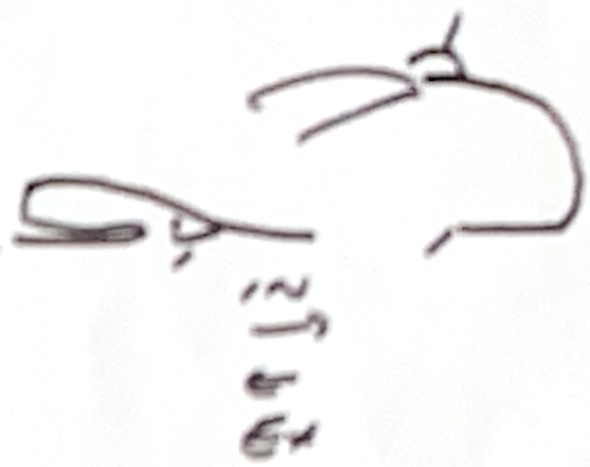
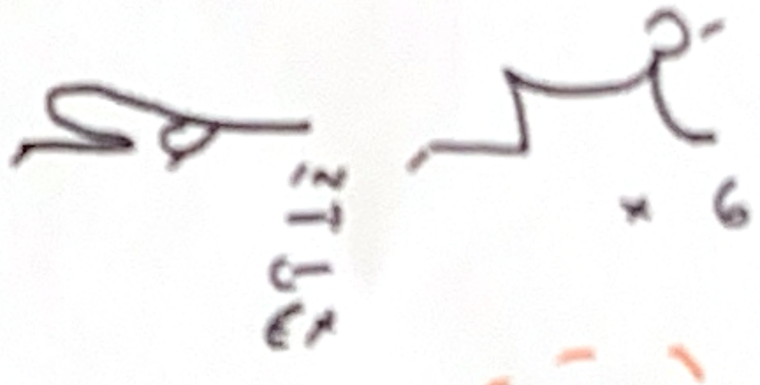
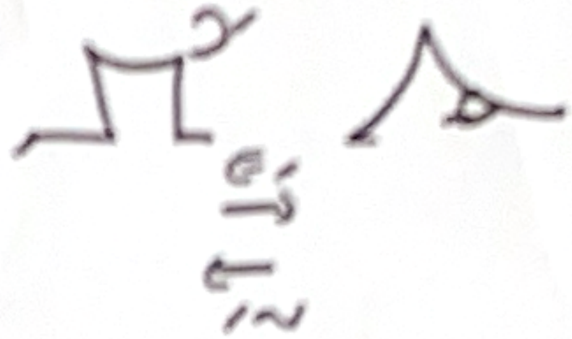
L'arrêt des perturbations du mental

Hol: Nou

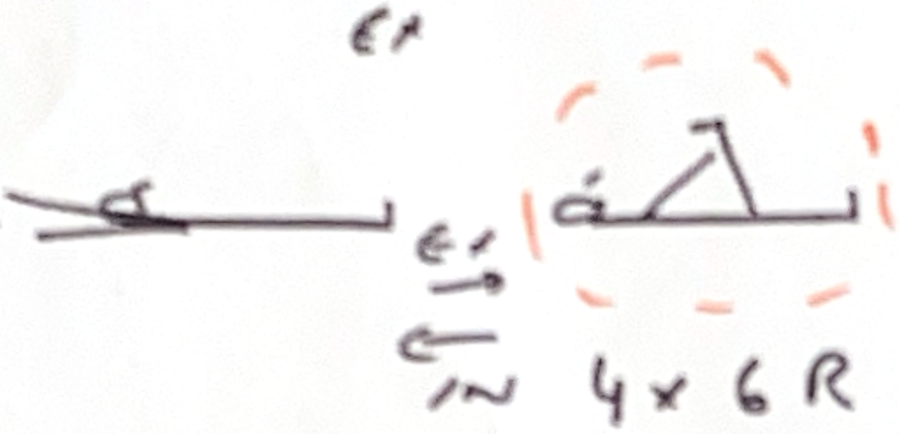
1. Kapalabhati:
+ Pratiloma Ujjayi:
(respiration au carré)

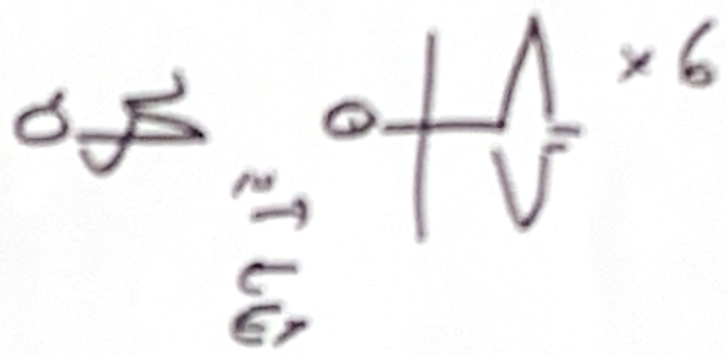
2.  x 6

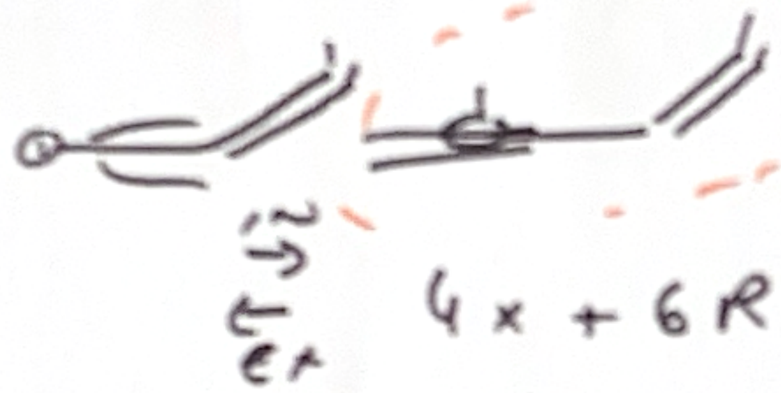
3.  x 6

4.  x 6

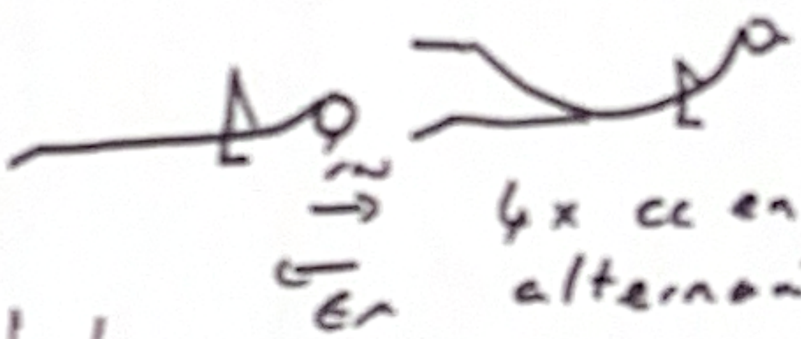
5.  8 R

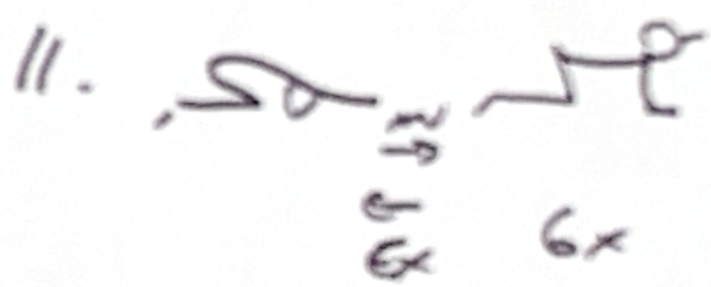
6.  4 x 6 R

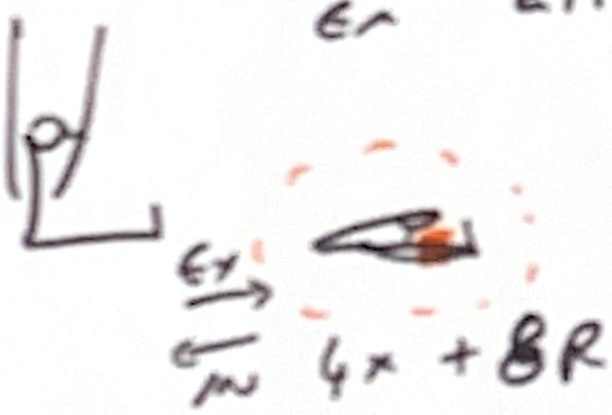
7.  x 6

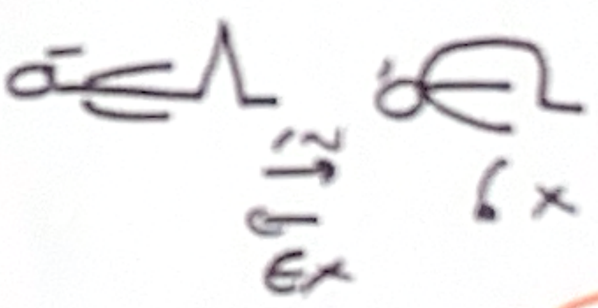
8.  4 x + 6 R

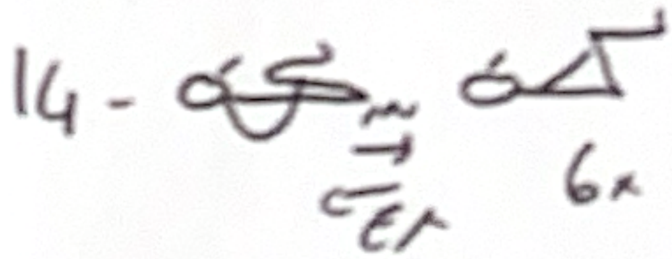
9.  x 6

10.  4 x cc en alternant.

11.  6 x

12.  4 x + 8 R

13.  6 x

14.  6 x

15. 

16.  Brahmari: