
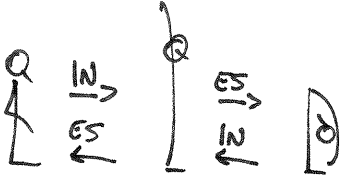
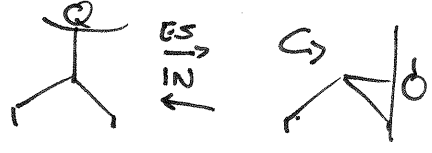


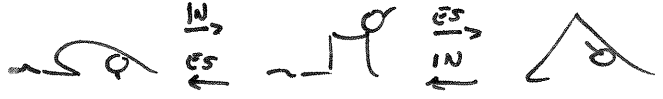
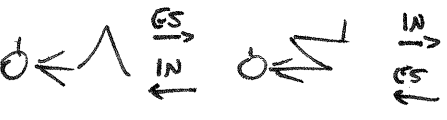
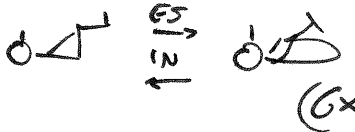
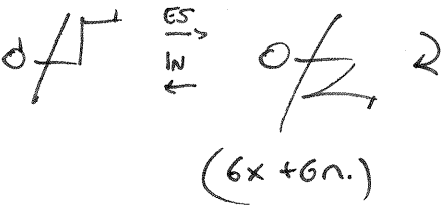
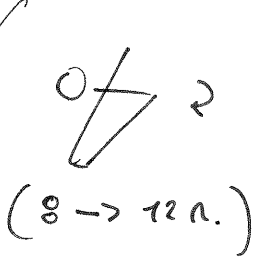
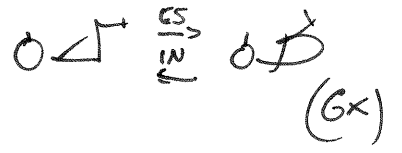
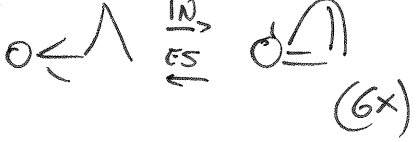

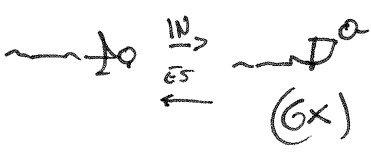
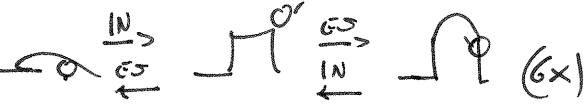
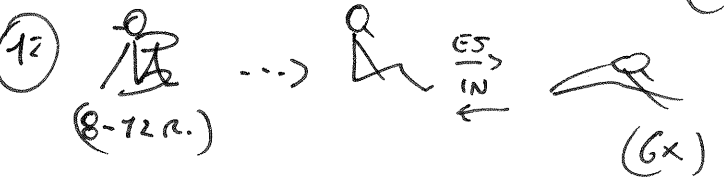



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# PRATIKA (1) NABHI-CAKRA

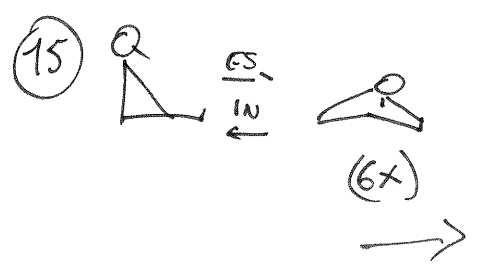
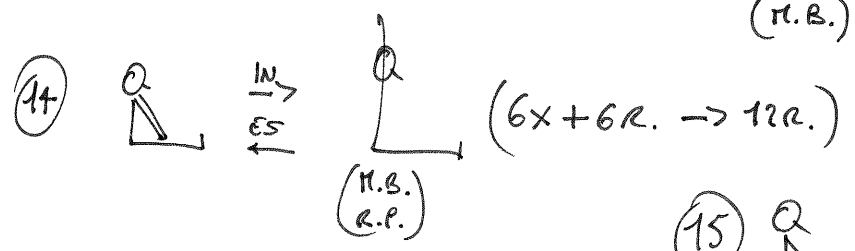
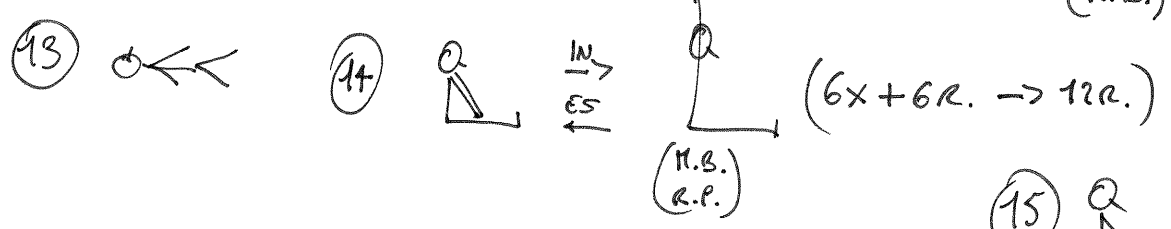
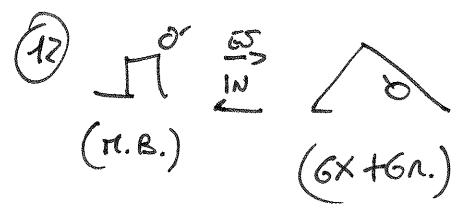
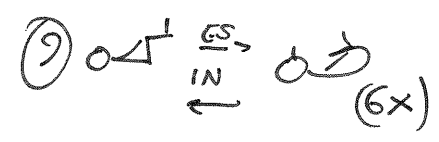
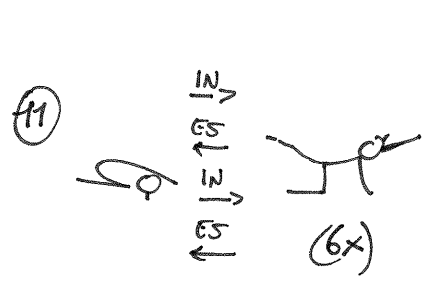
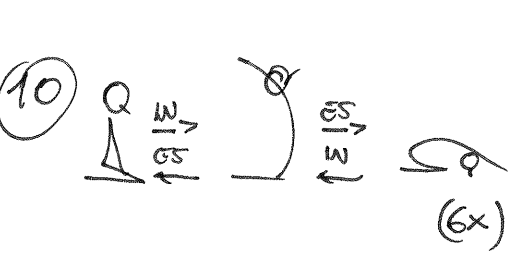
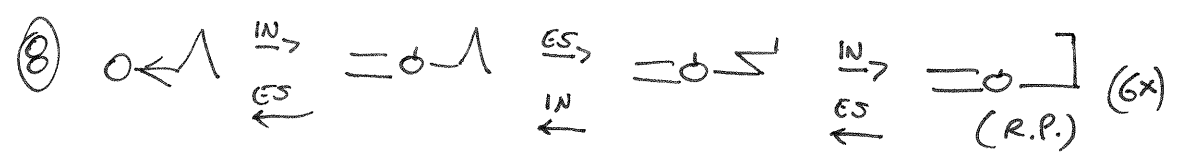
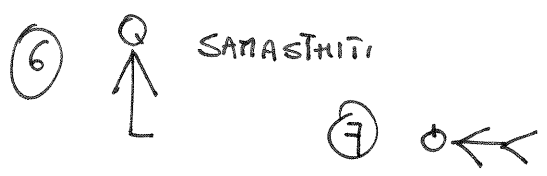
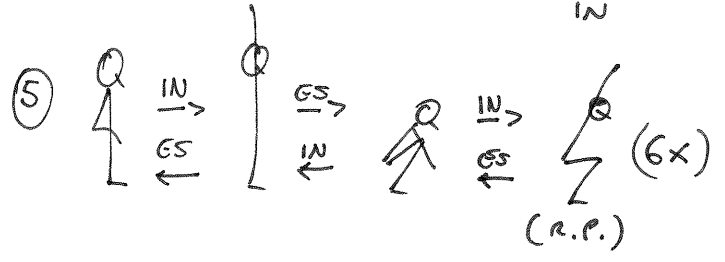
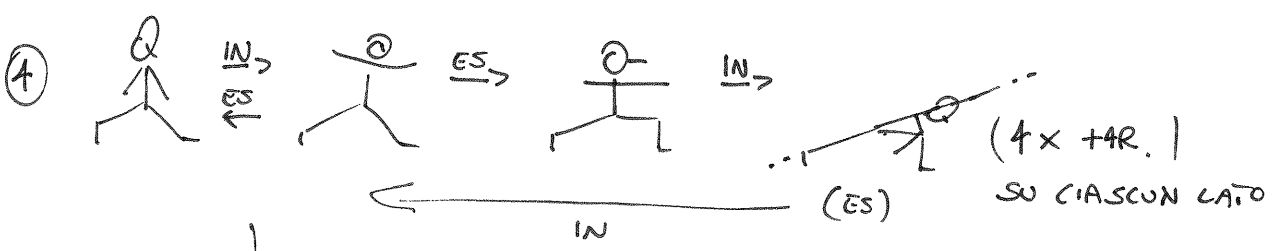
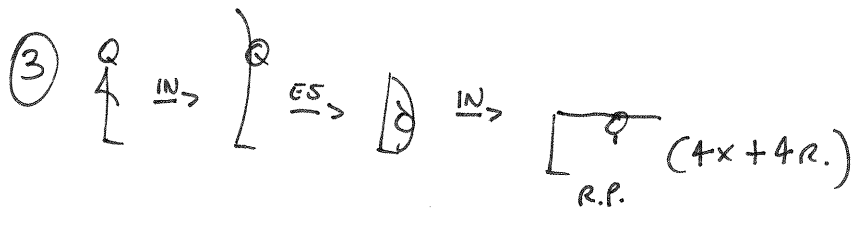
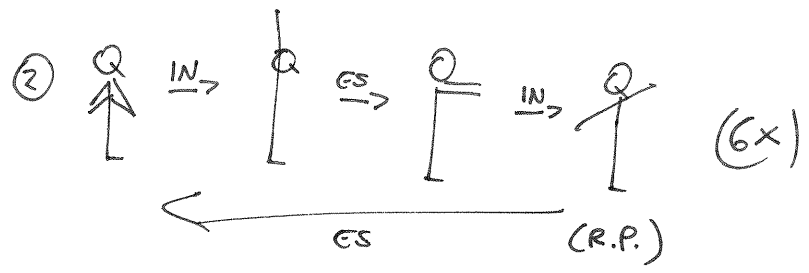
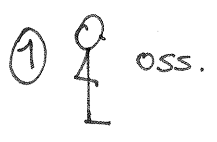
BHAVANA: ES > IN  
R.V.

- ① OSS. 
- ②  (4x)
- ③  (6x+6R.) ...  (6x)  
(SU CASCUN LATO)
- ④  (RESPIRO ADDIZIONALE)
- ⑤  (6x+6R.)
- ⑥  (6x+6R.) ...  (6x)
- ⑦  (6x+6R.) ...  (8 → 12 R.) ...  (6x)
- ⑧  (6x)
- ⑨  (8 → 12 R.)
- ⑩  (6x)
- ⑪  (6x)
- ⑫  (8-12 R.) (6x)
- ⑬ SITALI - PRANAYAMA 12 R.  
NADI - SODHANA 12 R. RITOLIBENO
- ⑭ 

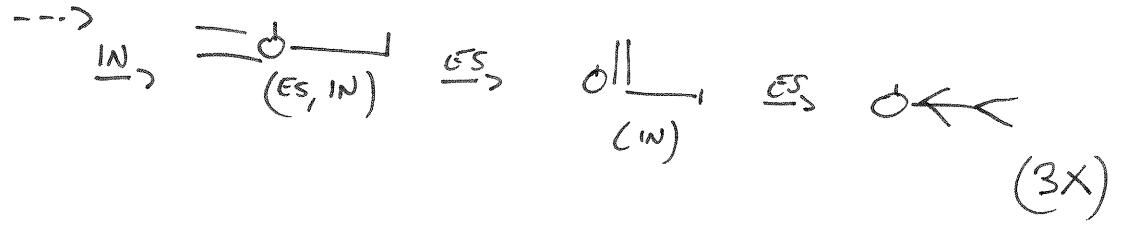
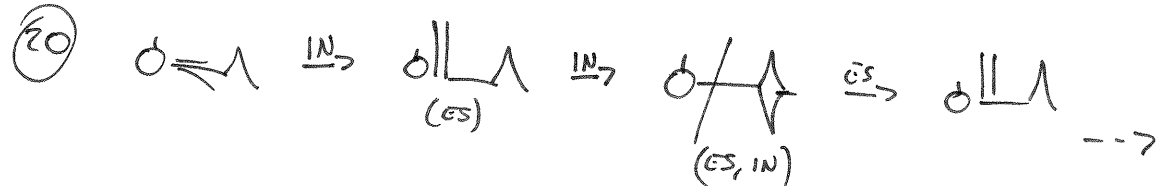
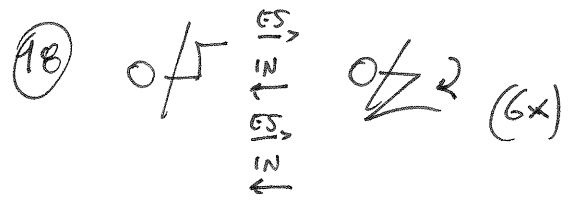
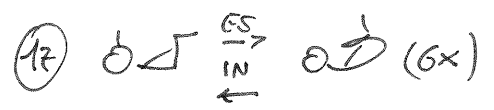
22/5/2021

# PRATIICA ② KURTA-NADI

BHĀVANĀ : R.P.



PRATIKA 2



(21)



VILOTA UJJAYI PRANAYAMA

24 R. (RITHO 1 2 1 1)

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

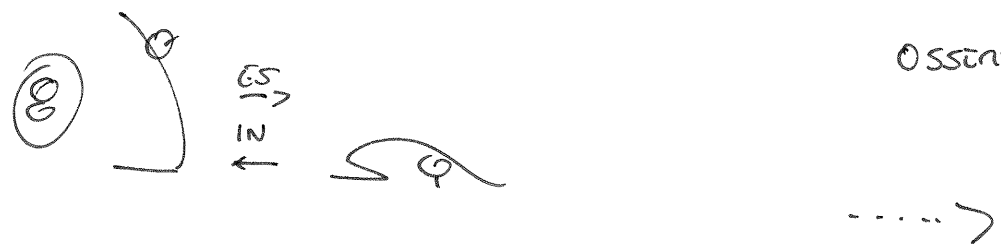
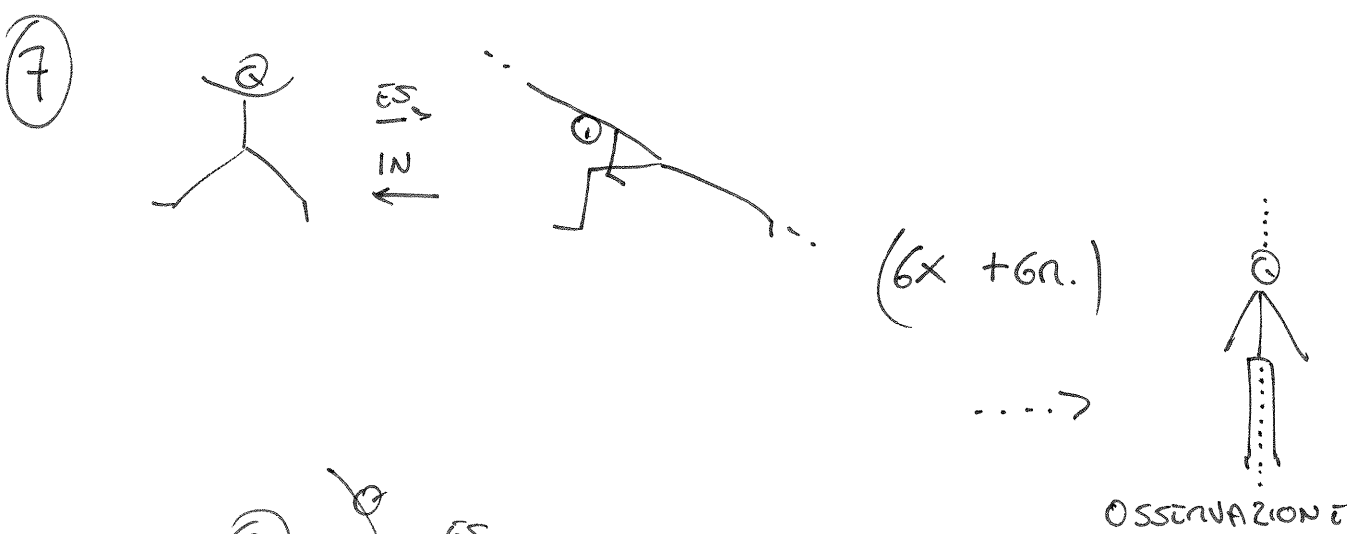
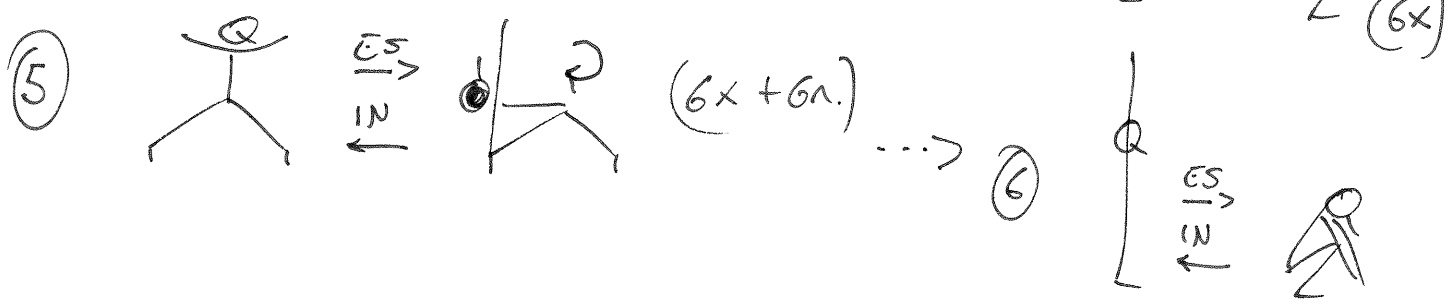
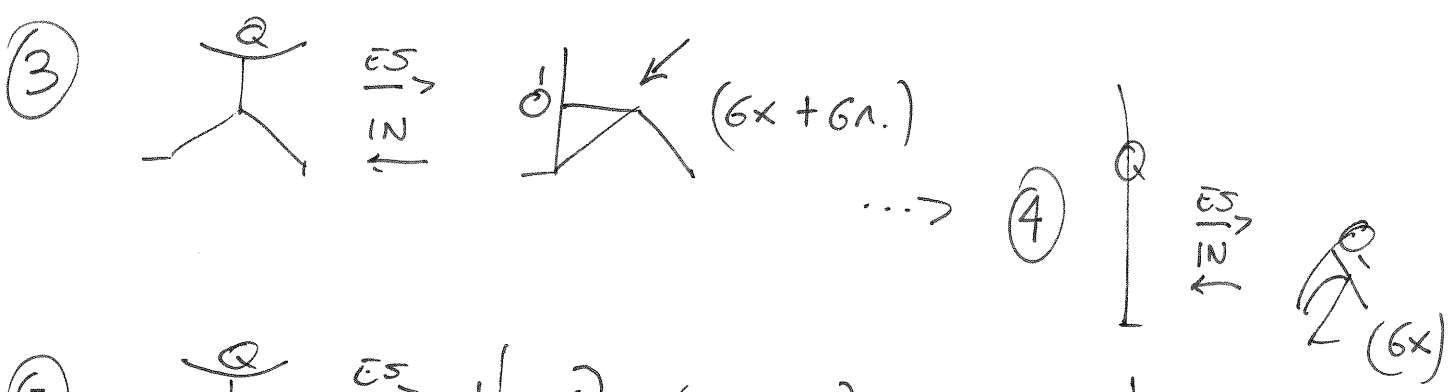
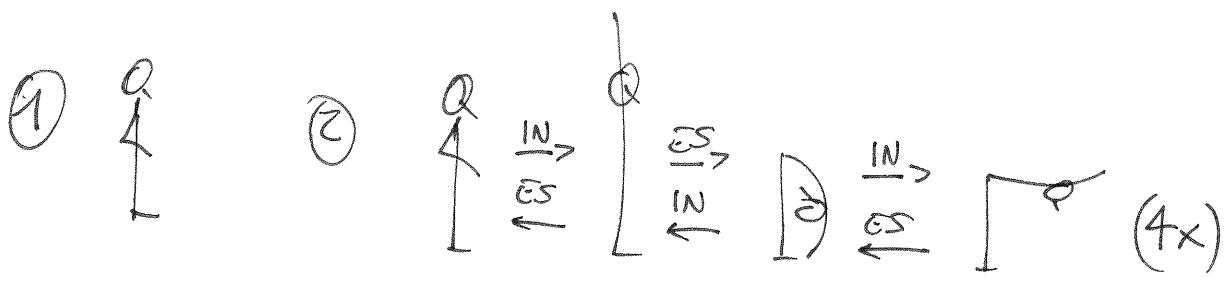
(22)



23/5/2014

PRATICA 4

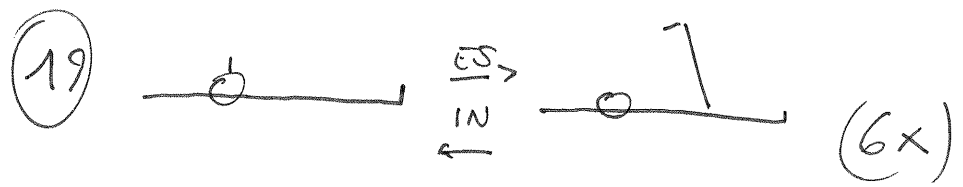
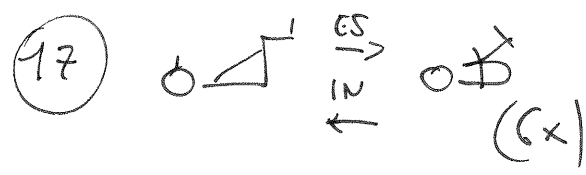
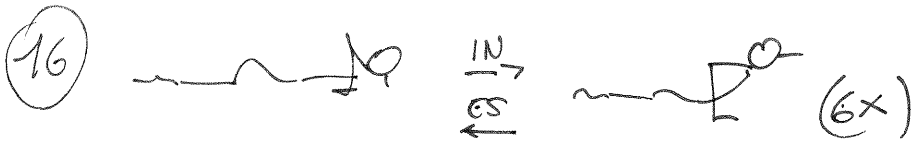
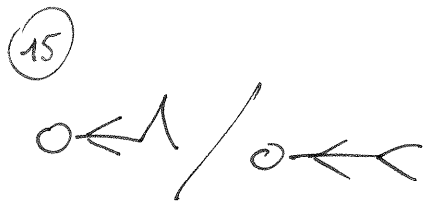
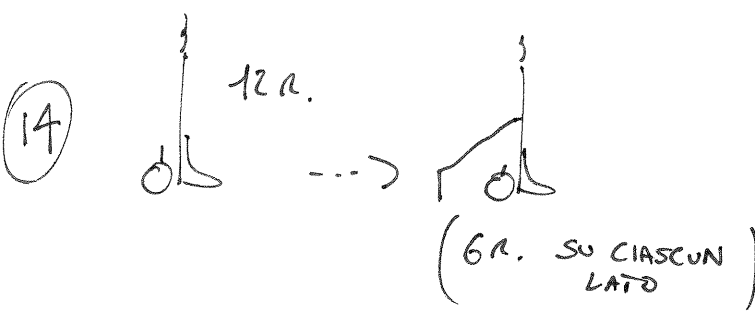
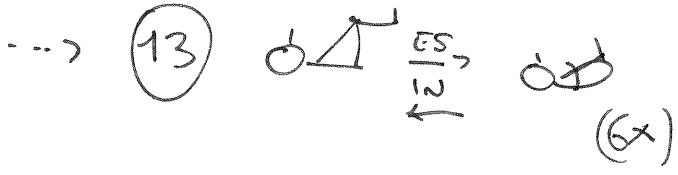
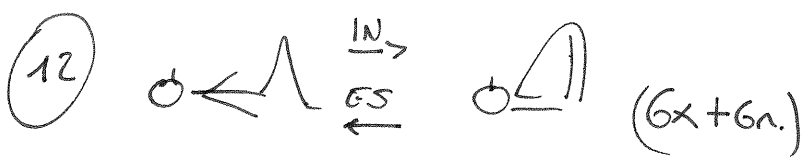
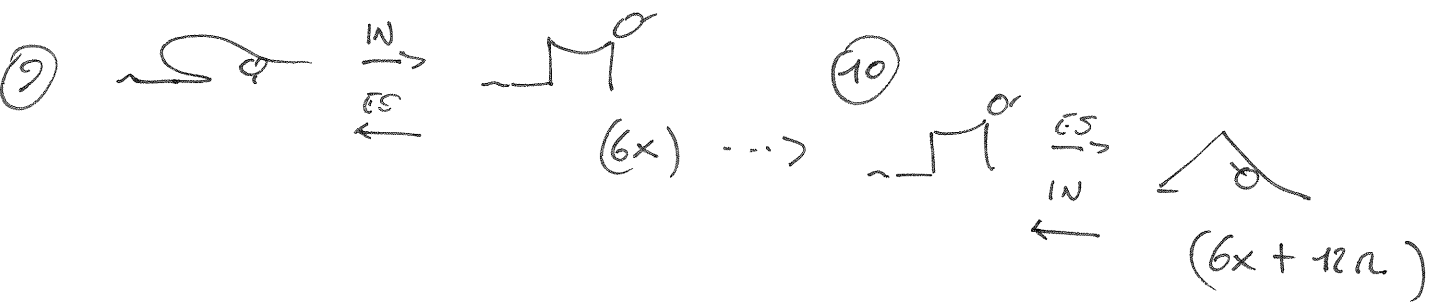
"PRATICA GIGANTE"



OSSERVAZIONI

PRÁTICA 4

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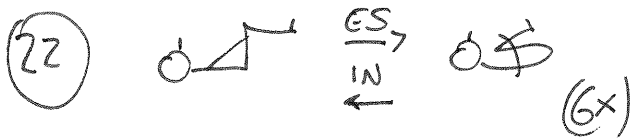
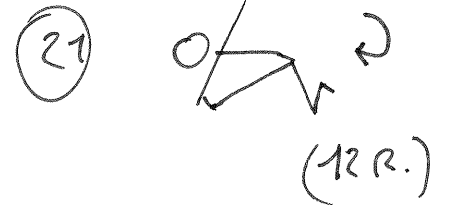
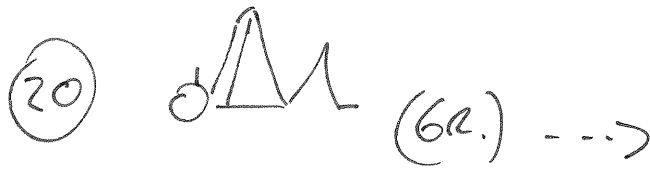
...>

23/5/2011

PRATICA (4)

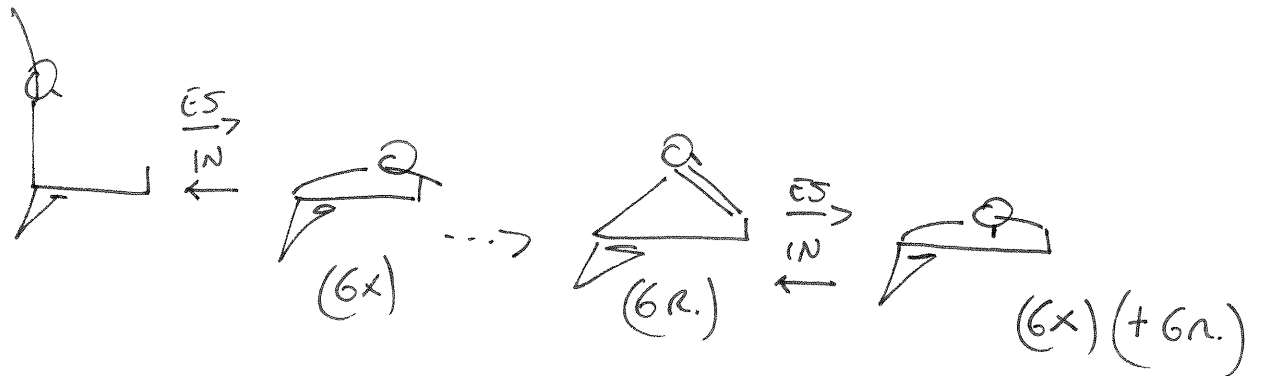
3.

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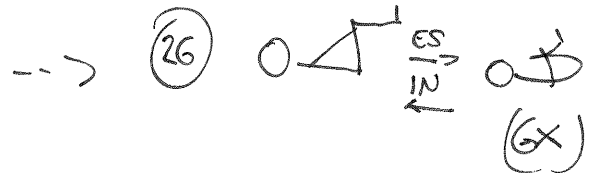
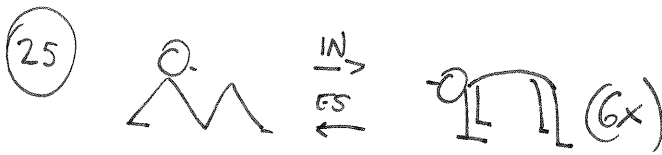


(19, 20, 21, 22, 23 SU UN LATO POI SULL'ALTRO)

(24)



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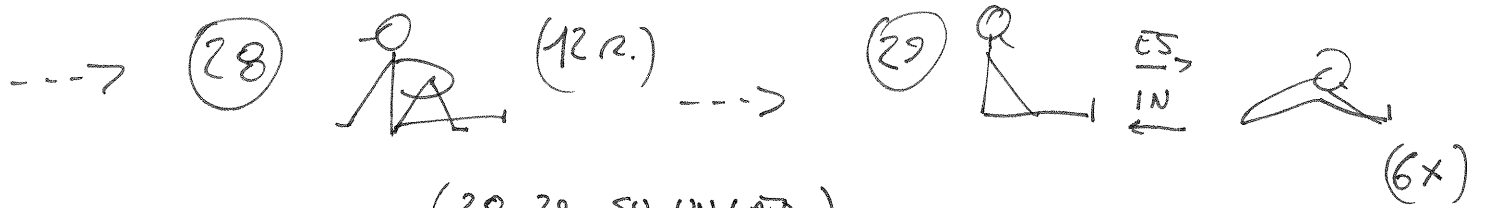
(24, 25, 26, 27 SU CIASCUN LATO)



23/5/2011

PRATIICA ④

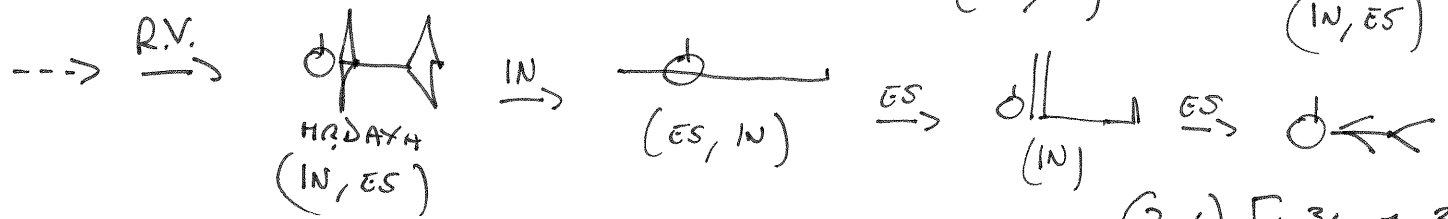
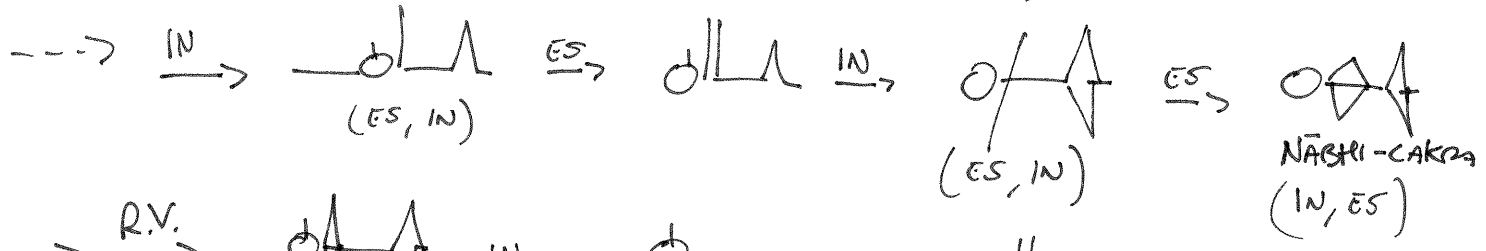
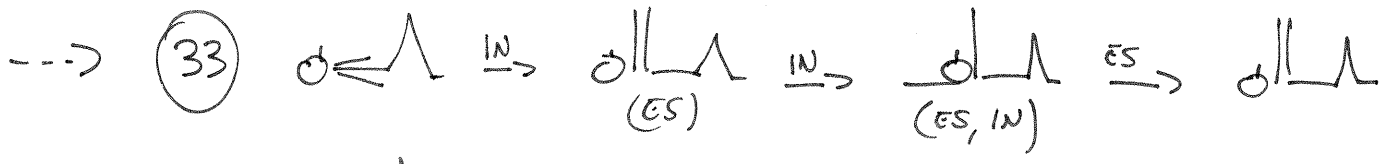
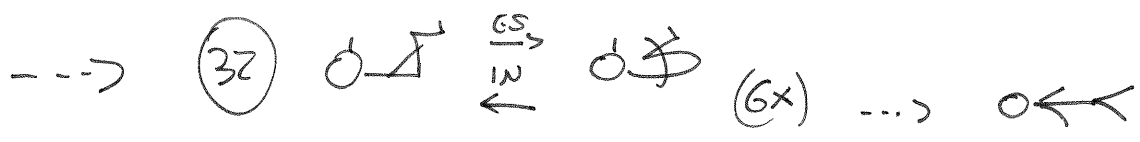
4.



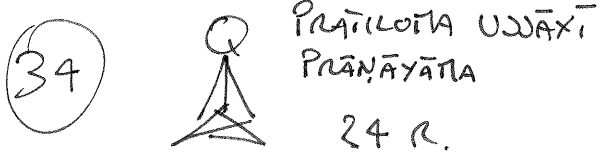
(28, 29 SU UN LATO  
POI SU L'ALTRO)



(UNIONE DI PRANA E APANA E 1 3/4 1 3/4 DA 31 A 33)



(2x) [1 3/4 1 3/4]




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


22/5/2021

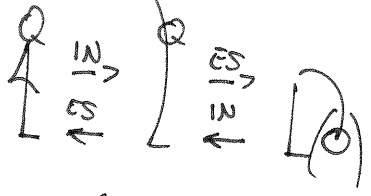
# PRATICA ③

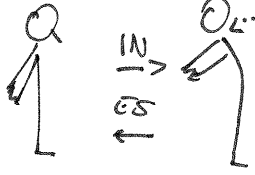
## KĀNṬHA - KŪPA

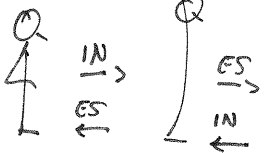
## BHĀVANĀ : UJJĀYĪ

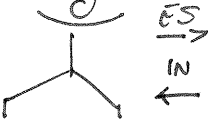
① 

②  ... MOVIMENTI DELLA TESTA IN AVANTI, A DESTRA E A SINISTRA ESPIRANDO


③   $6X + 6R.$  (LASCIARE DONDOLARE LA TESTA)



④  ... APRIRE LA GOLA  $(6X + 6R.)$


⑤  ... RILASCIARE SPACCA E COLLO  $(6X)$   
(ES, IN)


⑥   $(6X + 6R.)$   
SU CIASCUN LATO

⑦  PIEGAMENTO TRONCO IN AVANTI  $(6X)$

⑧  ... MOVIMENTI DELLA TESTA IN AVANTI, A DESTRA E A SINISTRA ESPIRANDO

⑨   $(4X)$   
 (APRIRE LA GOLA)

⑩ 

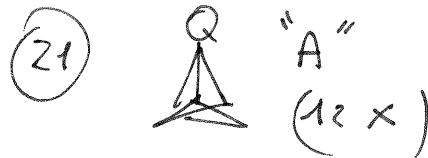
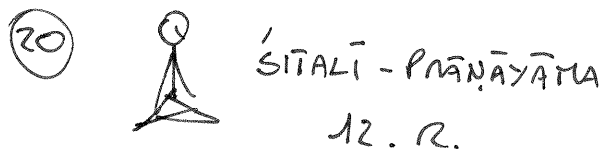
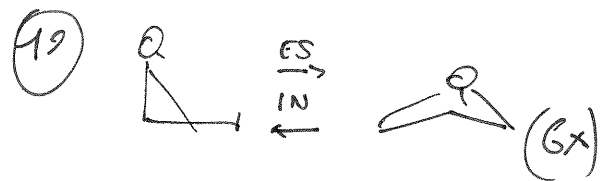
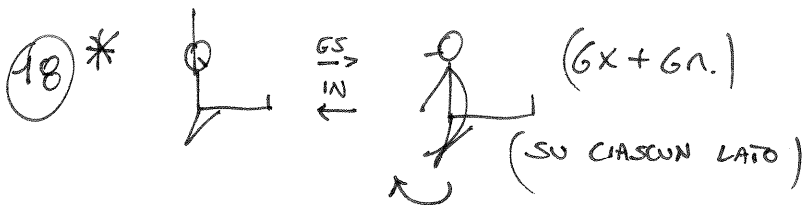
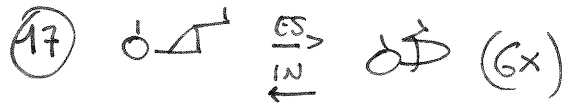
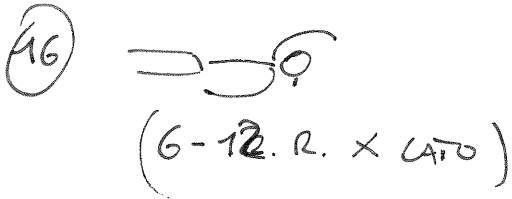
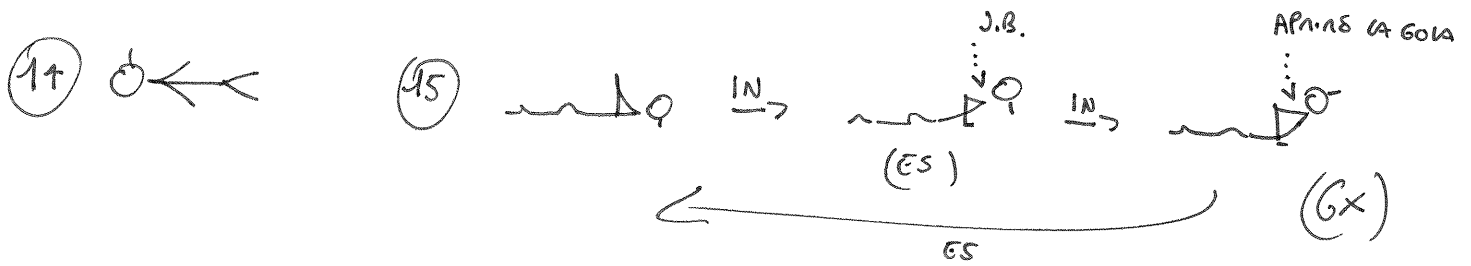
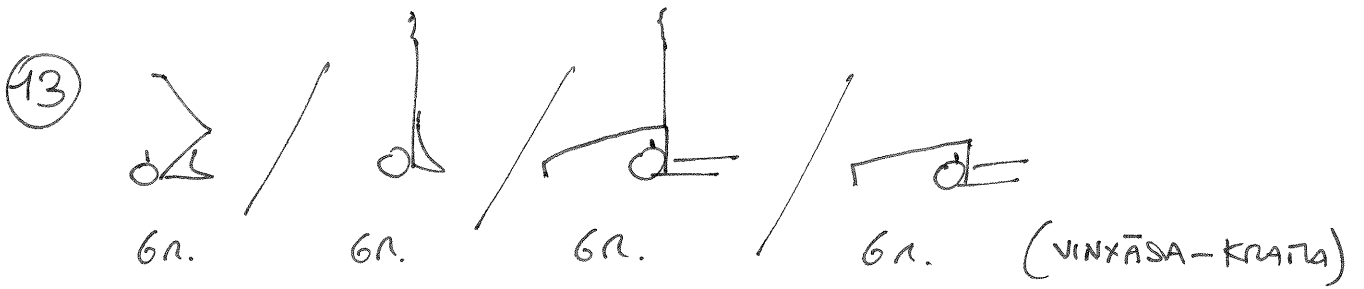
⑪   $(6X + 6R.)$

⑫   $(6X)$





PRÁTICA (3)



\* IN ALTERNATIVA ALLA POSIZIONE (18) SI PUÒ ESEGUIRE BHARADVAJĀSANA



23/5/2021

# PRAĆICA (5) HĪRDAYA

BRĀVANĀ : UJJAYĪ

R. |——|  
M. |——|

