






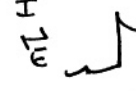
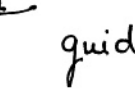
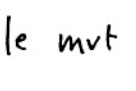
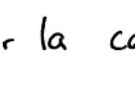
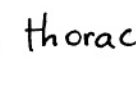


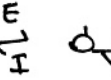
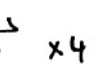
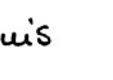
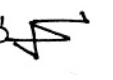
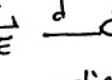
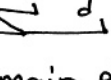
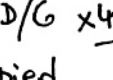

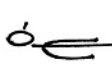
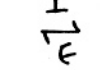
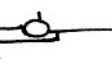





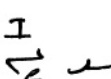
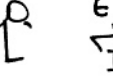

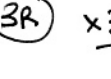
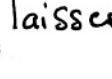

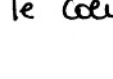
1.  OBS. 2' puis  Installer la resp ;  I  E  x6
Porter son attent^o sur le lieu du cœur et le laisser "grandir"

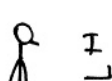



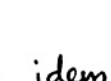

2.   E*  I  I  E  I  E  I E
* regard sur le cœur D/G guider le mvt par la cage thoraciq.



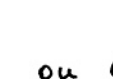
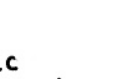
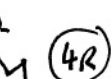
3.   E  I  x4 puis   I  E  d  d D/G x4
relier main et pied



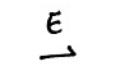

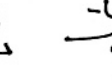
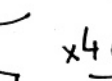
4.   I  E   (1R) x6 espacer cage thoraciq du bassin

5.   I  E   I  E  I  x4 + CP
(1R)  E ouvrir la région du cœur

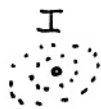
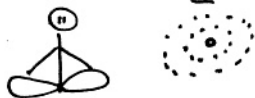
6.   I  E   I  E  I  x3 (3R) laisser "tomber" le cœur vers le sol

7.   I  E   I  x6 idem 2.
↑ E ouvrir la cage thoraciq et porter son attention sur le lieu du cœur, "pour le laisser resplendir"

8.   I  E  x4 c.c. ou avec support  (4R) + CP

9.   I  E   I  x4 c.c. "Bouger avec le cœur" + CP

Virabhadrasana



E
• I = le lieu du cœur se diffuse, comme les ondes sur de l'eau
E = retrouver le noyau de ce lieu