
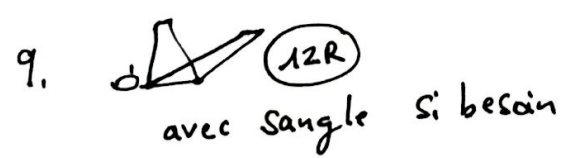
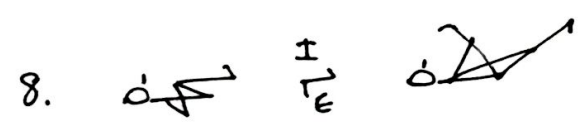
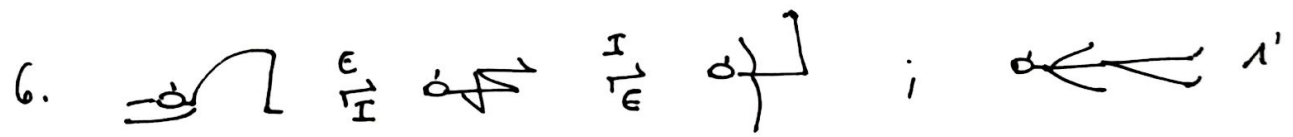
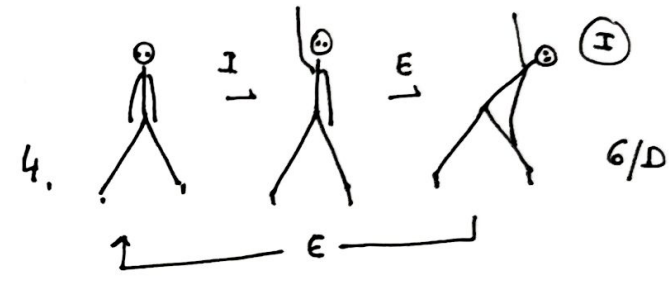
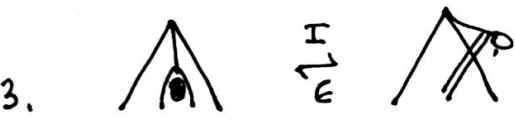
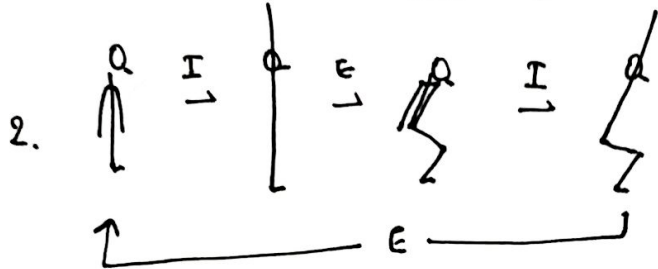


1.  OBS 2'

BHĀVANĀ: En imaginant le souffle de la respiration "couler" à l'avant de la CV,
 INSP le souffle descend
 EXP le " " remonte



CP idem 6.

