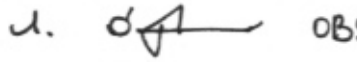
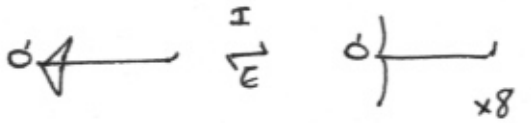
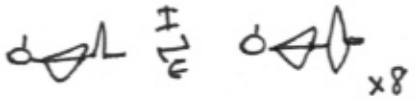
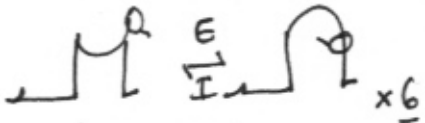
BHĀVANĀ = Goûter pleinement chaq resp. PRANA = VIE, plaisir...

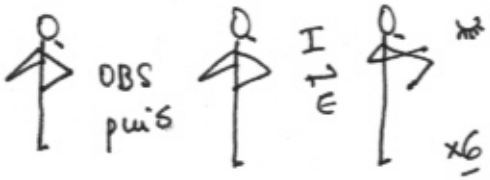
1.  OBS resp naturelle puis accepter qu'elle se modifie.
Qu'est-ce qui change ?

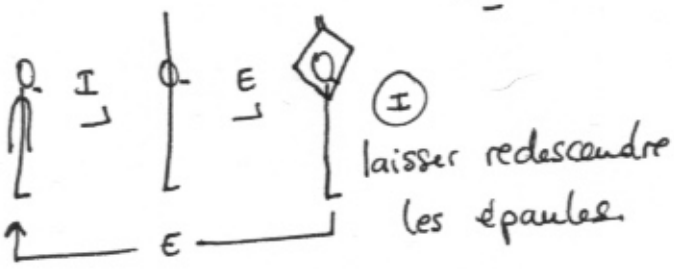
2.  Accompagner chgmt de la resp.

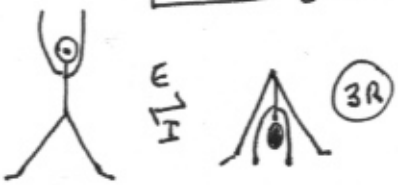
3. mains bas-ventre. OBS mvt du bassin avt / arrière
Diriger resp ventre.

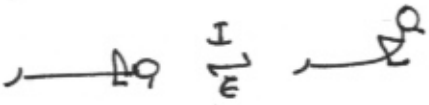
puis 

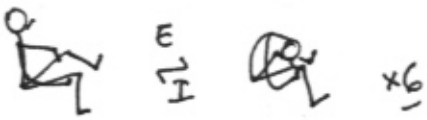
4. 

5. 

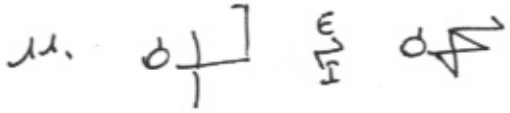
6. 
laisser redescendre les épaules

7. puis 

8.  + CP

9. 

10. + CP

11. 

Avec le ☆ plaisir
installer UJJAYI
pr "affiner" davantage la resp