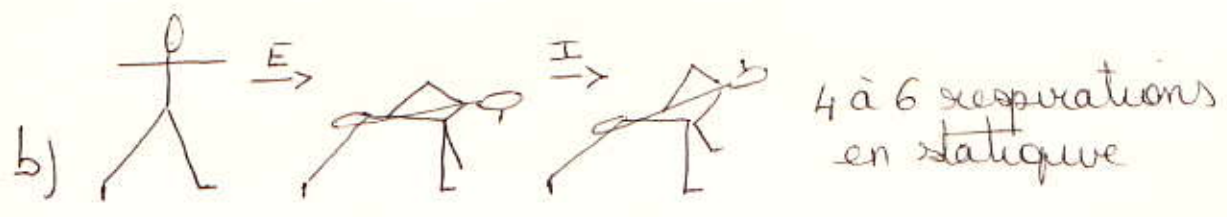
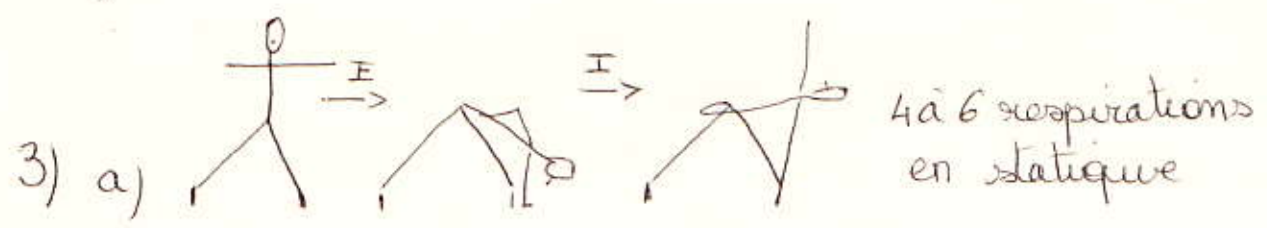
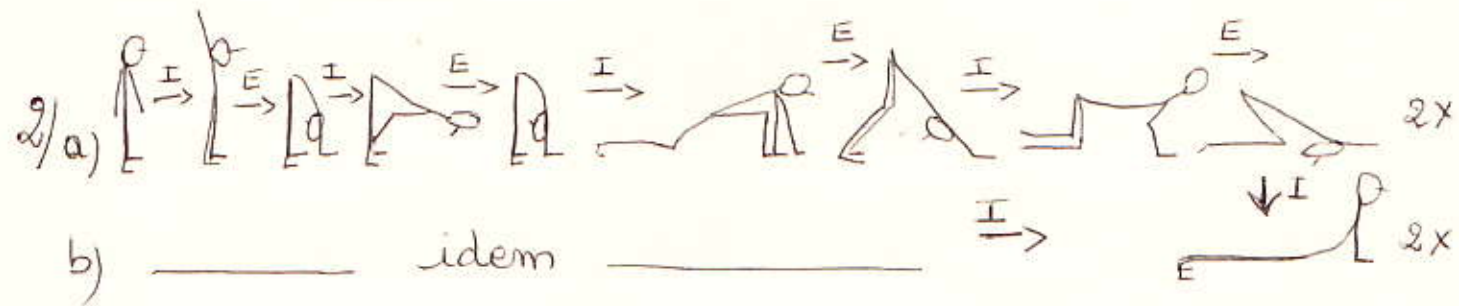
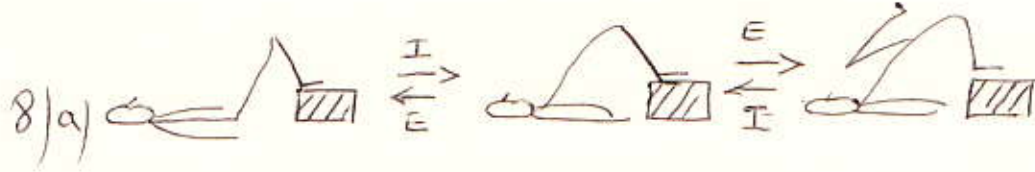


PRATIQUE DE FEVRIER 2020



- Surya bedhana : in = nasale D
ex = 2 nasales
- observation



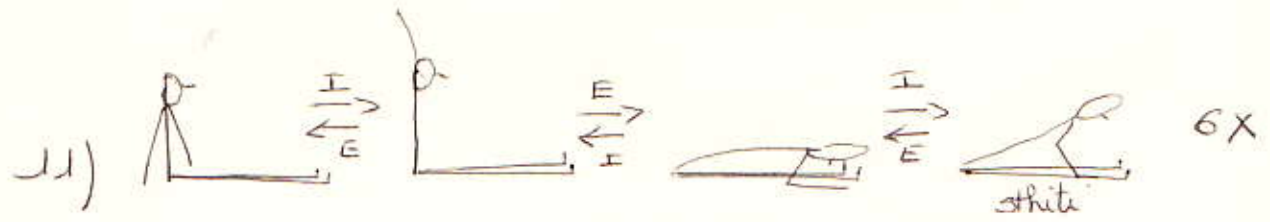
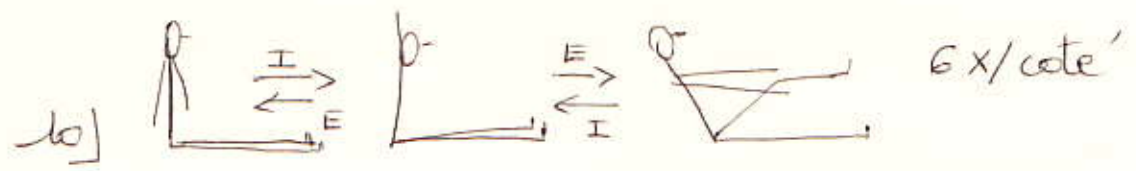


4 à 6 mouvements de genou par côté en alternant

ou



Repos :

13) idem 11



• candra bedhana : jen = navine 6
 • observation (ex : 2 navines)