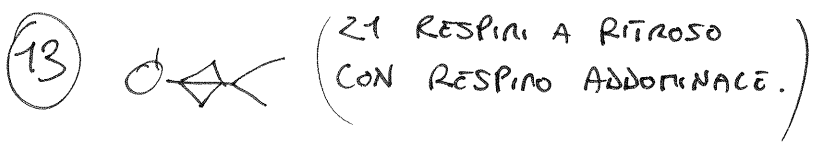
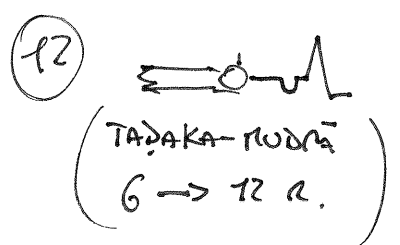
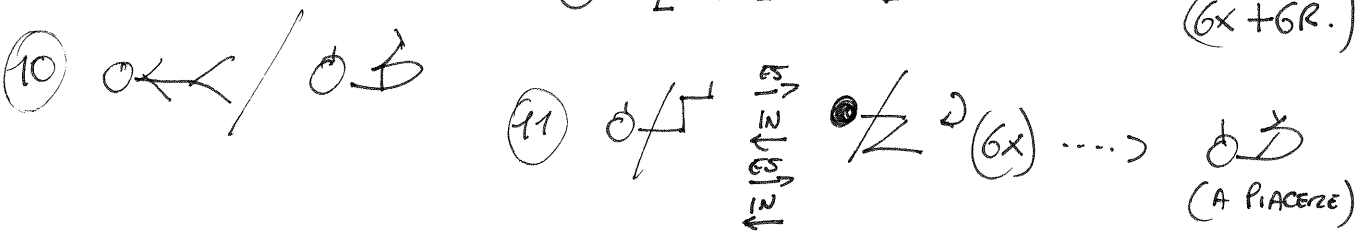
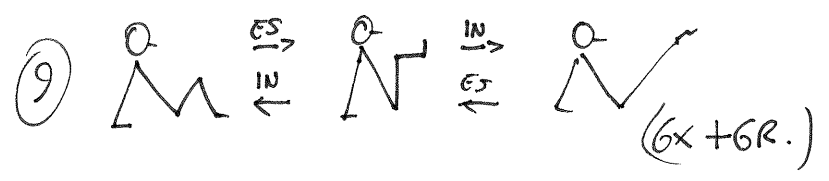
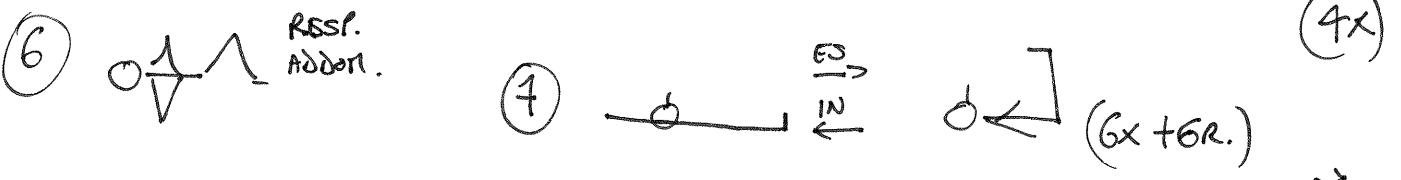
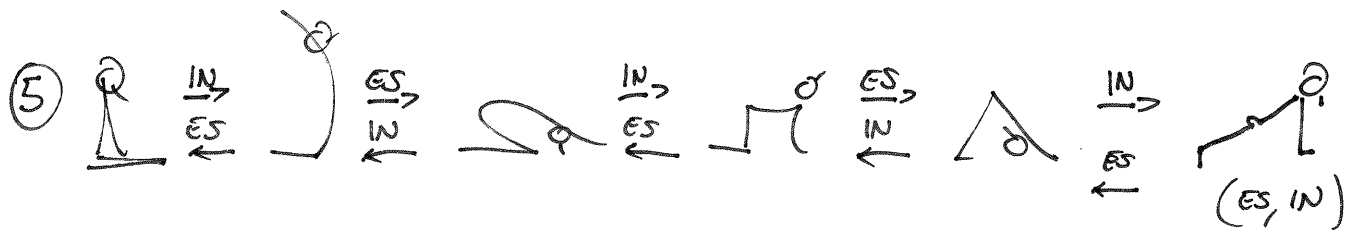
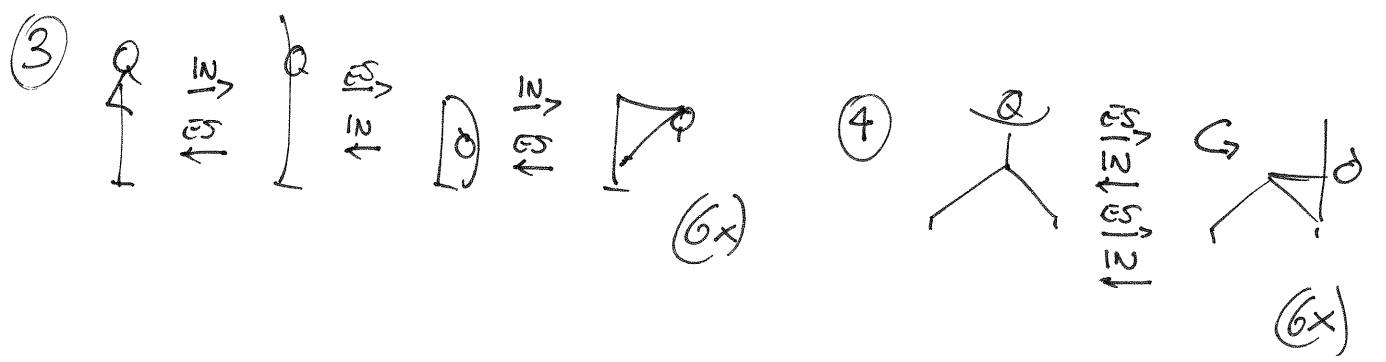
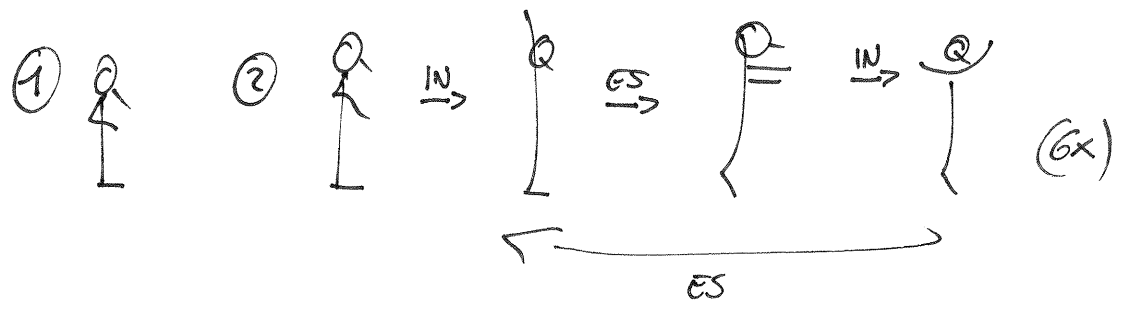


(MAGGIO 2020)

PRATICA ①

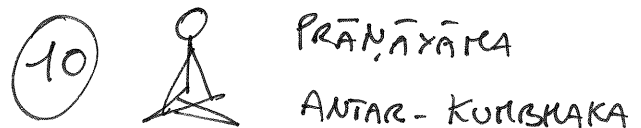
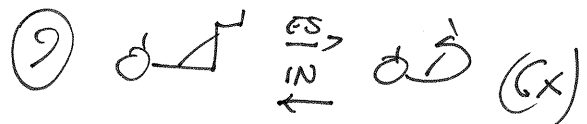
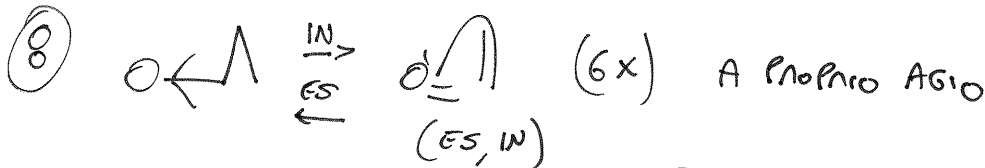
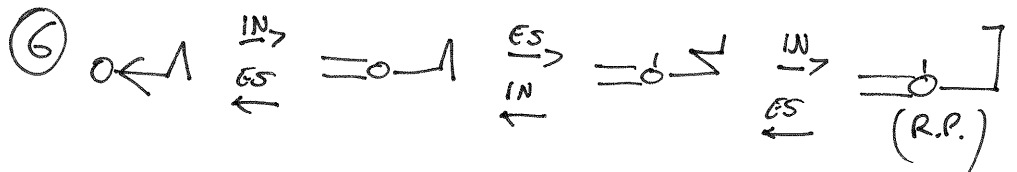
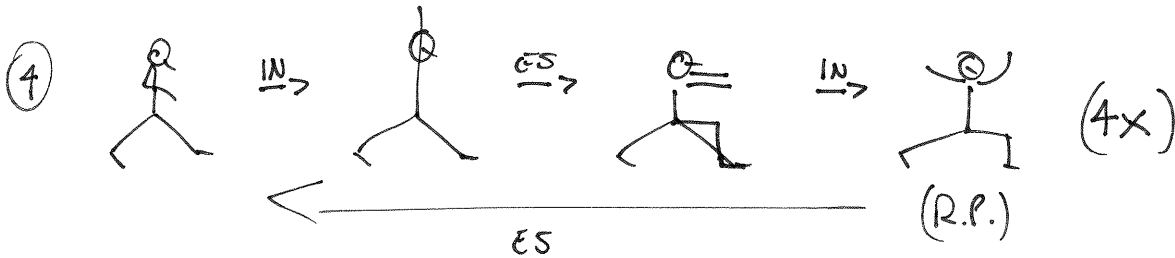
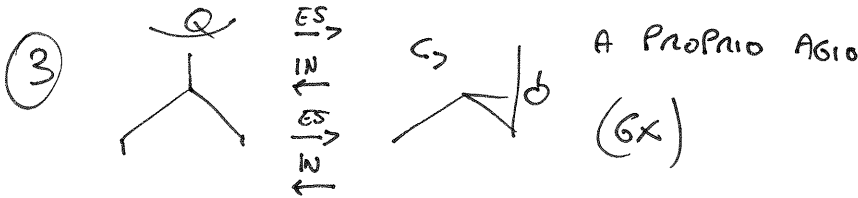
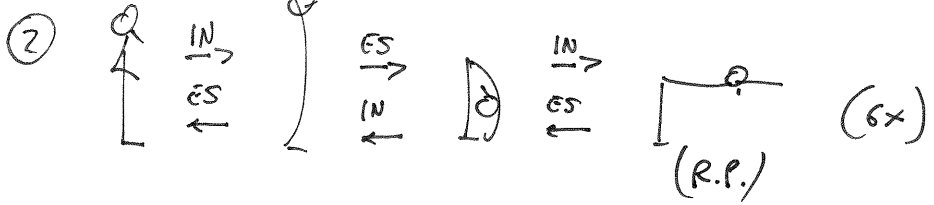


8/3/2020

PRATICA ③

BHĀVANA: RITENZIONI PROGRESSIVE A PIENO

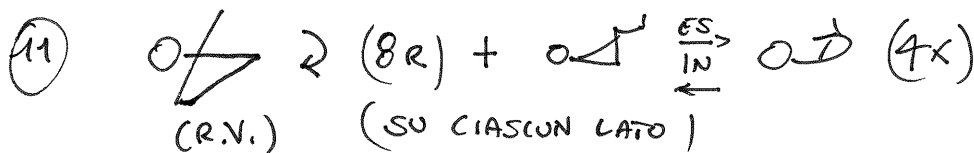
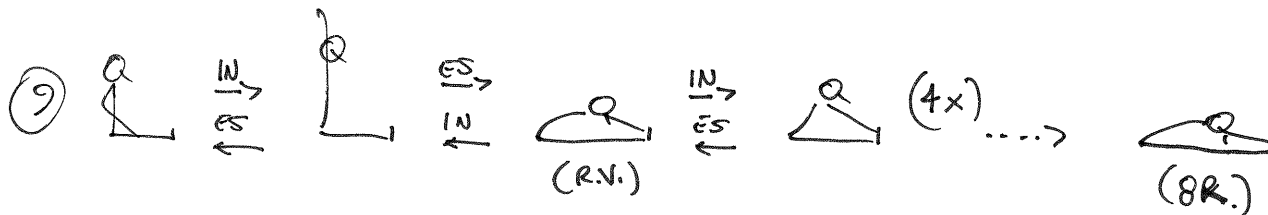
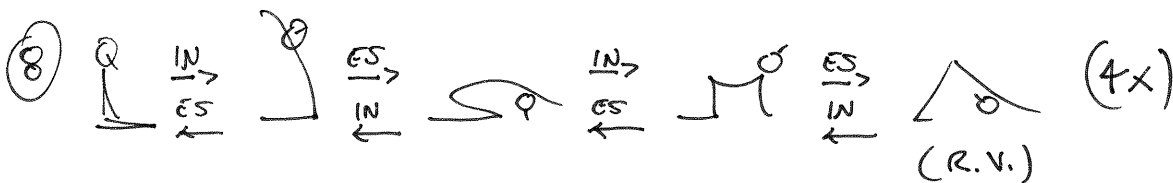
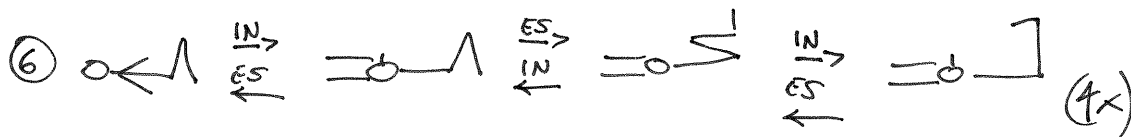
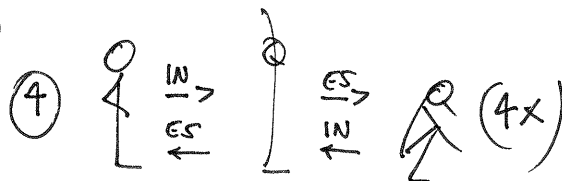
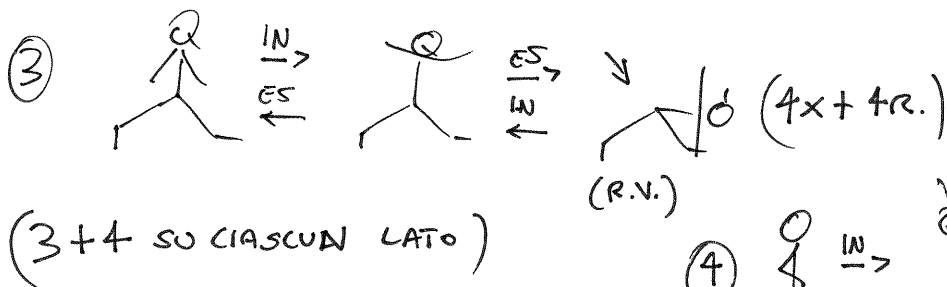
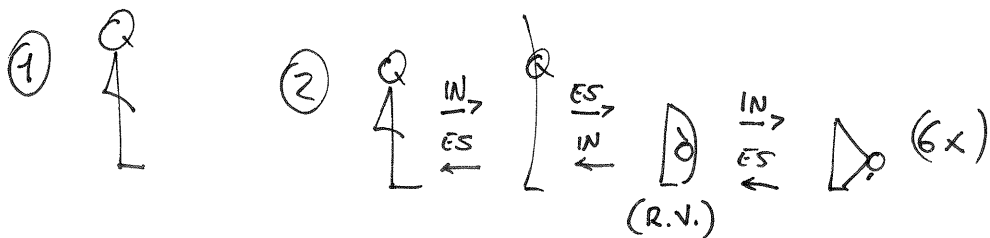
• /.../.../.../.../.../... (4x) (6x)



PRĀNĀYĀMA ANTAR-KURBUKA (VEDI FOGLIO) →

8/3/2020

PRATICA (4)



PRATIKA 4

→

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ANULOMA - UDDĀYĪ - PRĀNĀYĀMĀ

VILOMA KRAMA



IN | ES. 4R.

IN | ES R. ES. 4R.

IN | ES. R. ES. R. ES. 4R.

IN | ES. R. ES. R. ES. R. ES. 4R.

IN | ES. R. ES. R. ES. R. ES. R. ES. 4R.

IN | ES. 4R.

BĀHYA - KUMBHAKA
(RITENZIONE A VUOTO)

① ANULOMA-UJJĀYĪ O NĀDĪ-SŌDHANA (1.1.1.2)

1 1 1 1 (2 R.)

1 1 1 1½ (2 R.)

1 1 1 1¾ (2 R.)

* 1 1 1 2 (4 R.)

1 1 1 1 (2 R.)

② UJJĀYĪ BĀHYA-KUMBHAKA CON RITENZIONI PROGRESSIVE

1. B.K. •

2. B.K. ••

3. B.K. •••

4. B.K. ••••

5. B.K. •••••

* { 6. B.K. •••••

7. B.K. ••••

8. B.K. •••

9. B.K. ••

10. B.K. •

ANTAR - KUMBHAKA (RITENZIONE A.PIENO)

① VILOYA-UJJAYI O NADI-SODHANA (1.4.1.1.)

- 1 1 1 1 (2 R.)
- 1 2 1 1 (2 R.)
- 1 3 1 1 (2 R.)
- * 1 4 1 1 (4 R.)
- 1 1 1 1 (2 R.)

② UJJAYI ANTAR-KUMBHAKA CON RITENZIONI PROGRESSIVE

- 1. A.K. .
- 2. A.K. . .
- 3. A.K. . . .
- 4. A.K.
- * } 5. A.K.
- * { 6. A.K.
- 7. A.K.
- 8. A.K. . . .
- 9. A.K. . .
- 10. A.K. .