

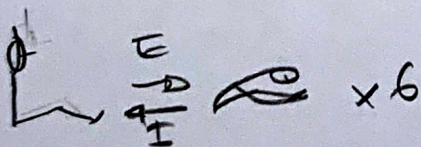
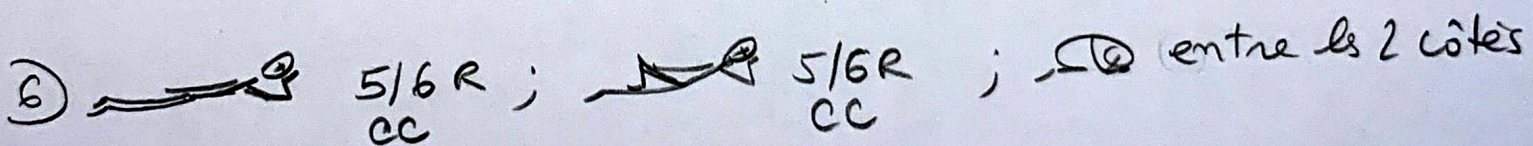
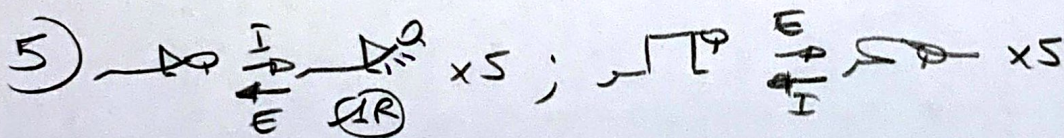
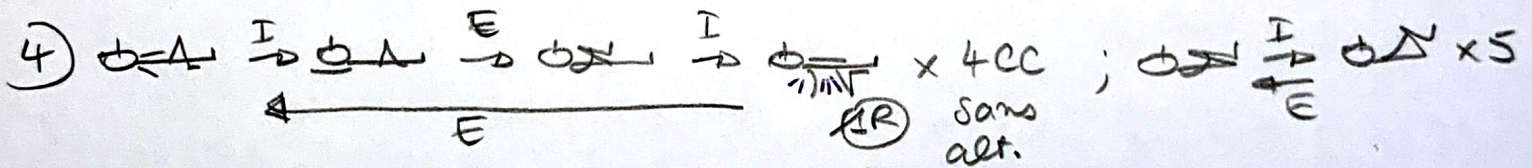
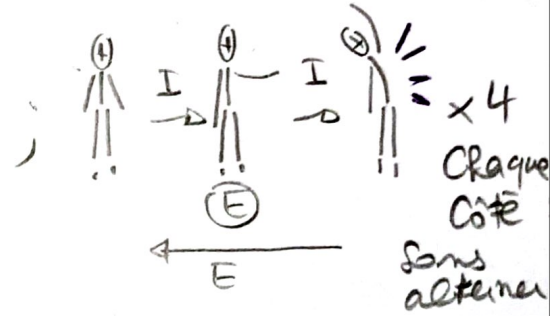
STAGE YOGA et ARCHI - L'ESPACE -

Pratique du Samedi matin - (16/03/24)

BHĀVANA = (point d'attention)

La forme extérieure installée dans l'ESPACE + la recherche d'un ESPACE HEUREUX -

① - Prise de conscience
 - Corps
 - Espace
 - Respiration



⑦ Relaxation ⑧ I-E Conscients

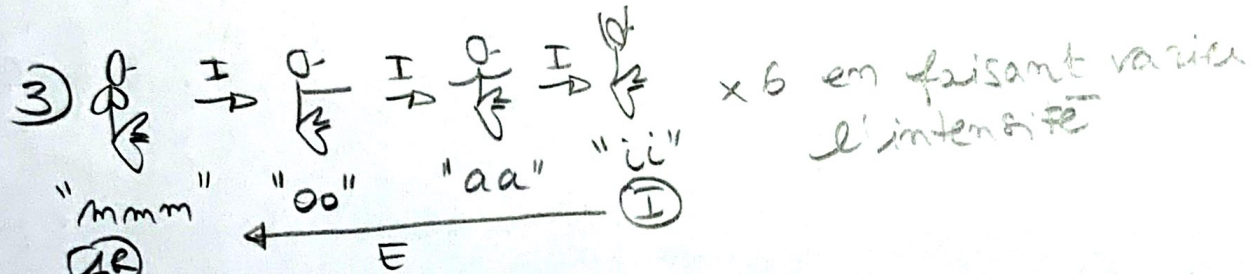
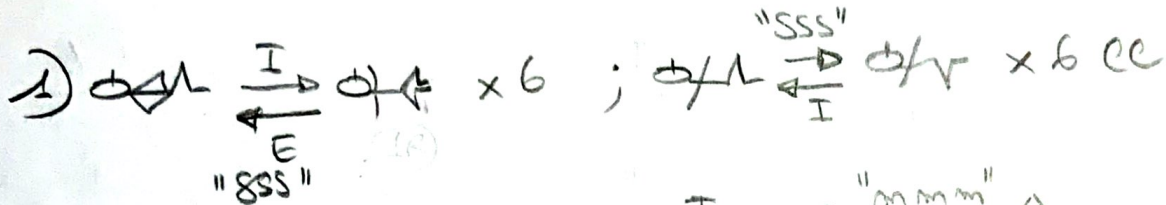
« Ressentir ce qui se passe à la périphérie du corps, au contact entre corps et espace alentour »

STAGE YOGA et ARCHIT - 2^e ESPACE

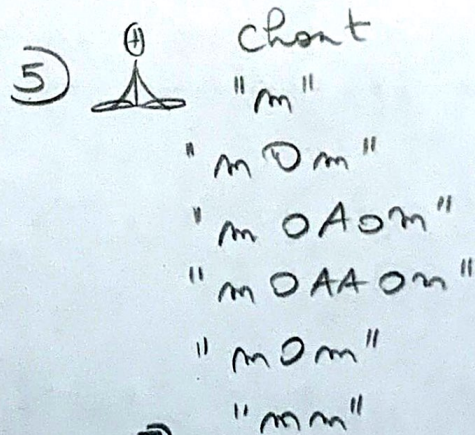
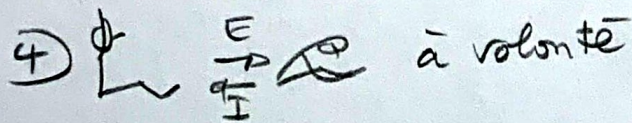
Pratique du Samedi Soir (16/03/24)

BHĀVANA = I = espace du los du ventre

E = espace de la gorge / de la bouche



art de reprendre 1 cycle



« Om namo namaste namah »