
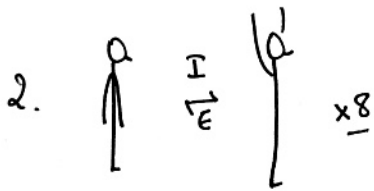


1.  BHĀVANĀ : Réfléchir à la notion de yama, les règles de relation aux autres. Développer 1 Sourire intérieur pour venir nourrir ces yama.

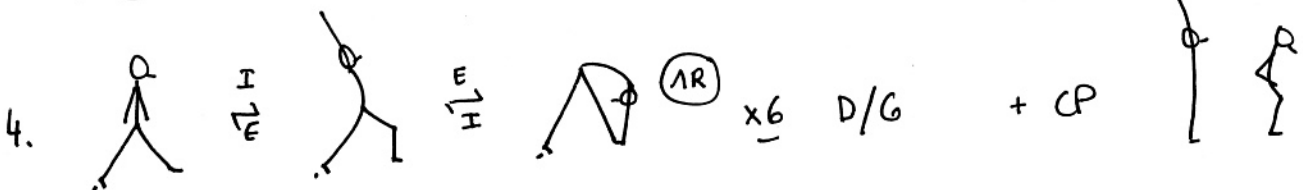
• Les 5 YAMA : Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha



Aparigraha = simplicité



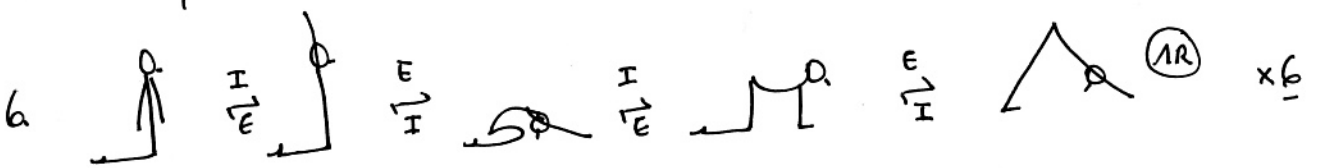
Brahmacharya = tempérance



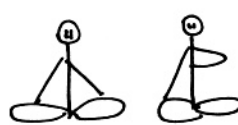
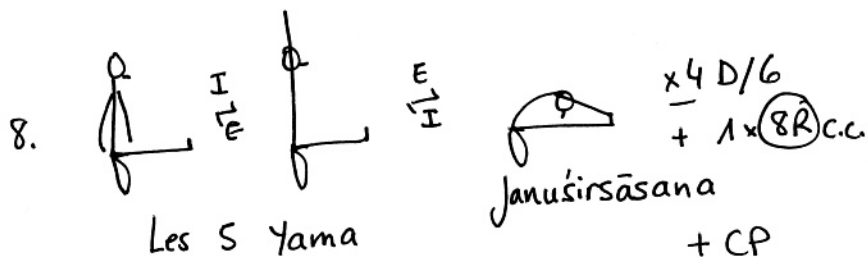
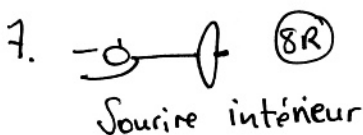
Asteya = honnêteté



Satya = authenticité



Ahimsa = non-violence



joindre les doigts sur le sternum.
Chq doigt représente 1 yama.

(12R)