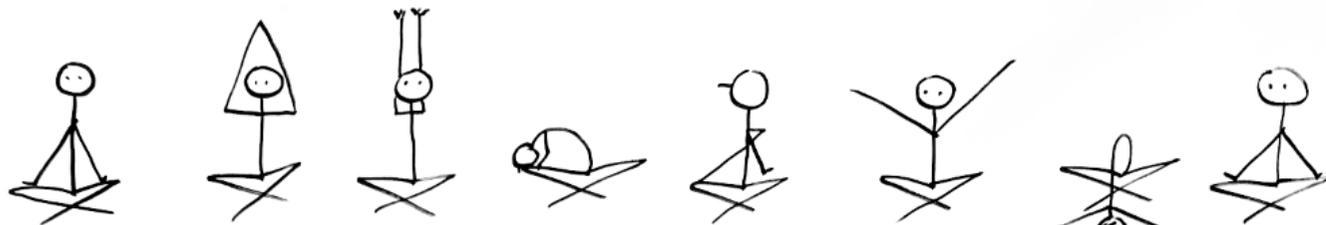


Citation : « Il n'y a pas d'équilibre sans concentration , ni de concentration sans équilibre » SHRI MAHESH

1/ Départ Assis:



Respiration

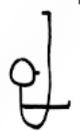
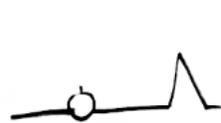
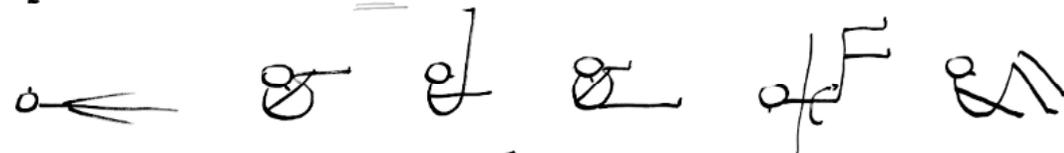
2/ Debout:



Interiorisation



3/ Dos:



4/ genoux



5/ ventre

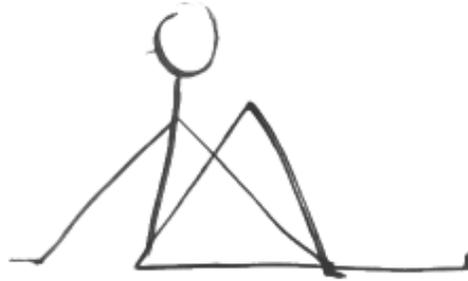


Pranayama
+ méditation

5 postures à se souvenir :



Paschimottana Asana



Ardha Matsyendra Asana



Ekapada
UTTANAPRISHTHA
Asana



Navasana



Parvata Asana