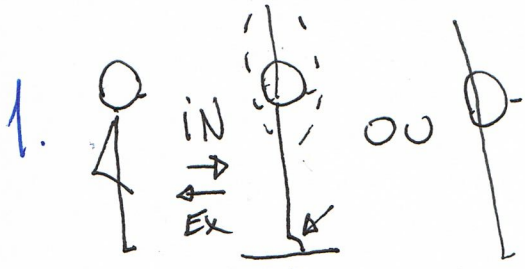


Respecter ses propres limites

+

le Prânâyâma



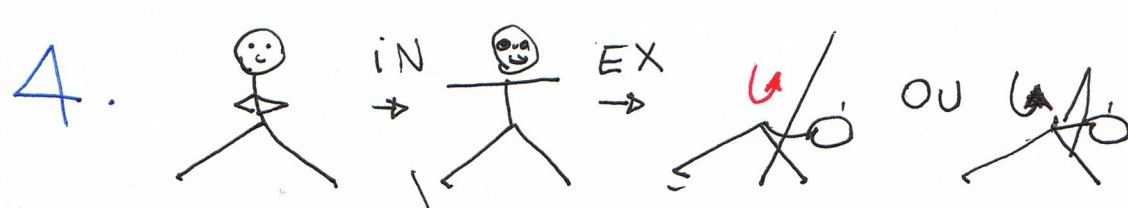
6x DYN



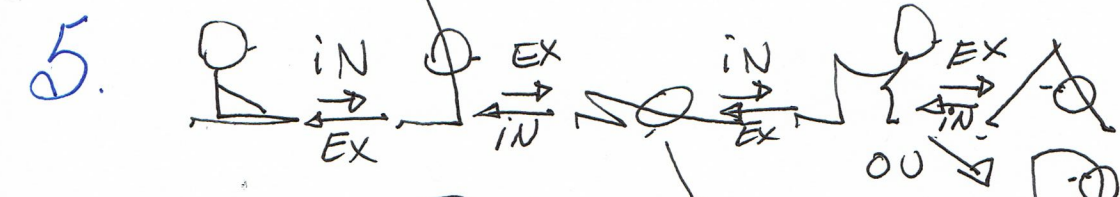
6x ↑ EXPIR



• 3xc/c
- PAUSE
• 3xc/c ↑ EXPIR



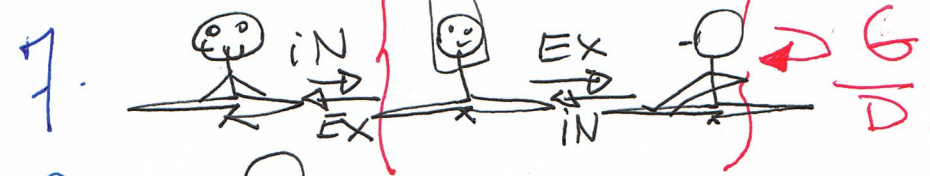
4xc/c ↑ EX + RET
vides



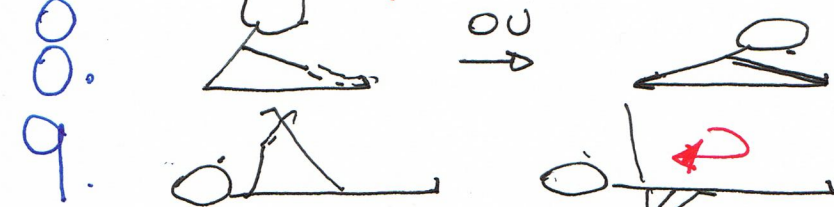
6x dyn



ST



DIG



CoPbāox



Prânâyâma

IN	RET	EX	RET
4	0	6	4

12x = 6x J.D.
6x J.G