
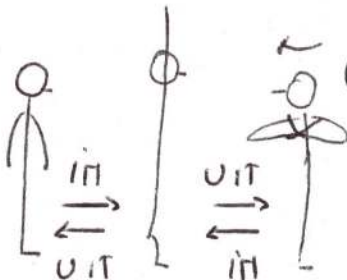
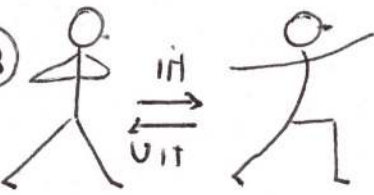


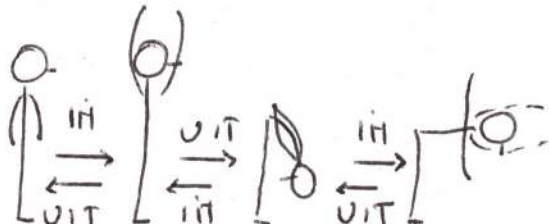
# Yoganesari 3 (dag 2 am)

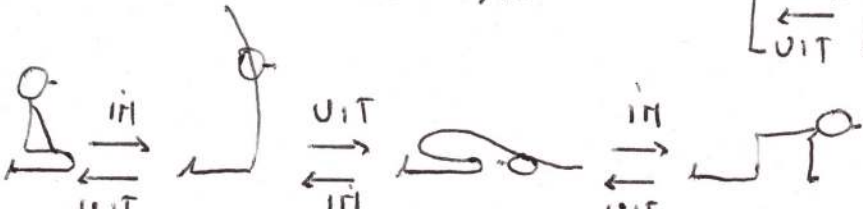
• herhaling savasana + 2 oogkussentjes handen

①  obs.  
hridaya mudra  
of chin mudra

②  (tonic)  
4-6 x afw.  
L/R


③  kelkens  
wat verdu  
4-6 x L, R

④ 

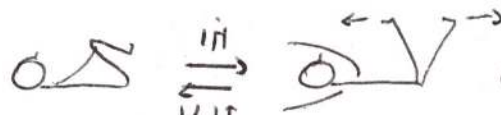
⑤  4-6 x


+  obs.


⑥  3-4 AH handen op hart, dan op buik  
(met: gedachten als wolken) (deels)

⑦  4 x afw. L/R

⑧  4-6 x, met ontspannen

⑨  6 x

⑩  10-12 AH  
met brahmaui TR (laatste heren zachtjes)

⑪  relaxatie met vlammetje in je hart.  
+ pūṇamadah mantrah