
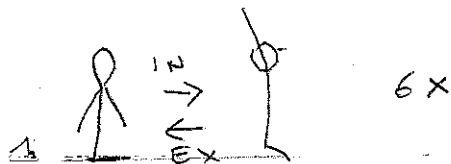


volonté / vacance / vacation  
les / séance / pratique

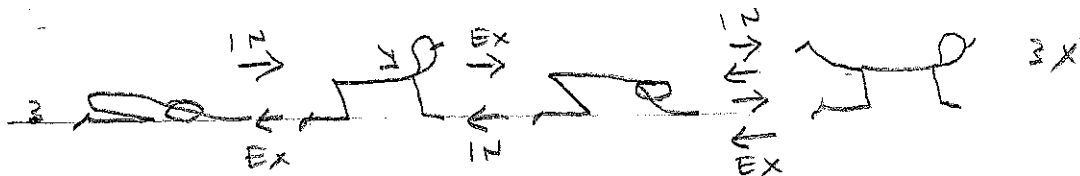
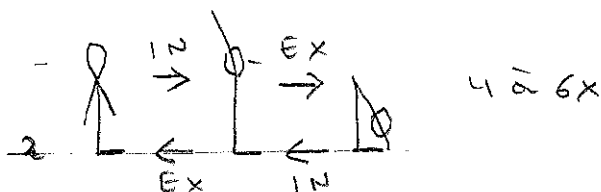
1  observation / - rion  
 enlève beinuste AH  
 / some R


Bhavana (soudés / attention)

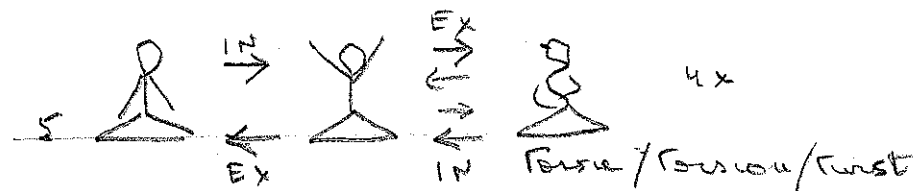
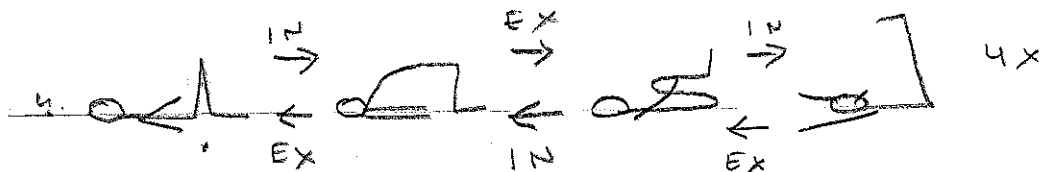



AH > levez pip

R > mouvement  
mouvement



 RUST 3 min  
 repos / rest



6  RUST 2 min  
 repos / rest



12 beinuste AH / 12 R

IN ↓ bontkas / capathoi / chest  
 EX ↑ bink / ventre / belly

+ observation 5 min / rion