

Scuola di Formazione Insegnanti di Yoga

dal 7 ottobre 2017 al 4 luglio 2021 a Parma



7 e 8 ottobre 2017

1° we del 1° anno di Formazione




dispensa di Marco Passavanti

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La dispensa è a scopo didattico e a stretto uso personale.

1  RADICAMENTO
RESPIRO
SPAZIO
CENTRO





2  IN
ES  ES
IN  (6x)




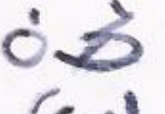
3  ES
IN  (6x) **VARIANTE** 

4  IN
ES  ES
IN  (6x) 5  (RESPIRO ADDOMINALE)

6  ES
IN  ES
IN  ES
IN  (6x) +

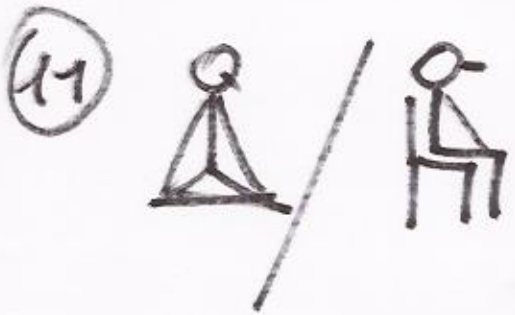
7  ES
IN  (6x) (6R.)

8  ES
IN  (6x + 6R.) 9  ES
IN  (6x)

10  ES
IN  (6x) 11  ES
IN  (6x)

12 

- 1 2 $\begin{matrix} \text{IN} \\ \uparrow \\ \text{ES} \end{matrix}$ $\begin{matrix} \text{IN} \\ \uparrow \\ \text{ES} \end{matrix}$ $\begin{matrix} \text{IN} \\ \uparrow \\ \text{ES} \end{matrix}$ (6x)
- 3 $\begin{matrix} \text{IN} \\ \uparrow \\ \text{ES} \end{matrix}$ $\begin{matrix} \text{ES} \\ \uparrow \\ \text{IN} \end{matrix}$ (6x SU CIASCUN LATO)
- 4 $\begin{matrix} \text{IN} \\ \uparrow \\ \text{ES} \end{matrix}$ $\begin{matrix} \text{ES} \\ \uparrow \\ \text{IN} \end{matrix}$ (6x)
- 5 $\begin{matrix} \text{IN} \\ \uparrow \\ \text{ES} \end{matrix}$ $\begin{matrix} \text{ES} \\ \uparrow \\ \text{IN} \end{matrix}$ (6x)
- 6 RESP. ABDOMINALE 7 $\begin{matrix} \text{IN} \\ \uparrow \\ \text{ES} \end{matrix}$ (6x+6R.)
- 8 $\begin{matrix} \text{ES} \\ \uparrow \\ \text{IN} \end{matrix}$ (6x+6R. SU CIASCUN LATO) (+ STATICO)
- 9 $\begin{matrix} \text{IN} \\ \uparrow \\ \text{ES} \end{matrix}$ (6x) 10 (STATICO)



NĀḌĪ ŚODHANA-PRĀṆĀYĀMA

12 → 24 RESPIRI

- IN.: N.S.
- ES.: N.D.
- IN.: N.D.
- ES.: N.S.

12

OSSERVAZ.
RESPIRO
NATURALE

FORMAZIONE VINIYOGA

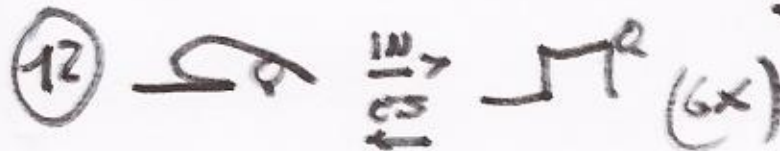
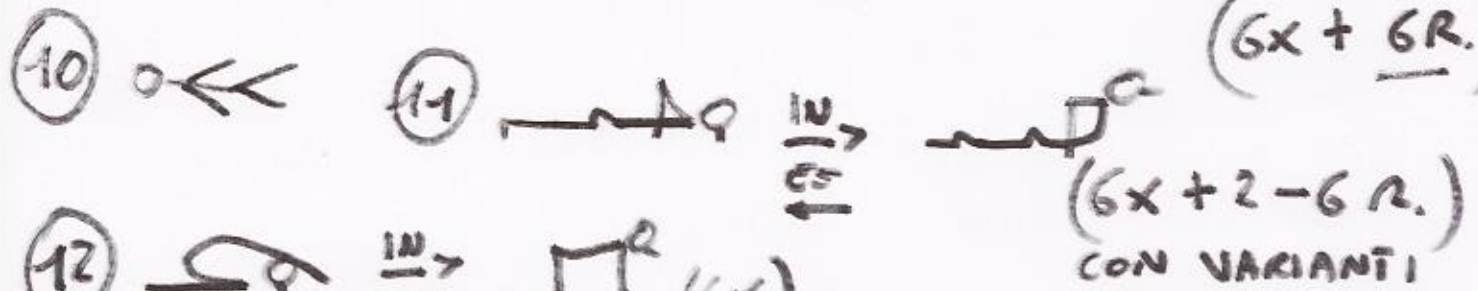
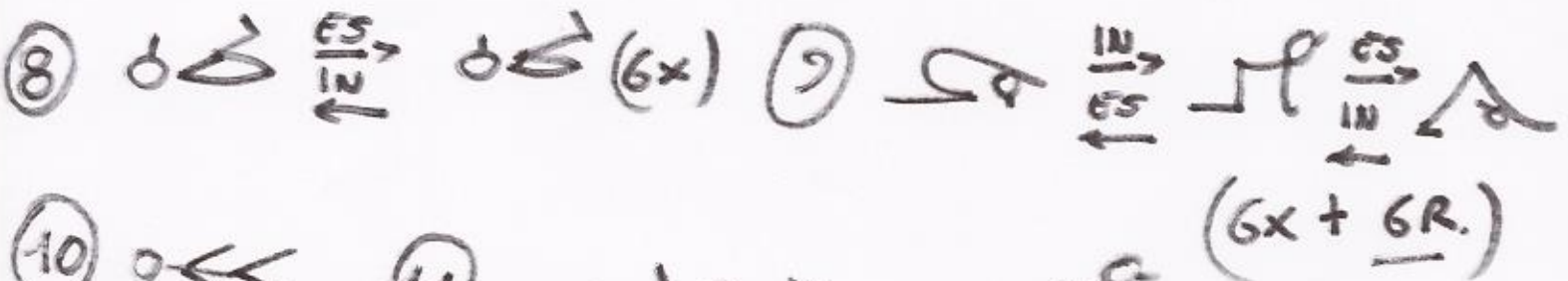
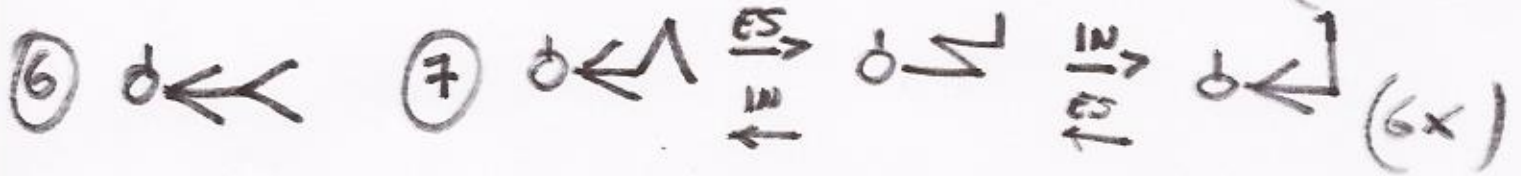
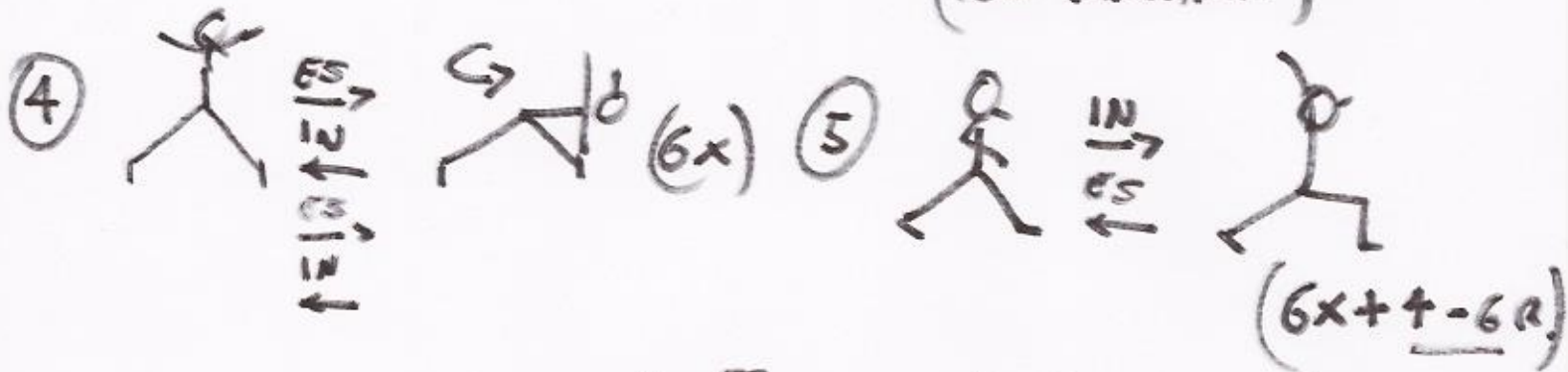
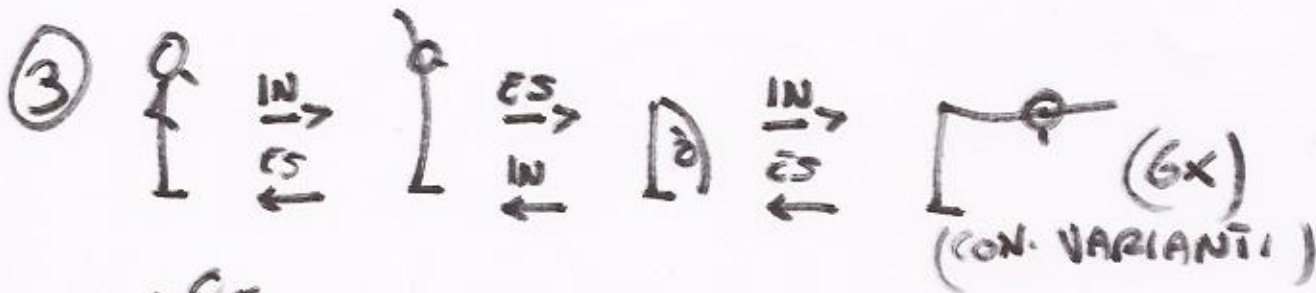
③

8/10/2017

BHĀVANĀ

R.

π.



⑮ RILASSAMENTO

FORTUZIONI VINIXOSA

(4)

8/10/2017

