

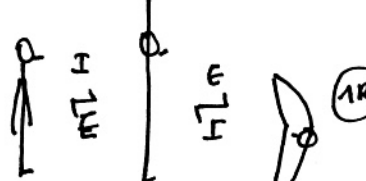
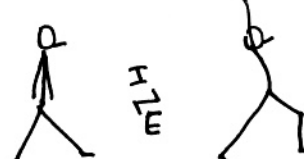
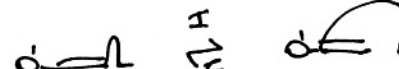


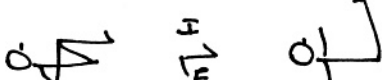
1.  "Etre son corps"
Samasthiti

2.  "Etre sa
respiration"
x8


3.  "Humilité face au monde"
x8

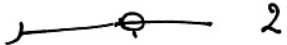
4.  "S'ouvrir au monde"
x4 c.c. (2 cycles)

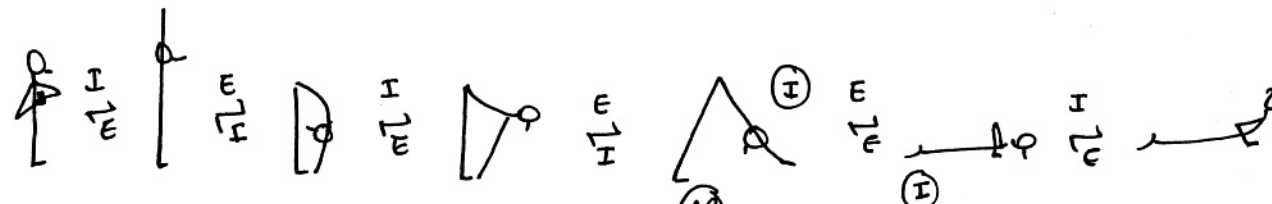
5.  "Se relier au sol"
x8


6.  "Se relier au ciel"
x8

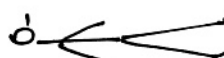

Savasana


7.  "Voir le monde autrement" + CP
x4 c.c. (2 cycles)

8.  "Lâcher-prise"
2'

9.  Salutation au soleil

10.  (12R) + CP au choix



 OM x12
Bhavana au choix