
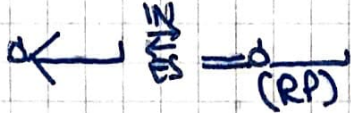











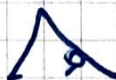








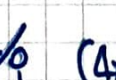






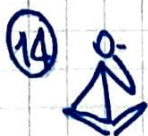


- ①  ②  (4x)
- ③     (4x a lati alternati)
- ④  (4x) ⑤   (4x+4R)
- ⑥  (4x) ⑦  RPOSO
- ⑧    (4x+4R) ... 
- ⑨  (4x) ⑩     (4x)
- ⑪    (4x)
- ⑫     (4x+4R) su ogni lato
- ⑬   (4x)



VILOMA UJJĀYI PRĀNĀYĀMA

	1	1/2	1	1/2	4R
♥	1	1	1	1/2	8R
	1	1/2	1	1/2	4R