
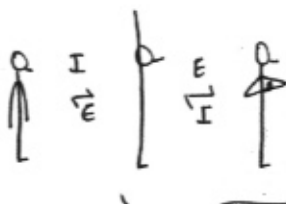
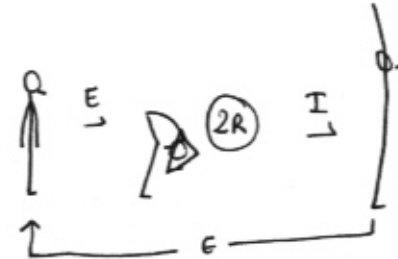

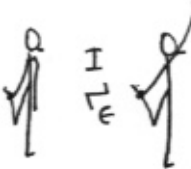


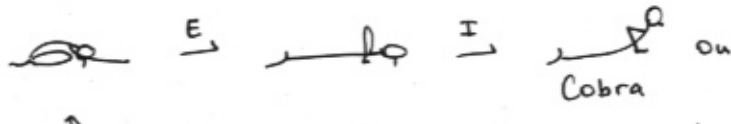
1.  GAYATRI =
x3 puis OBS. en soi "ce qui est figé"
et laisser agir l'intention
portée vers le Soleil

2.  Gayatri (1R)
x3

3.  x3

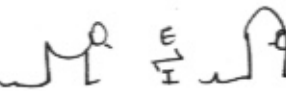
4.  Gayatri (1R)
x3

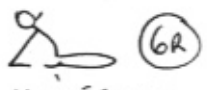

5.  x3 D/G
avec support
Si besoin, faire
une statique (3R)

6.  Cobra ou
Chien tête en haut x4


7.  D/G x4


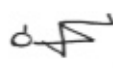
8.  D/G x2


9.  Gayatri (1R) x3

10.  +  1'

Vajrasana

11.  D/G
Sama-samsthana

CP  

 Surya bhedana + Anuloma ujjayi
↑ ↓ x12
D G
↓ ↑ ↓ ↑ x3
G D

* om tatsaviturvareṇyam
bhargodevasya dhimahi |
dhiyo yo nah pracodayat ||