









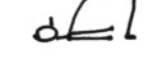







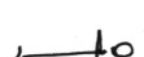


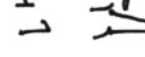
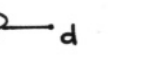
1.  RESP. BHĀVANĀ = À quoi je m'accroche ?
Est-ce que je peux relâcher pour mieux (re)découvrir ?

2. Imaginer  $\frac{I}{E}$  puis faire x1

3.  $\frac{E}{I}$  x6 4.  $\frac{I}{E}$  g D/G x4

5.  $\frac{I}{E}$  (2R) x4 6.  $\frac{I}{E}$  $\frac{E}{I}$  (1R) D/G x4 + CP

7.  $\frac{I}{E}$  $\frac{E}{I}$  D/G puis  (4R) D/G x2 + CP

8.  $\frac{I}{E}$  $\frac{E}{I}$  $\frac{I}{E}$  g  d + CP
D/G x4

9.  dyn. x4 + (6R) Dhanurāsana ou  dyn. x4 + (2R) x3 Salabhāsana
+ CP  $\frac{I}{E}$ 



Suspension à plein
6" ou plus