

## TAVOLA SINOTTICA

TOTALE RESPIRI  $m^{\circ}$  148

RESPIRI A TERRA  $m^{\circ}$  60

RESPIRI IN PIEDI  $m^{\circ}$  72

RESPIRI PRĀNĀYĀMA  $m^{\circ}$  16

REKHA  $m^{\circ}$  72

AREKHA  $m^{\circ}$  16

VRTTI  $m^{\circ}$  108

STHITI  $m^{\circ}$  40

UDĀNA VAYU = REKHA + STHITI  $\Rightarrow m^{\circ}$  112

VYĀNA VAYU = AREKHA + VRTTI  $\Rightarrow m^{\circ}$  180

## TAVOLA SINOTTICA

TOTALE RESPIRI  $m^{\circ}$  148

RESPIRI A TERRA  $m^{\circ}$  60

RESPIRI IN PIEDI  $m^{\circ}$  72

RESPIRI PRĀNĀYĀMA  $m^{\circ}$  16

REKHA  $m^{\circ}$  72

AREKHA  $m^{\circ}$  76

VRTTI  $m^{\circ}$  108

STHITI  $m^{\circ}$  40

UDĀNA VAYU = REKHA + STHITI  $\Rightarrow m^{\circ}$  112

VYĀNA VAYU = AREKHA + VRTTI  $\Rightarrow m^{\circ}$  180