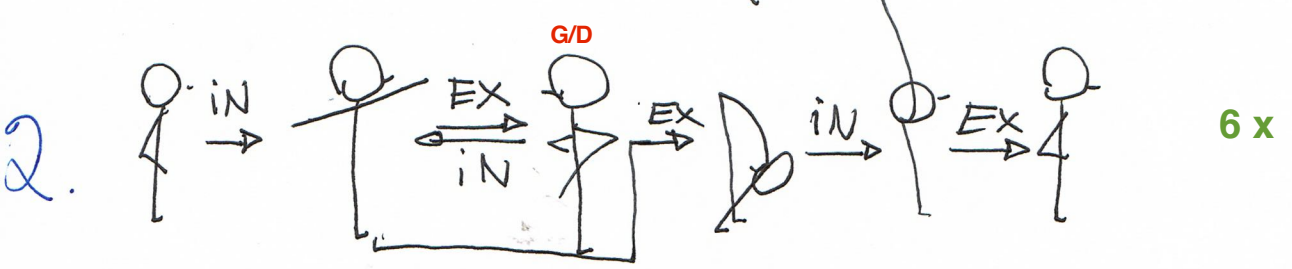
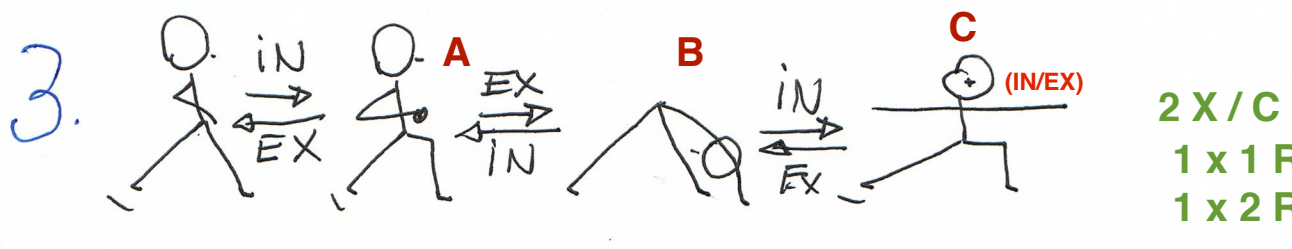


6 x



6 x

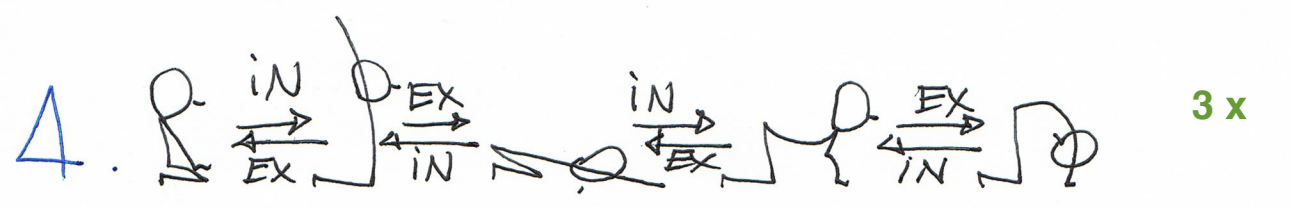


2 X / C

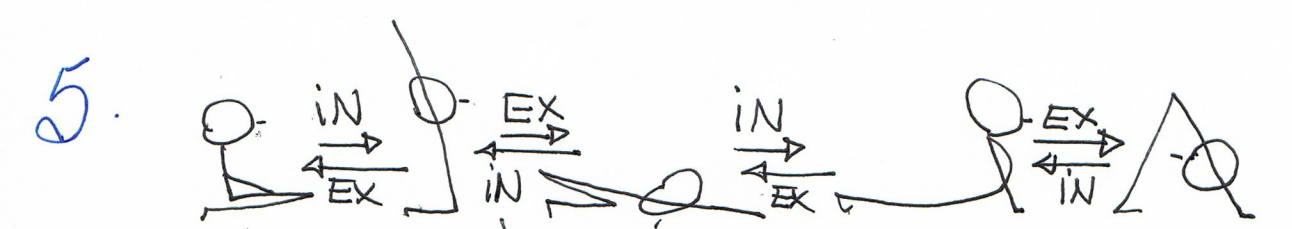
1 x 1 R St

1 x 2 R St

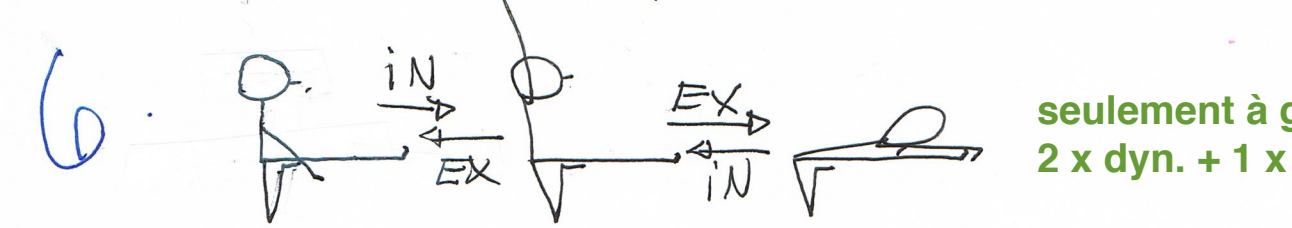
A  
B  
C



3 x



3 x



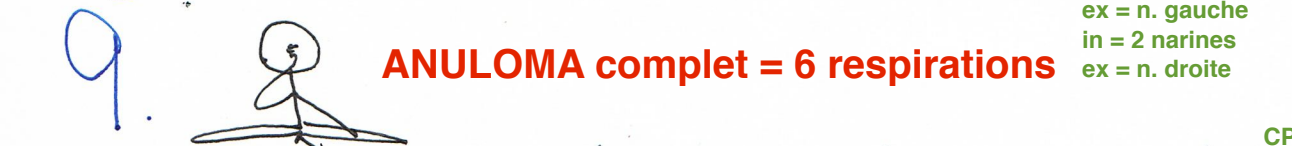
seulement à gauche  
2 x dyn. + 1 x 3 R.ST.



ANULOMA seulement à gauche INS. = 2 narines  
EXP = n. gauche



Refaire # 6 puis # 7 seulement à droite



ANULOMA complet = 6 respirations

in = 2 narines  
ex = n. gauche  
in = 2 narines  
ex = n. droite



CP g/d/ 2 jambes X 4

Lim Jeanier