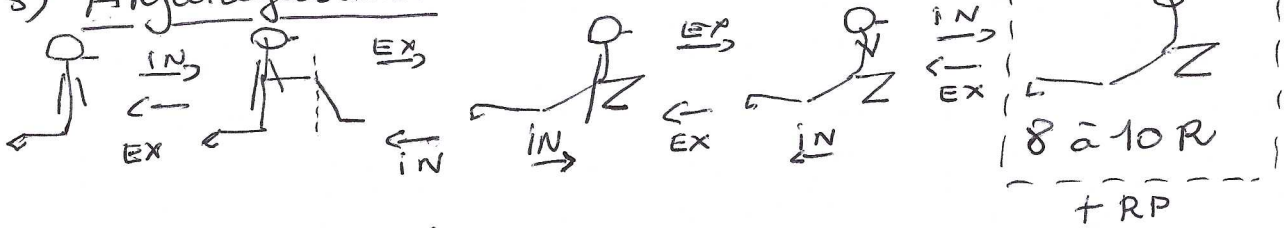
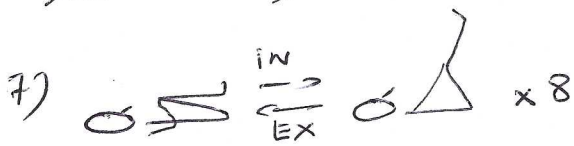
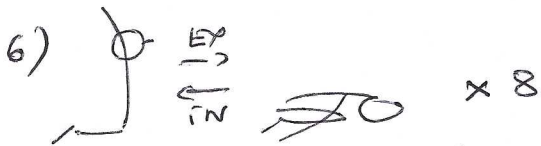


5) Āñjaneyasana



1x de chaque côté



8) 12 R shitali (ou sitkari)
puis chant du mantra
OM ĀÑJANEYAYA NAMAH
2x audible
2x murmuré
2x mental