

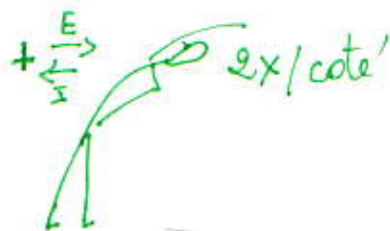
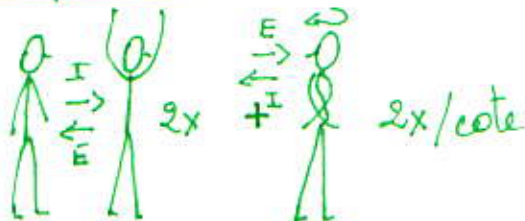
Pratique de Yin

2/06/20



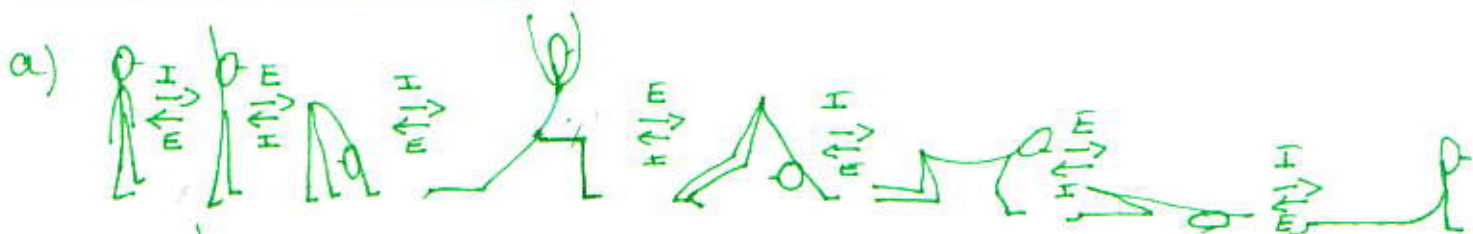
- Installation du socle, dos, menton
- Installation du souffle nez, gorge, abdo
- Respiration abdo : inspire = expire
 L> allonger le souffle sur 6 resp (1 d'1 seconde
 ttes les 2 respirations : $\left. \begin{array}{l} 2 \times 4 s \\ 2 \times 5 s \\ 2 \times 6 s \end{array} \right\} \text{ par ex.}$
- L> Anuloma ujjayi : idem $\nearrow$

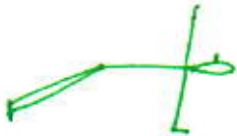
2. Préparation du dos



$\left. \begin{array}{l} \text{insp} = 2 \text{ Naxinès} \\ \text{exp} = \text{Naxine G} \\ \text{insp} = 2 \text{ naxinès} \\ \text{exp} = \text{Naxine D} \end{array} \right\} \times 6 \text{ en } \nearrow \text{ les secondes}$
 ts les 2 cycles
 si possible.

3. Salutation au soleil



d) idem c +    $\frac{G}{D}$

4 -  . Respiration abdominale

. Visualisation sur le Soleil levant