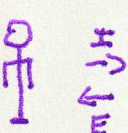
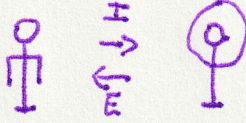
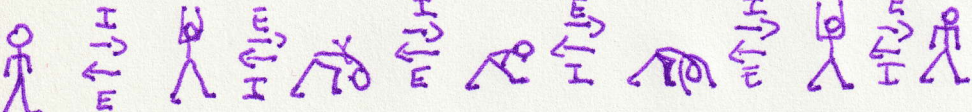
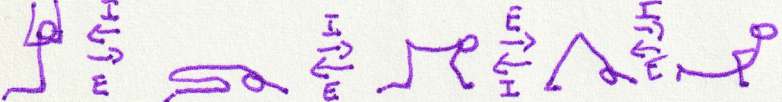



# SVĀDHYĀYA

1.  samasthiti


4.  3x Bras par Devant  3x Bras par les Côtés

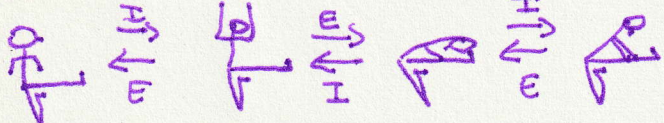
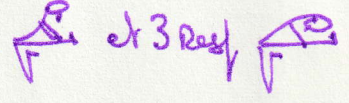

2.  6x 2c. 6.

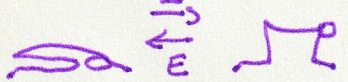
3.  6.


 REPOS 6.




5.  DVI PĀDĀ PITHAM 6x 6.

 REPOS 6.

5.  6x Puis 3 Rest.  et 3 Rest.  6.

5.  6x

 REPOS 6.

 ou  ou  7.