



"ENTREE dans l'HIVER"


26.11.22.

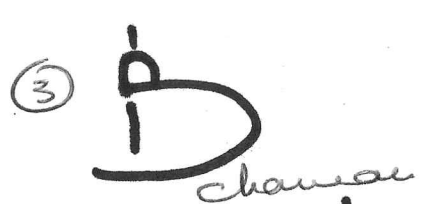
I)  observe le souffle
Kapalabhati
choisir sa posture amuse.


II) les bandhas et le Mantra "OM NAMO SHIVAYA"


III) les 5 tibetains - 3x5.


①  de G droite
derruche

②  bateau

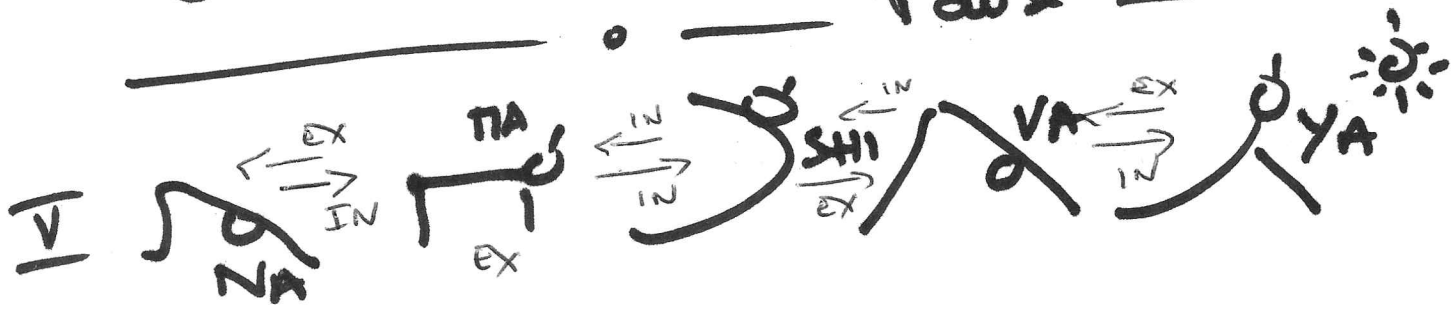
③  chameau

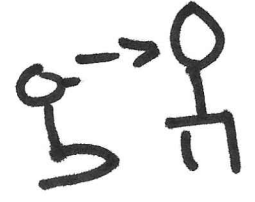

④  table à 4 pieds

⑤  Adho muktasvanasana

IV  Bastika • thoracique - abdominal.

— — — — — Pause — — — — —

V 

VI Tarvika 
Relaxation "Lumière".


- BEL HIVER -