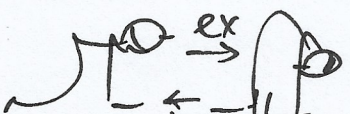
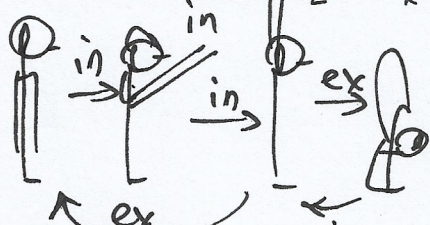


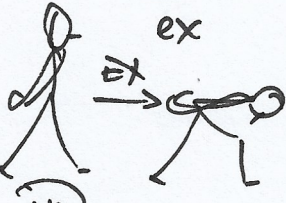
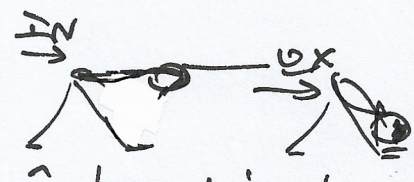
Bhāvanā: Mon corps est un temple

21.04.20.
avec Jidé
Aldio

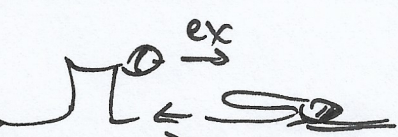
1)  Asire + Prānyama en conscience du Bhāvanā.

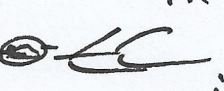
2)  x 4

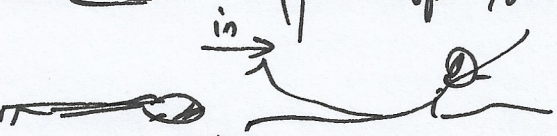
3)  x 2

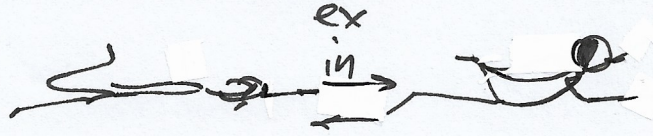
4)    x 3 e. côté
in bras / jambe

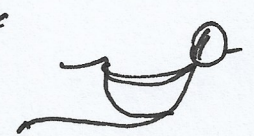
5)  Je donne le temps de l'écoute, du recul / Bhāvanā

6)  x 4 à 6

7)  40 rep. sur le dos. Je recommence.

8)  jbe et bras du même côté x 2. e. côté

 x 2 dyn. jbe et bras du même côté.

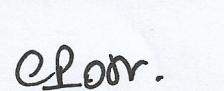
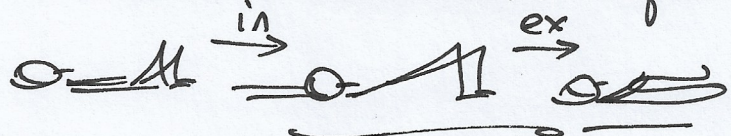
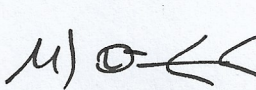
 x 2. avec les 2 bras

alterner
e.c.

puis

 Dhanurādāna [l'Arc] 3 x dyn
— Bhāvanā — et statique 4 à 6 R.

9)  Accueil des tentations. Repos

10)  clor.  x 6 11) 

12)  Revenir à l'écoute attentive de soi. 13) chanter 3x "om"