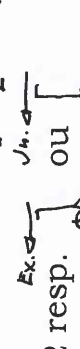


Séances automne 2019

Séance du matin

Shvāna Āsana 3-6X 
Sarvāṅga Āsana 8-12 resp.  ou 
Sīrṣa Āsana 12 resp.

Bhujanga Āsana 3 resp. 

Baddha Kona Āsana 6-12 resp. concentration Nābhi

Ujjāyi Anuloma 6 cycles

Séance du soir*

Assis détendre la langue/yeux

Concentration Tāraka (point de l'horizon)

Bastri 60

Nāḍī Śodhana 6-12 cycles concentration Hrūdaya

Rester assis concentration Tāraka minimum 3'

* avant le coucher