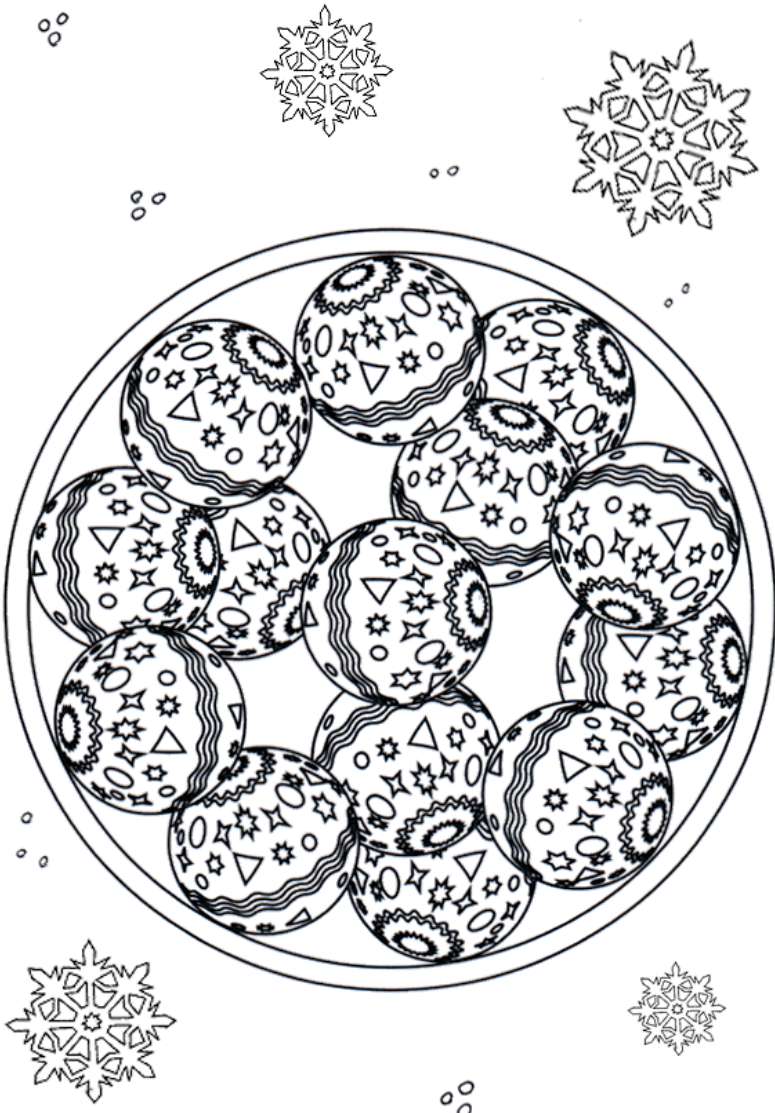
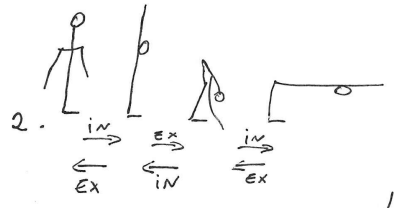


Très belles fêtes de fin d'année

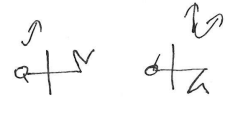
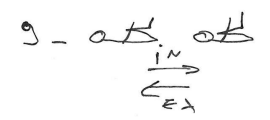
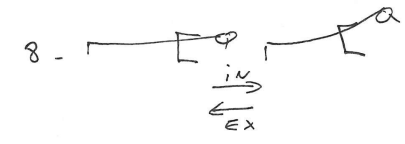
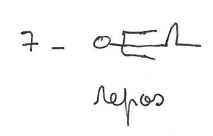
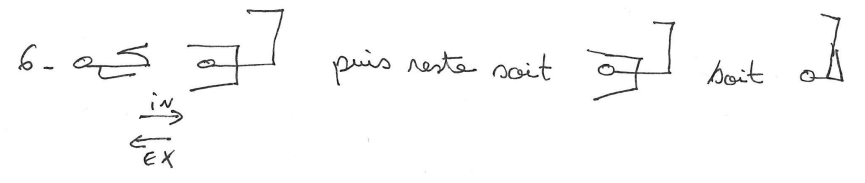
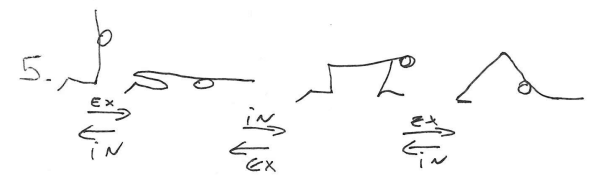
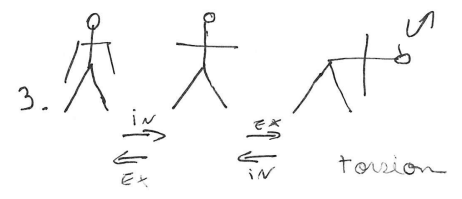
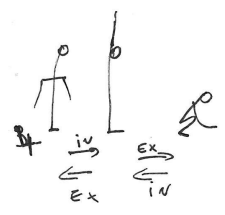
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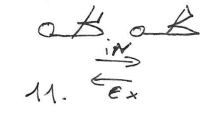
1. Observation



Séance à faire plutôt le matin
Respiration ujjayi
Allongement expiration
Accueil des sensations



10. Torsion dynamique
puis statique



13.

Viloma ujjayi (inspire par narine alternée, expire deux narines)

Il ne faut pas attendre d'être parfait pour faire quelque chose de bien
Abbé Pierre

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