


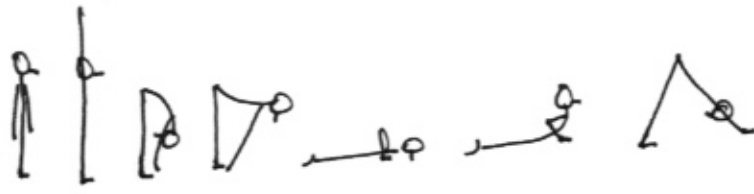




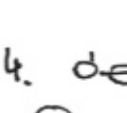

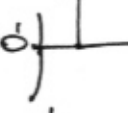
Le yogi est-il un guerrier ou un renonçant ?

1.  Silence 5' BHĀVANĀ = Porter son attention sur la qualité d'Ujjāyī "le Conquérant"



2.  x3 puis  x3




puis Surya namaskar (salutation) x3 




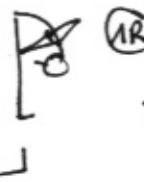
3.   D/G x4





4.    D/G x4

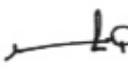

5.  D/G


6.   x4 D/G

7.    D/G x4

8.     x4

9.    D/G x2 + CP 

10.   + CP

 NADISODANA x12 + SP 4" à 6"  
↑ ↓ ↑ ↓  
G D D G

 5'