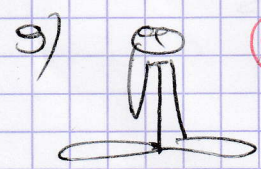
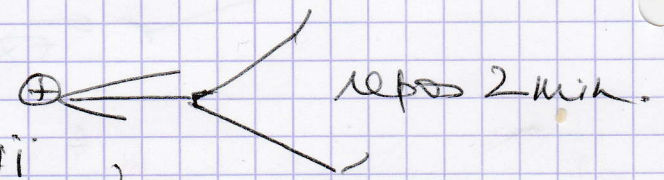
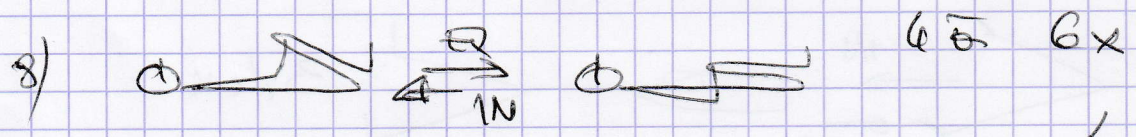
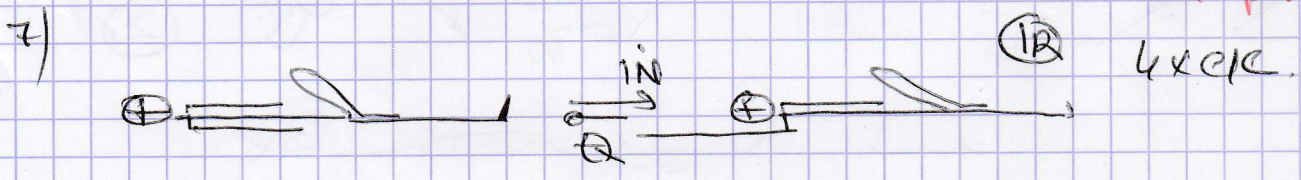
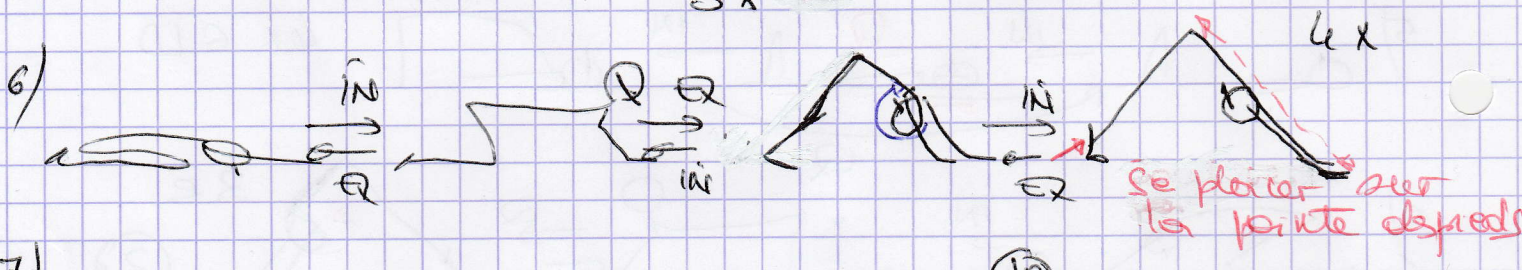
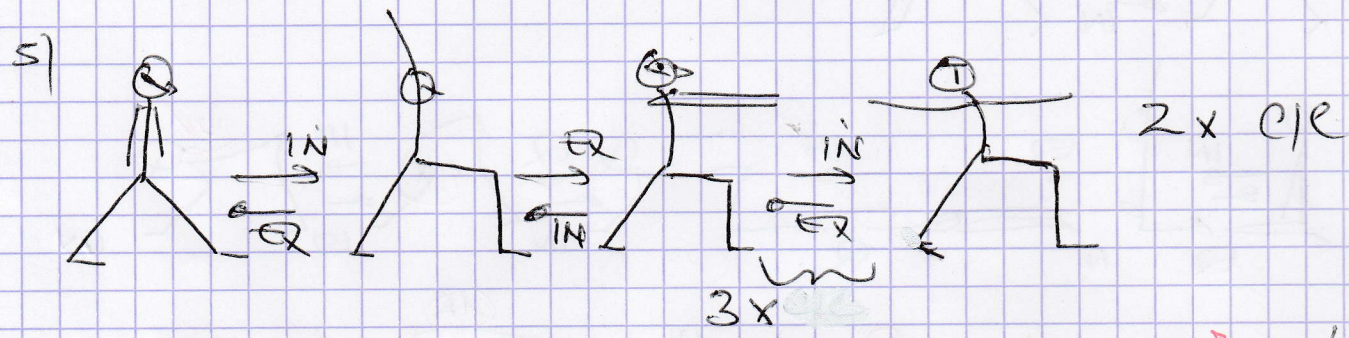
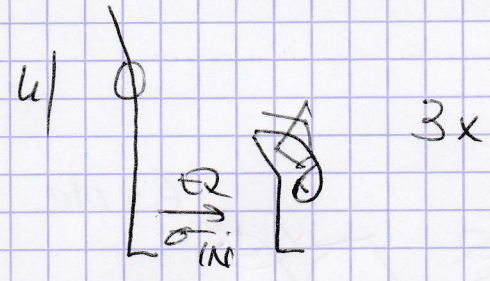
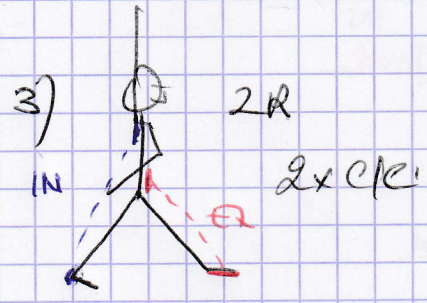


Q: rotation around obs pieds/bas abdomen



(A) ANVLOTA-UJJAYI

IN = 2N / UJJAYI
 EX = NG (1/2 bouche)

IN = 2N / UJJAYI
 EX = ND (1/2 bouche)

(B) VILONA-UJJAYI

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

entre chaque Pranayama observer (2 min)

5min: accueillir vos sensations