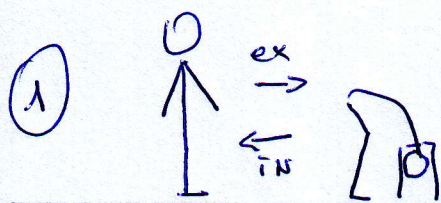
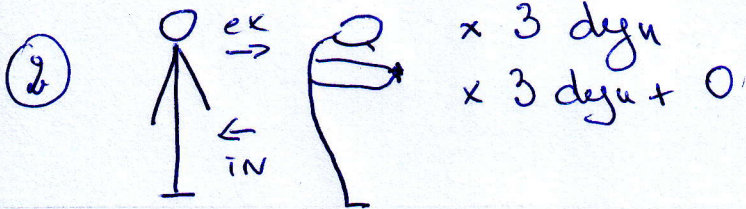


YOGA x SONS

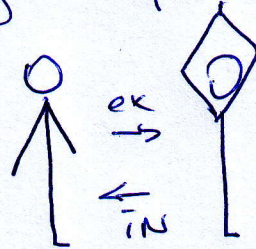
Mars 2026



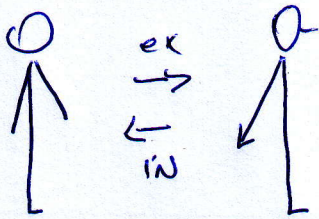
x 3 dynamique
 x 3 dynamique + bhramari
 x 3 dynamique + bhramari + oreilles fermées
 x 3 dynamique + A
 x 3 dynamique + A + oreilles fermées



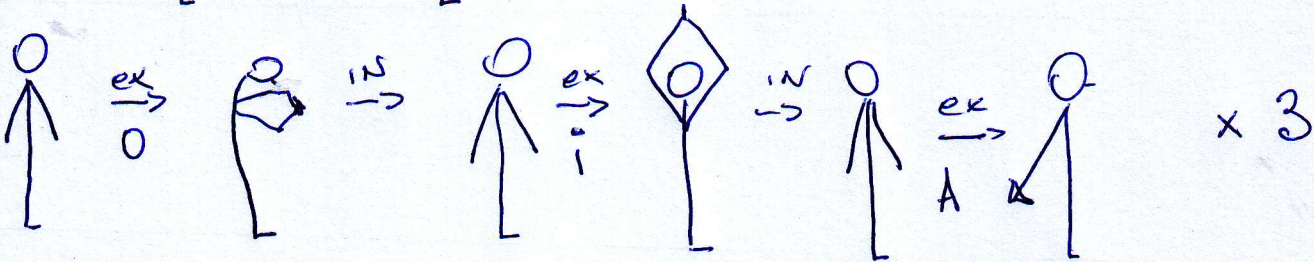
x 3 dyn
 x 3 dyn + 0



x 3 dyn
 x 3 dyn + i

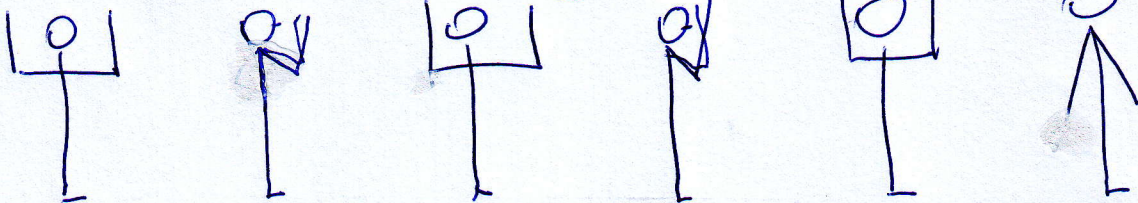


x 3 dyn
 x 3 dyn + A

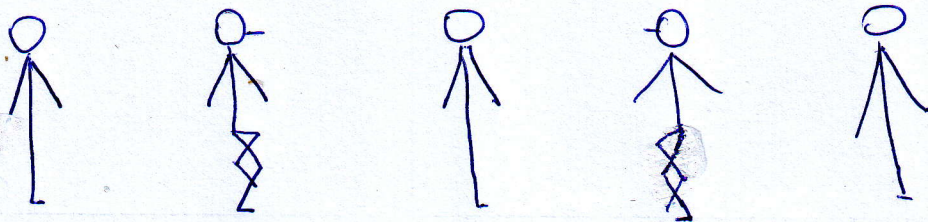


x 3

③ équilibre de l'aigle



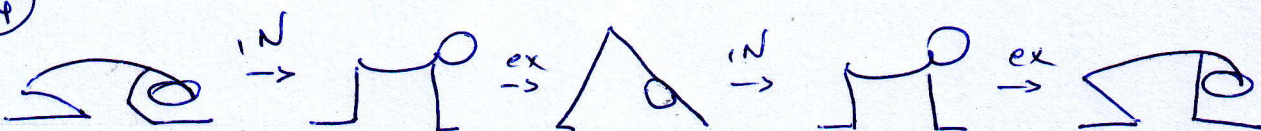
x 3



x 3

Associer bras x jambes et chercher à rester plusieurs respirations

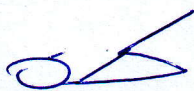
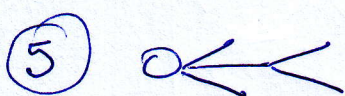
④



x 3

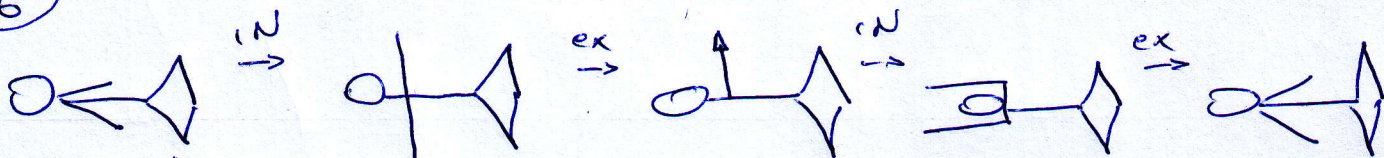


6 respirations en statique
avec le bourdonnement (bhtamari)



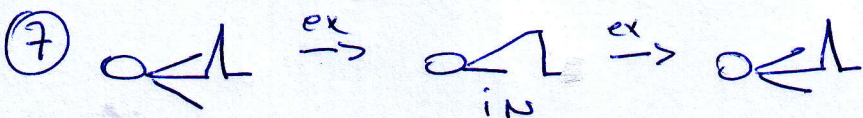
rotation des hanches
rester avec genoux écartés
quelques instants 3 fois.

6



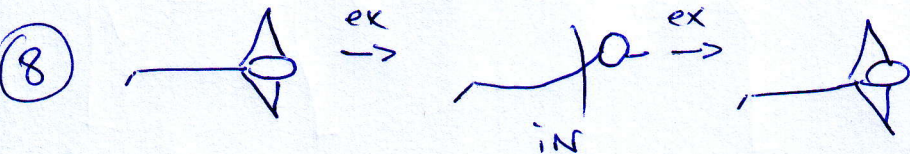
x 3 dynamique

x 3 dynamique + son 0



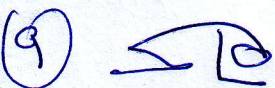
x 3 dynamique

x 6 statique + son A



x 3 dynamique

x 6 dynamique + son i
par le 1er ex.



a) x 9 à 12 effaragi (son de gorge)

b) x 9 à 12 bhtamari (bourdonnement)

c) x ? jouez avec les sons 0, A et i

d) écouter le silence