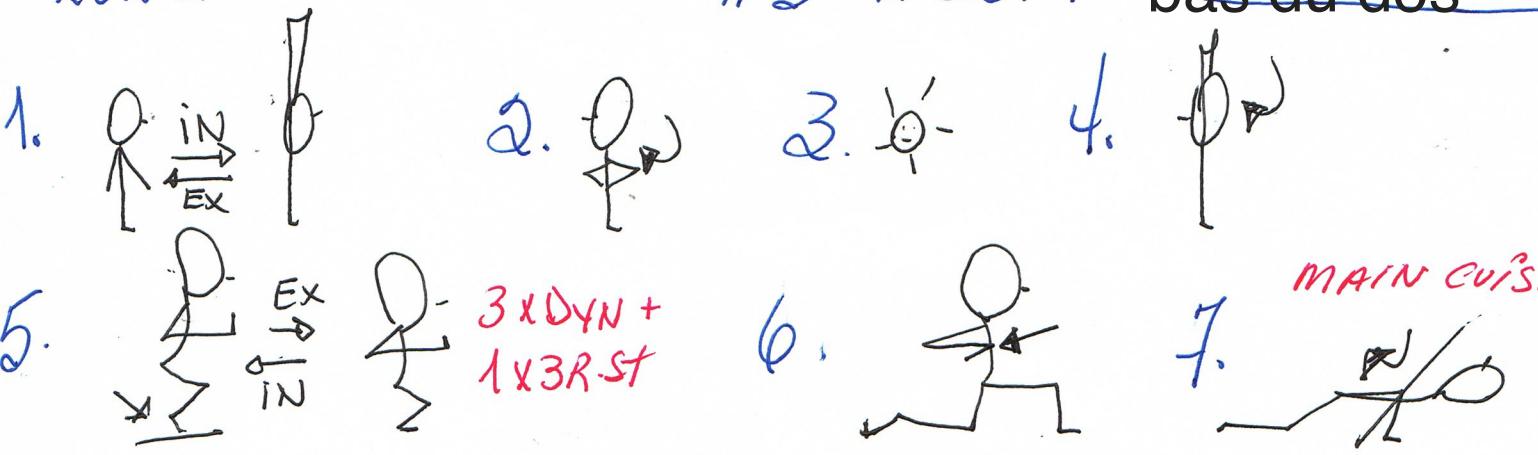


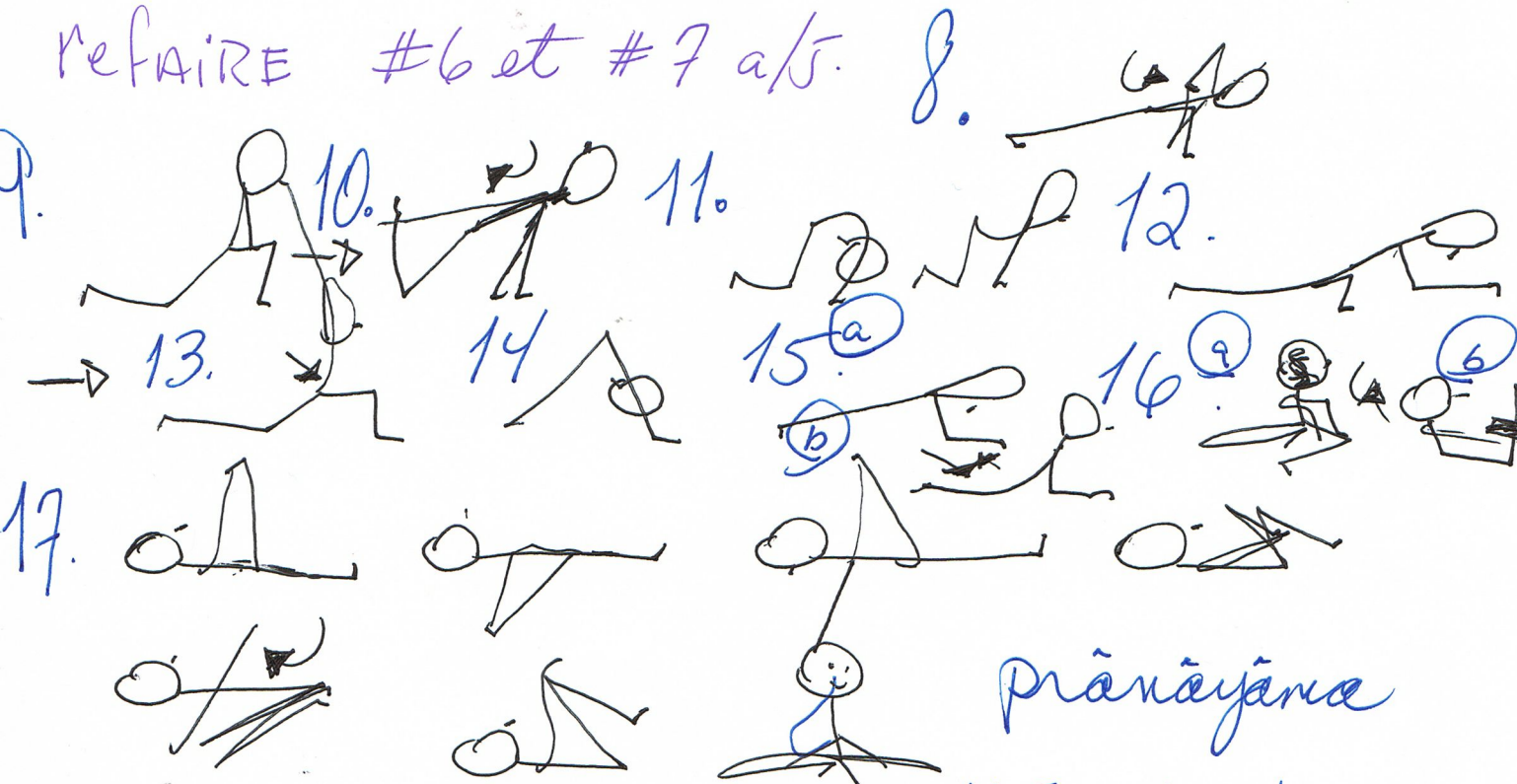
LUNDI

#3 H-2017

bas du dos



refaire #6 et #7 a/s.



prānāyāma

Mṛgi Mūdra

1 cycle

| | |
|------|-----------|
| EX | 2 Narines |
| IN. | gauche |
| EX | droite |
| RV. | 4 sec. |
| IN = | droite |
| EX = | gauche |
| RV. | 4 Sec. |
| IN = | gauche |