
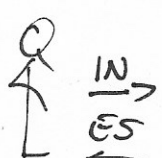




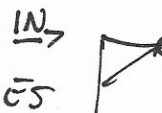






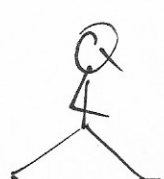
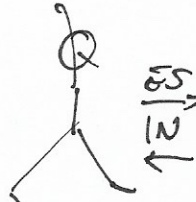


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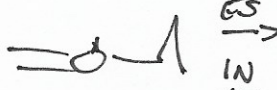
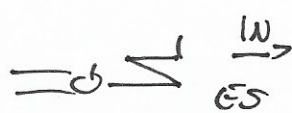
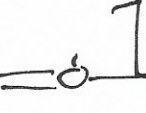
PRATICA ①

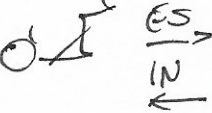



BHĀNANA : UJJĀYĪ



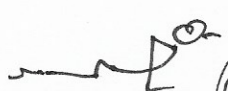
①  ②   (6x) ③     (6x)


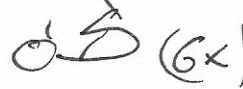
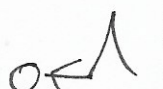

④   (6x) ⑤   (6x)

⑥     (4x) SU CIASCUN LATO


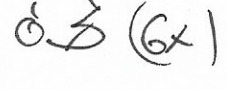
⑦  ⑧     (6x)


⑨  ⑩    (6x)


⑪  ⑫   (6x + 6x)

⑬   (6x) ⑭   (6x)

⑮   (6x) ⑯   (6x)

⑰   (6x)

⑱  NĀDĪ - SODHANA
RĪTHO LIBERO
(20 R)

⑲ 

19/9/2020

PRATICA 2

BHĀVANĀ: ES > W ; R.V.

