


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. 

Bhujaṅga Āsana 3 resp. concentration Bhrūmadhya 

Sarvāṅga Āsana 12 resp. concentration Kaṅṭha 

Śīrṣa Āsana 12 resp. concentration Nāsāgra 

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

Bhujaṅga Āsana 3 resp. concentration Bhrūmadhya 

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

Pāścima 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