





Séance Spéciale II (Pandémie 2020) 20200322

Assis resp. normale concentration Nāsāgra
Ujjāyi Anuloma 6 cycles A.K. 5" progression > 10"

Supta Parvata Āsana 6 resp. 

Bhujanga Āsana 3 resp. concentration Bhrūmadhya

Sarvāṅga Āsana 12 resp. concentration Kaṅṭha 


Śīrṣa Āsana 12 resp. concentration Nāsāgra  ou

Utthāna Āsana 12 resp. B.K. 5" concentration Nābhi

Bhujāṅga Āsana 3 resp. concentration Bhrūmadhya 

Mahā Mudrā 6 resp. ch.c. B.K. 3" concentration Nābhi 

Paścima Utthāna 6 resp. A.K. et B.K. 3" concentration
Nābhi 

Baddha Koṅa Āsana 6-12 resp. B.K. 3-5" avec Mūla
Bandha et Uddyana Bandha 

Bastri 60

Nādi Śodhana 8-12 cycles B.K. 5" progression > 10"
concentration Hṛudaya
puis rester assis et concentration Hṛudaya