
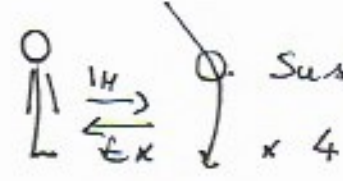
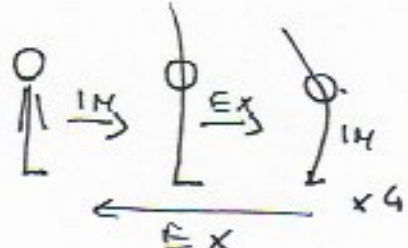

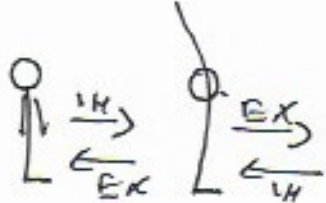
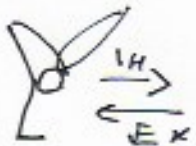


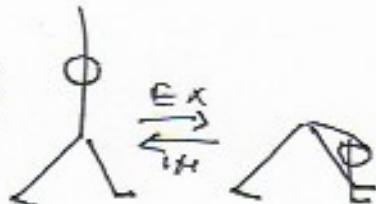
Pratique SAMANA en relation avec Y.S. III 40



1)  IH sommet tête → noublie  
 EX noublie → sommet tête



2)   $\xrightarrow{IH}$   $\xleftarrow{EX}$  Susp. Pe. x 4  
  $\xrightarrow{IH}$   $\xleftarrow{EX}$   $\xrightarrow{IH}$   $\xleftarrow{EX}$  x 4  
 4 R. observez IH et EX

3)   $\xrightarrow{IH}$   $\xleftarrow{EX}$   $\xrightarrow{EX}$   $\xleftarrow{IH}$   
  $\xrightarrow{IH}$   $\xleftarrow{EX}$  x 4  
 IH thorax Susp. Pe. 4"  
 EX ventre Susp. Vide 4"

4)   $\xrightarrow{IH}$   $\xleftarrow{EX}$  x 4 ch. c. Susp. Pe. 4"


5)   $\xrightarrow{EX}$   $\xleftarrow{IH}$  x 4 ch. c. Susp. vide 4"


6)   $\xrightarrow{IH}$   $\xleftarrow{EX}$   x 6  
 observez IH et EX et suspensions

7)  ou  BR. IH = EX contre posture au choix

8)   $\xrightarrow{IH}$   $\xleftarrow{EX}$   x 8 Rythme 1-1-1-1 (ou s'y approche)

  $\xrightarrow{EX}$   $\xleftarrow{IH}$  x 6

9)  8 à 12 R. d. c. Rythme 1-1-1-1 (ou adapté) 2 contre-postures au choix d'yn.

 Pratique Ujjayi 24 Post.

