



Pratique « Ô Soleil intérieur ! »

Séance à pratiquer avec : 1/ Le support audio pour indications de guidages
2/ votre propre guide intérieur garant de votre santé et de votre bien être

1/



Kapalabhati

2/



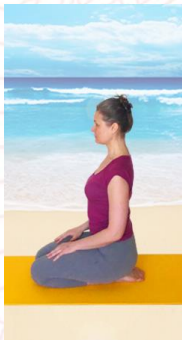
Uḍḍiyana Bandha

3/

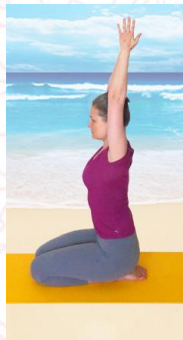


Uḍḍiyana Bandha

4/



IN →



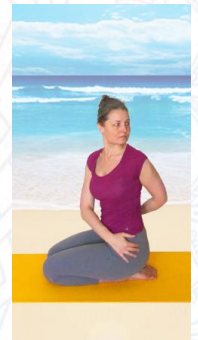
EX →



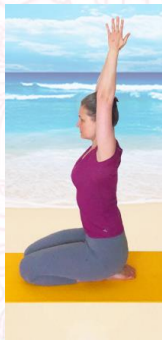
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EX →



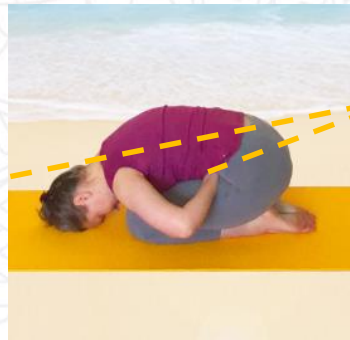
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EX →



même EX →



5/



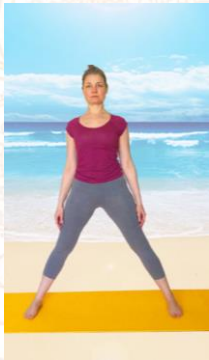
IN →

Jusqu'à samasthiti

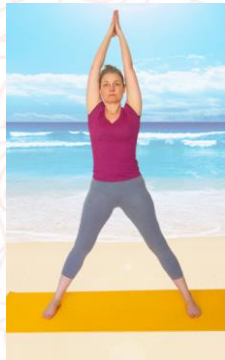
6/ Sūryanamaskāra : Salutation au Soleil



7/



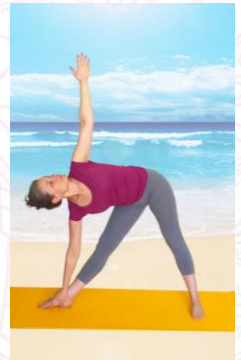
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EX →



EX →



8/



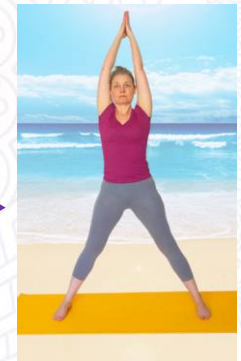
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EX →



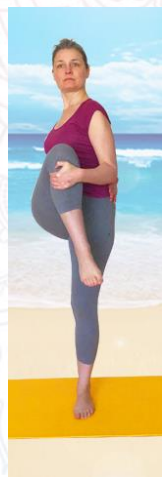
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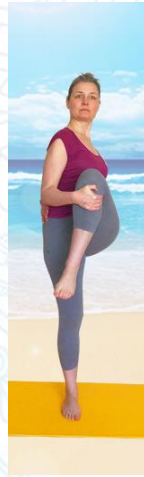
IN →

9/

Au départ de samasthiti



Obs et repos samasthiti



Obs et repos samasthiti

10/



11/



IN
→
EX
←



12/



EX
→
IN
←



Puis autre côté

13/



IN
→
EX
←



14/

