

Prus (15 - 31)

(28-10/4)

UTL. Mardi
Courde 20h

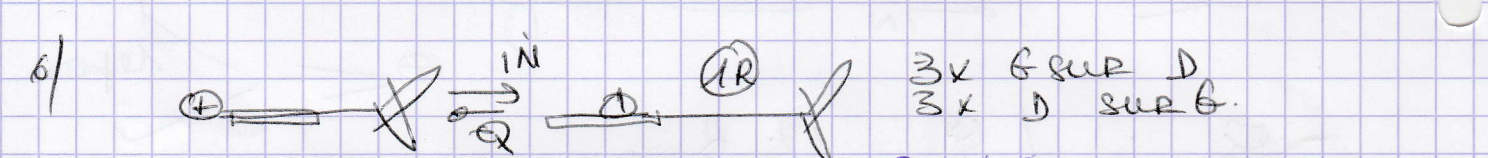
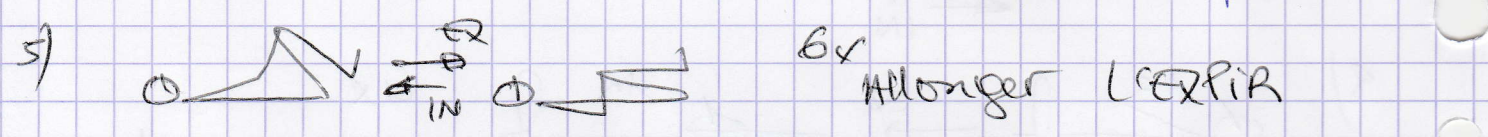
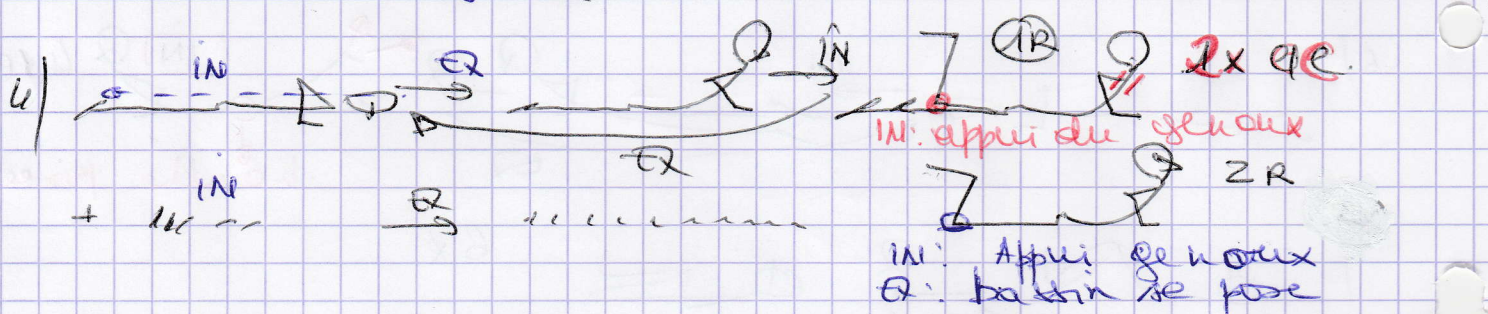
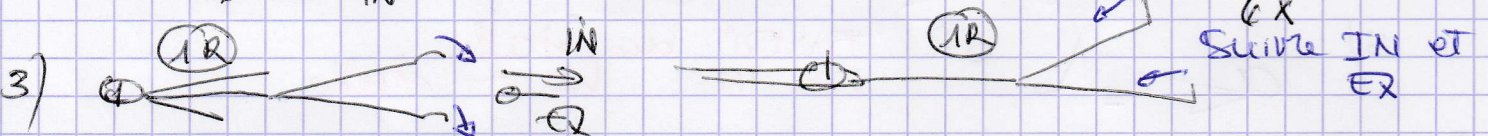
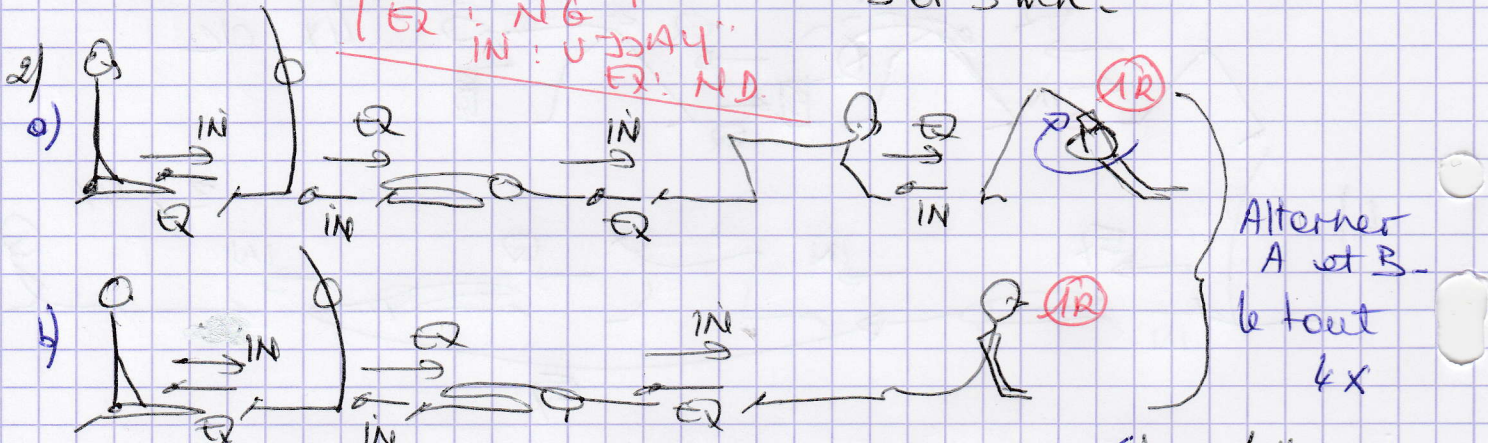


Observer et sentir : l'état du corps, du souffle
l'état intérieur (pensées, émotions...)

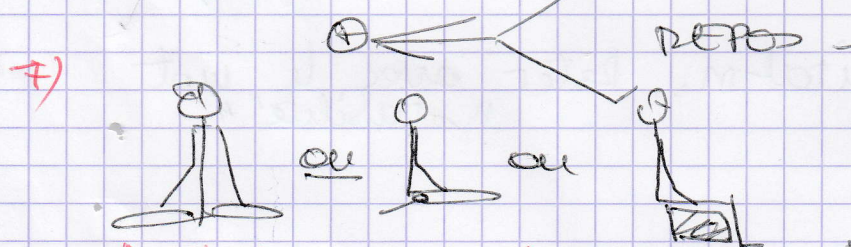
Prus ANULO MA UJJAYI = 12R

IN : UJJAYI
EX : NG
IN : UJJAYI
EX : ND

3 à 5 mn.



Q : laisser se poser serenement et tout le corps
IN : de l'appui du torse



~~BRAHMARI (l'abeille)
10R~~

ANULO MA UJJAYI
12R

Méditation = N° 1
Méditation = Différence entre N°1 et N°2