

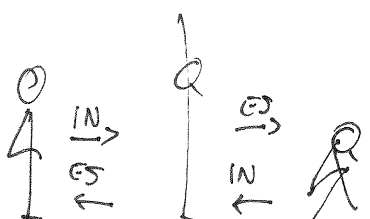
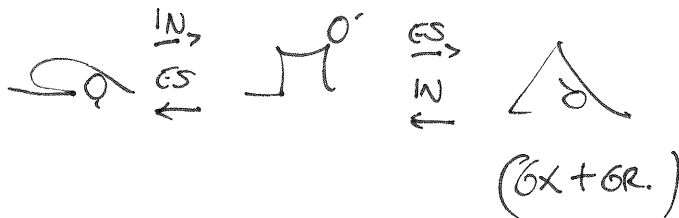

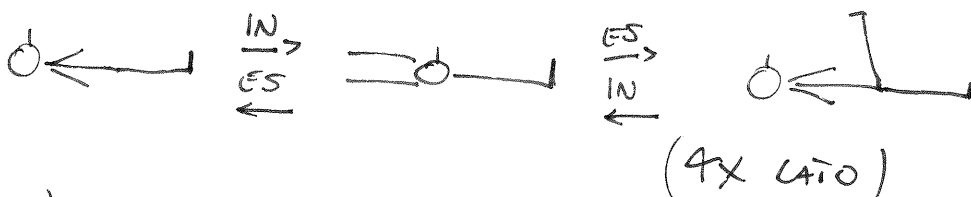
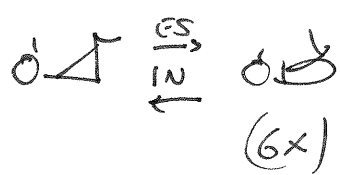
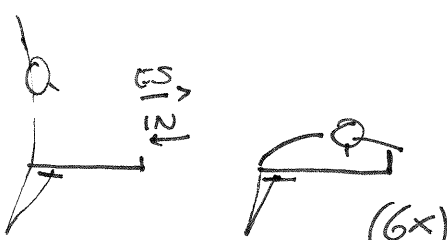
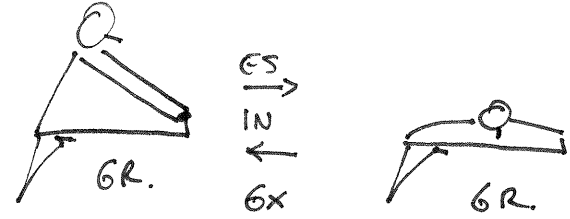
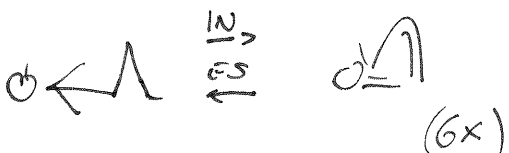
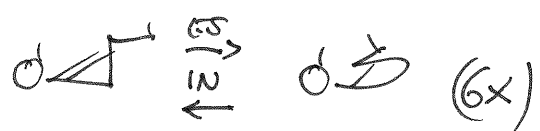



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PRATIKA 9


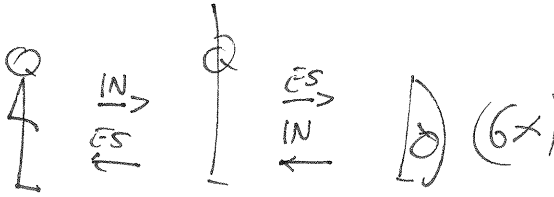
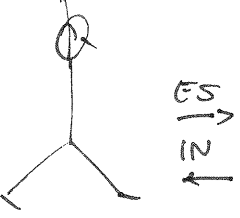
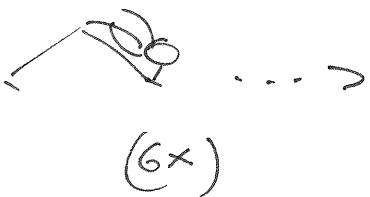
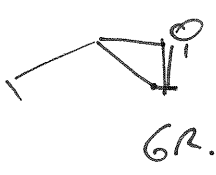
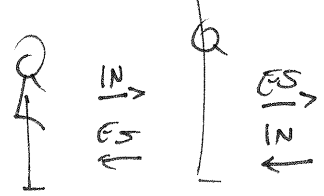
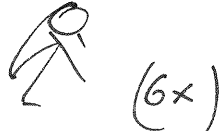


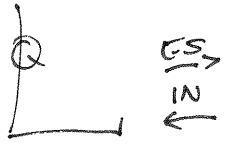
- 1) OSS. 
- 2)  (6x)
- 3)  (6x)
- 4)  (6x + 6R.)
- 5) 
- 6)  (4x 410)
- 7)  (6x)
- 8)  (6x)
- 9)  6R. 6x 6R.
- 10)  (6x)
- 11)  (6x)

12)  VILOMA - UJJAYI
24 R.
1/2/1/1/2

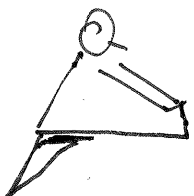
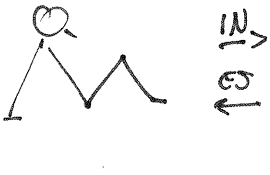
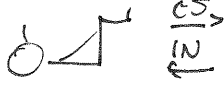
4R.	1	1	1	1/2
8R.	1	1 1/2	1	1/2
8R.	1	2	1	1/2
4R.	1	1/2	1	1/2

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PRATIKA 2

- ① 
- ②  (6x)
- ③  (6x)
- ④  (6x) ... →  (3+4 SU CIASCUN LATO) 6R.
- ⑤  (6x)
- ⑥  (6x)
- ⑦  (6x+6R)
- ⑧  (6x)
- ⑨  (6x)
- ⑩

PARA - RUBA

 (8R. SU CIASCUN LATO)
- ⑪  (6x)
- ⑫  (6x)

⑬ PRATILOMA - UJJAYI
24R.
1/1/1/1

4R.	1	1/2	1	1/2
4R.	1	3/4	1	3/4
8R.	1	1	1	1
4R.	1	3/4	1	3/4
4R.	1	1/2	1	1/2

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PRATIKA ③

① OSSERVAZIONE

②

(6x)

③

(6x LATO)

④

⑤

(6x)

⑥

(6x)

⑦

(6x)

⑧

(6x + 6n.)

⑨

(6x)

⑩

(8R)
(IN = ES / 1 1/2 + 1/2)

⑪

(4x)

⑫

(6x)

⑬

(6x)


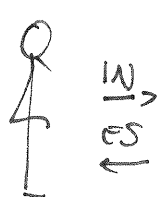
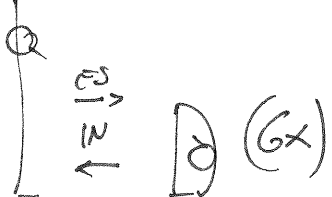
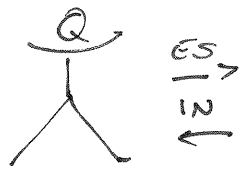
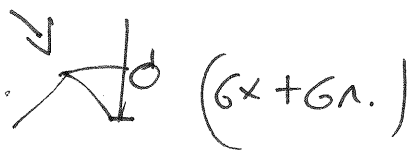



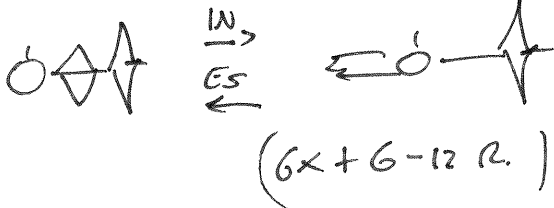
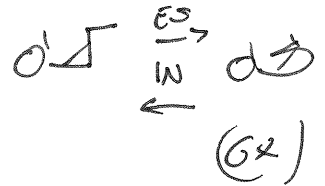
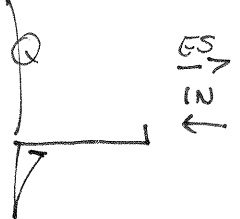
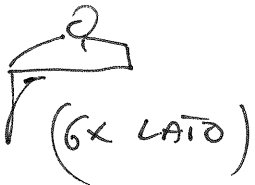
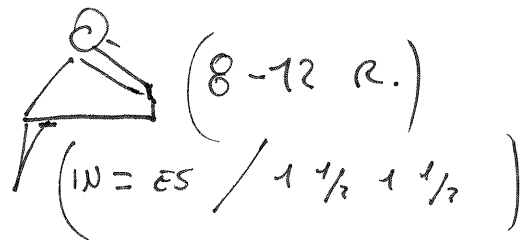


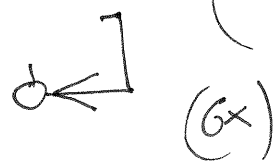
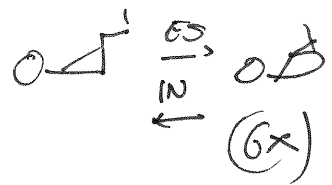
⑭

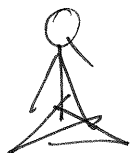
PRATILONA UJJAYI
1/1/1/1

4R.	1	1/2	1	1/2	
4R.	1	3/4	1	3/4	
8R.	1	1	1	1	(BANDHA)
4R.	1	3/4	1	3/4	
4n.	1	1/2	1	1/2	

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PRATIKA (4)

- ① Q OSS. 
- ②  
- ③   ④  
- ⑤  ⑥  ⑦ 
- ⑧  ⑨  
(IN = ES / 1 1/2 + 1 1/2)
- ⑩    ⑪ 
- ⑫ PRANAYAMA 36 R.



VILOMA UJAYI

4R.	1	1/2	1	1/2
4R.	1	1	1	1/2
8R.	1	1 1/2	1	1/2

ANULOMA UJAYI

4R.	1	1	1 1/2	1/2
4R.	1	1/2	2	1/2
8R.	1	1/2	2	BANDHA
4R.	ES	>	IN	