
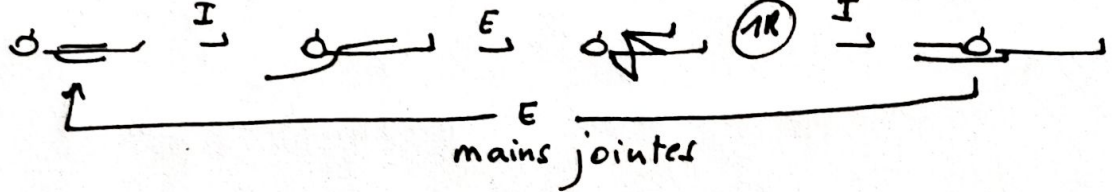
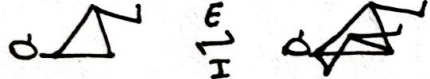
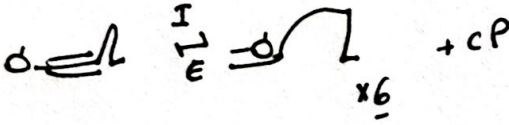


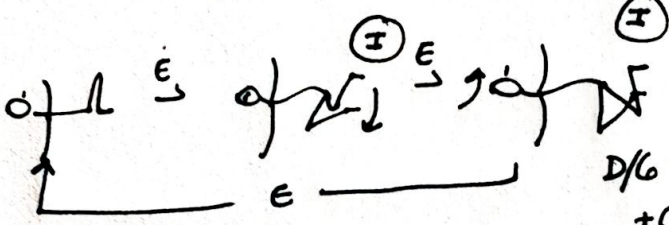
1.  BHĀVANA = Visualiser les 3 nadi principaux
Ida - pingala et susumna



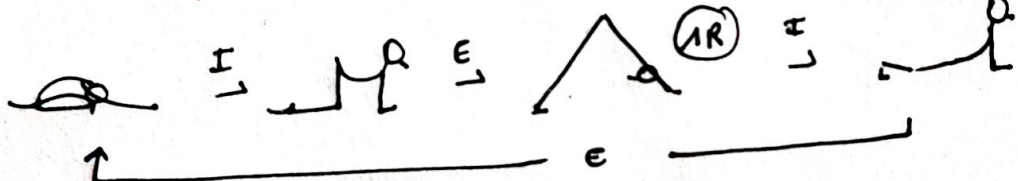
2.  D/G x4

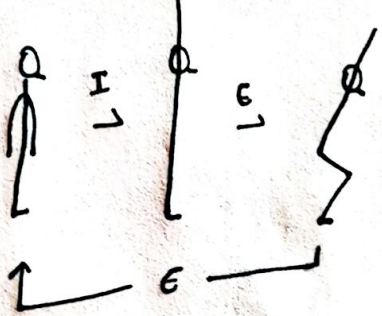
3.  D/G x4 puis les 2 x4

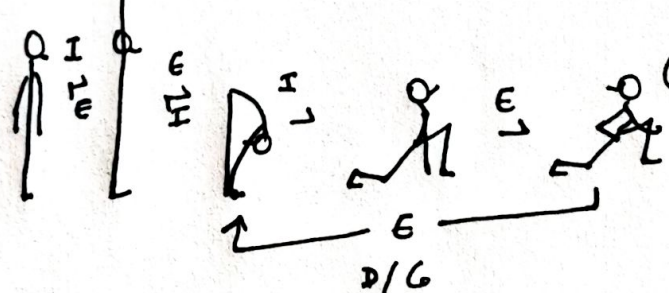
4.  + CP x6

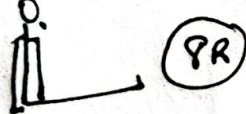
5.  D/G x4 + CP


6.  (4 à 6R) D/G + CP

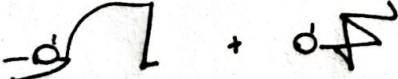
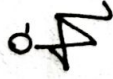
7.  x4 à 6

8.  x6


9.  D/G

10.  (8R)

11.  (8R) D/G
ardha matsyendrāsana

CP  + 

 S'

 NADISODANA
↑ ↓ ↑ ↓
G D D G