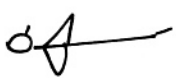
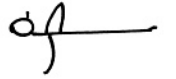


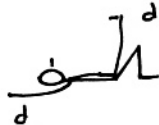





YOGA AUDIO / SEANCE 6



BHAVANA : Faire l'expérience de vi-yoga (séparation) pour aller vers le yoga (union)

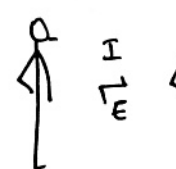


1.  $\frac{I}{E}$  D/G x4

2.  $\frac{I}{E}$  (1R) D/G x4

3.  $\frac{E}{I}$  (1R) $\frac{I}{E}$  (1R) D/G x4


4.  $\frac{I}{E}$  (1R) D/G x4  (2)

5.  $\frac{I}{E}$  D/G x4


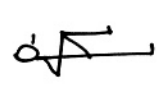
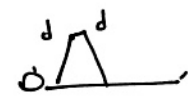
6.  $\frac{I}{E}$  $\frac{E}{I}$  (1R) D/G x4

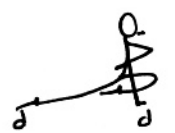
7.  $\frac{I}{E}$  $\frac{E}{I}$  (1R) D/G + CP si besoin



x4 puis enchaînement en entier x2

8.  (4R) D/G x2 + CP si besoin
Prendre appui si besoin

 (2)

9.  $\frac{E}{I}$  $\frac{I}{E}$  (1R) D/G x4

10.  (4R) D/G x2 + CP
adapter sur une chaise ou tabouret

11.  (8R) ou  (8R) + CP

 (2)

Par vi-yoga éviter le samyoga (confusion, mélange) entre mental et être intérieur $YS_{II,17}$



Nadisodana

$\uparrow \downarrow \uparrow \downarrow$ x4
G D D G

+ Ujjayi x8