



YOGA

YEUX

INTRO

- FONCTION VISUELLE
- ANATOMIE OEIL
- MECANISME VISION
- PROBLEMES VUE
- POINT DE VUE AYURVEDA

- BRANCHES MEDICALES & DOSHAS POUR YEUX SELON AHARA, VIHARA & MANOYAPARA

- DR (BATES) & SES DEGRUENTES
- NAISSANCE EXPERTS

- DR (AGARWAL) - SYNTHESE ≠ MEDICINES VINAN (VYAS) PAS DE PLUS AUC AVEC AYURVEDA

ANNEXES

- OUTROUVER? SE FORMER? GLOSSAIRE
- INFOS PRATIQUES
- DU MEME AUTEUR
- LIENS
- BIBLIO

- QUESTIONS/REponses
- TABLÉAU RÉCAPITULATIF PRATIQUES

- STE HILDEGARDE DE BINGEN
- HOMÉOPATHIE

- AUTRES APPROCHES
- VISION INCONSCIENTE & INTERIEURE - PRATHYAHARA

REGARD + LARGE

- BIEN VOIR: RELATIONS ENTRE... & AU DELA
- ESTHETIQUE: DESTINATION VISION/EXPRESSION MENTAL/ESPRIT

- BIENFAITS YOGA NIDRA POUR VISION EXTERIEURE & INTERIEURE
- AMELIORATION PAR HATHA YOGA
- SOIN UVOÛ BIEN

- YOGIQUES & AYURVEDIQUES
- PRANAYAMA
- RESPIRATIONS

- EDUCATION/ PEDAGOGIE
- VIE QU'ON DIVERNE

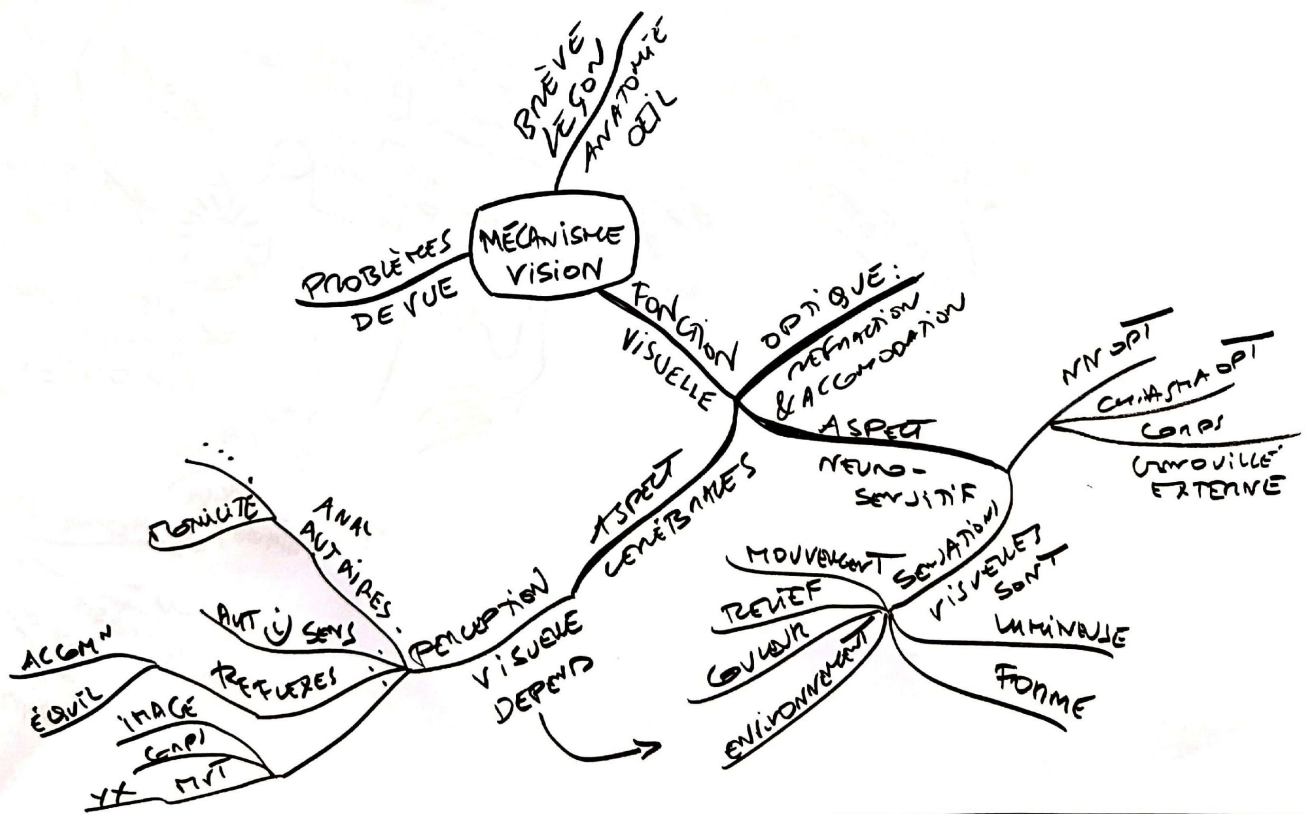
- AGRAVANTS
- REMEDES
- BOISSONS
- ALIMENTS
- NUM - TRÈMPE
- DETOX
- RENOUVELLEMENT

- ASANAS, POSTURES & ENCHAÎNEMENTS

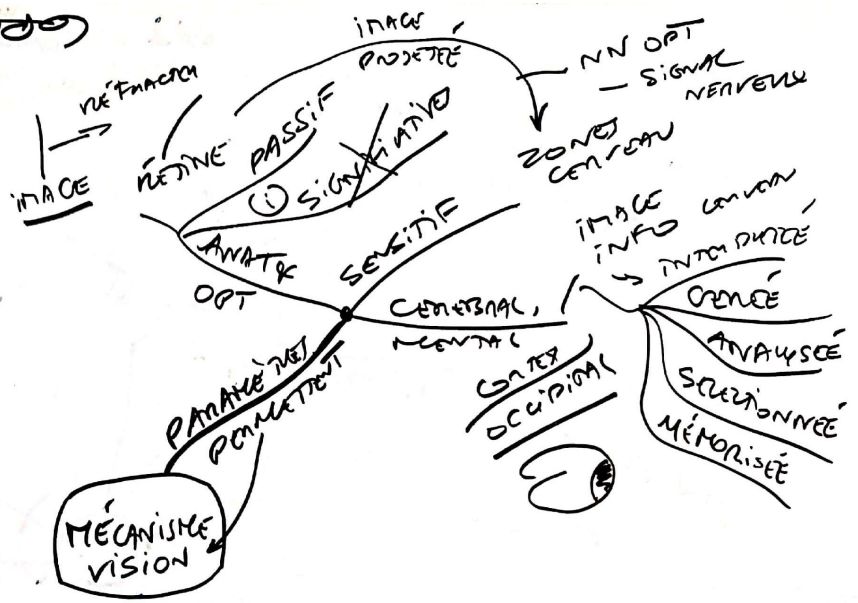
- BOBNE VUE? COMMENT MAINTIEN OU AMELIORATION
- CONDITIONS EVITER VOTRE?

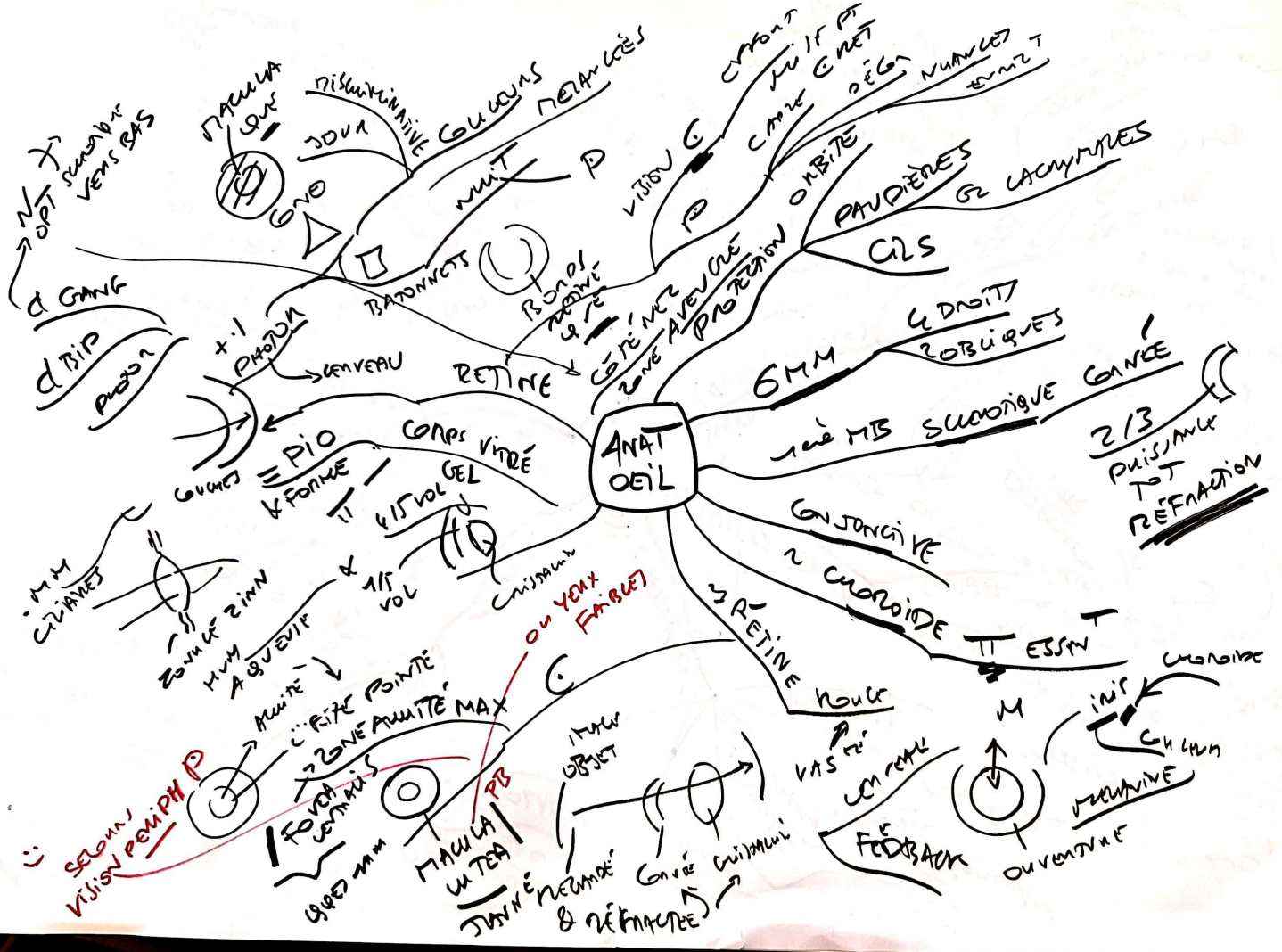
- EXERCICES & SEANCES
- CONSEILS
- ≠ TYPES EXOS
- 120 & OBJECTIFS SEANCE
- 20 POINTS 20 MINUTES
- EXOS PRATIQUES & VARIANTES
- MODELES

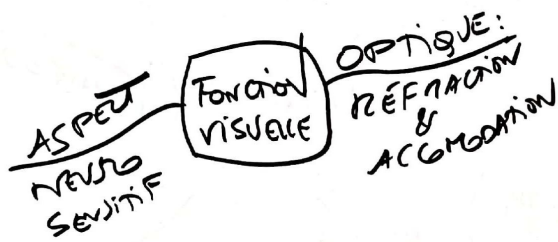
- SOINS & TRAITEMENTS
- POUR VUE AUTRES TÊTE
- HYGIENE FORTIFICATION
- MAQUILLAGE EMBELISSSEMENT
- SHIRODHARA
- SHIROPITCHU
- SHIRO BASTI
- CONSEILS GEN

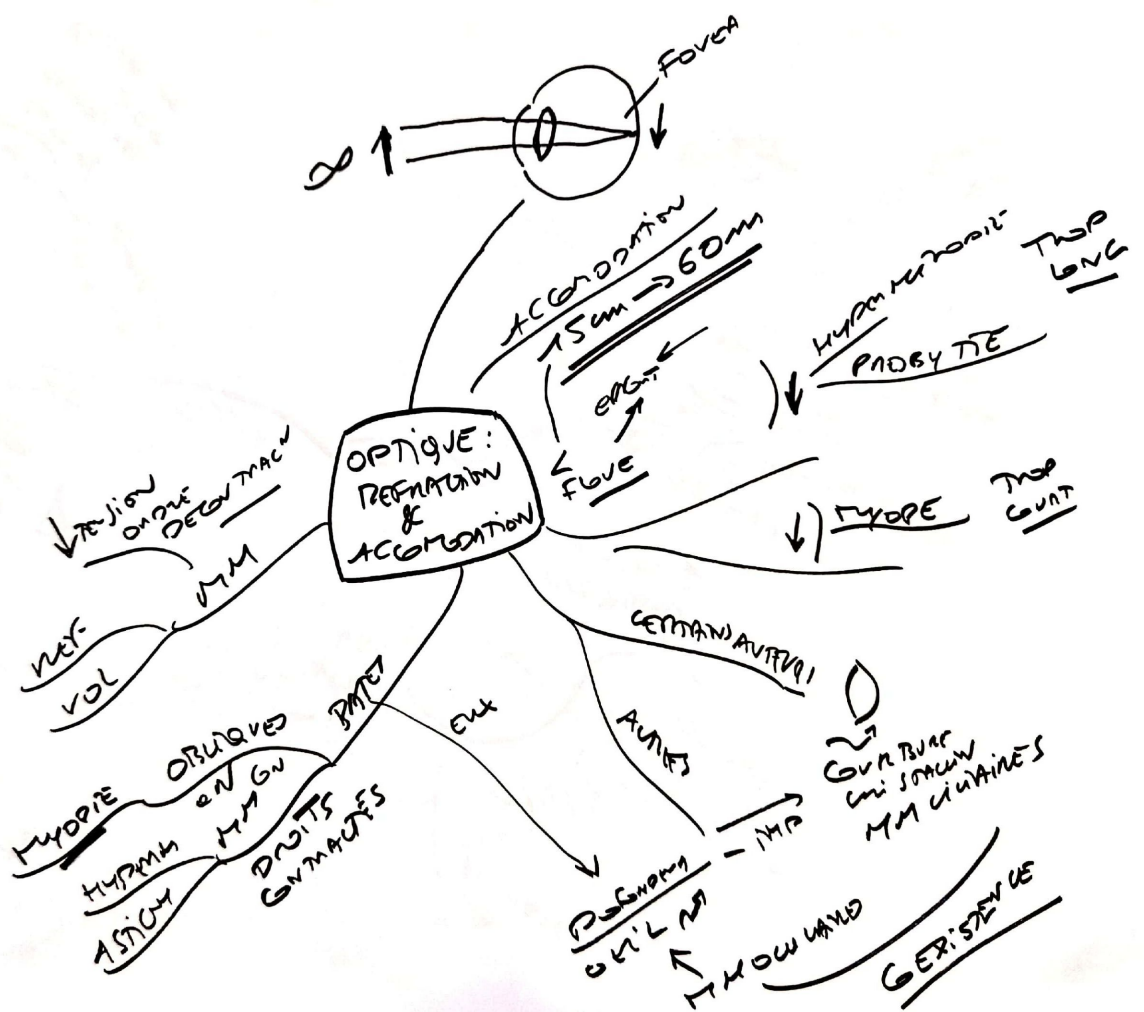


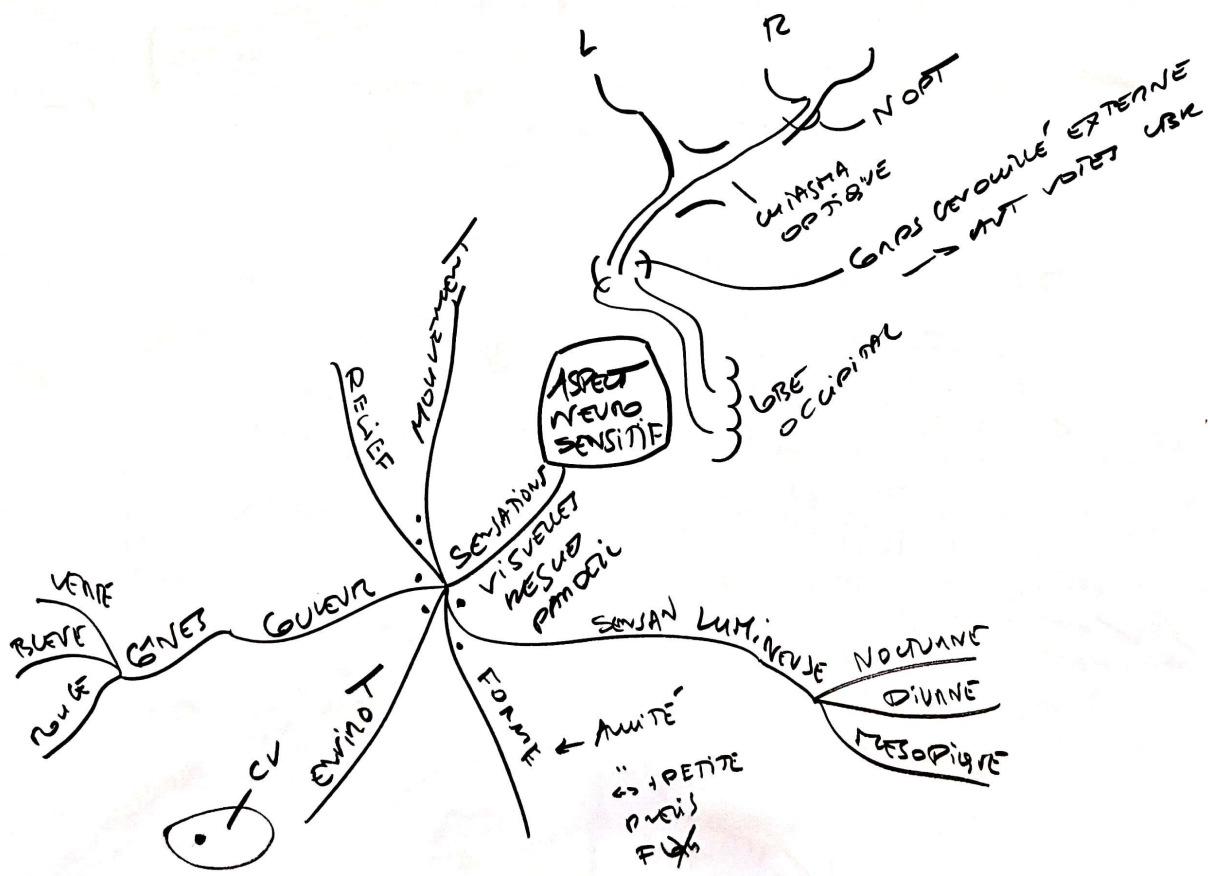
~~CONCEPTS~~





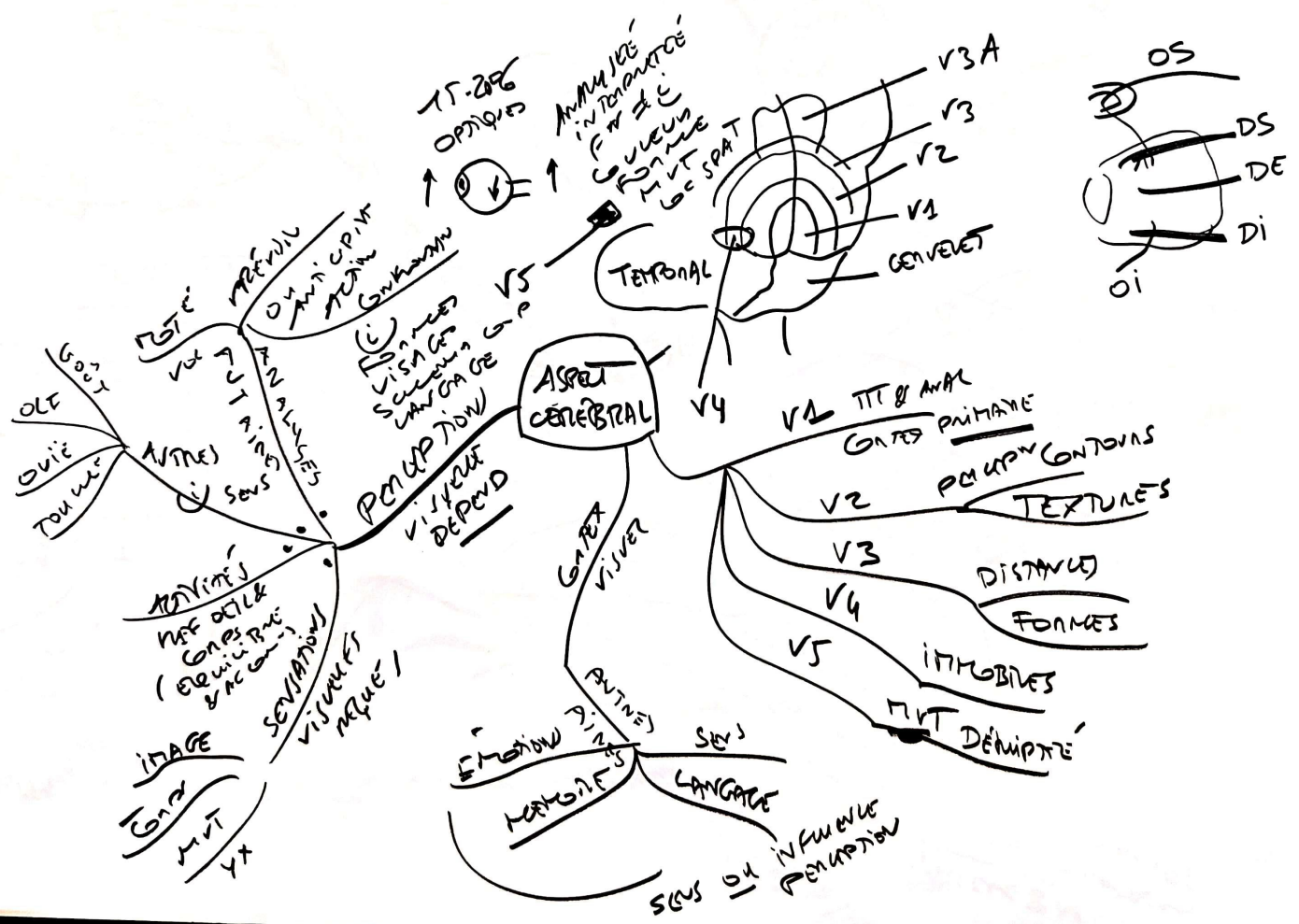


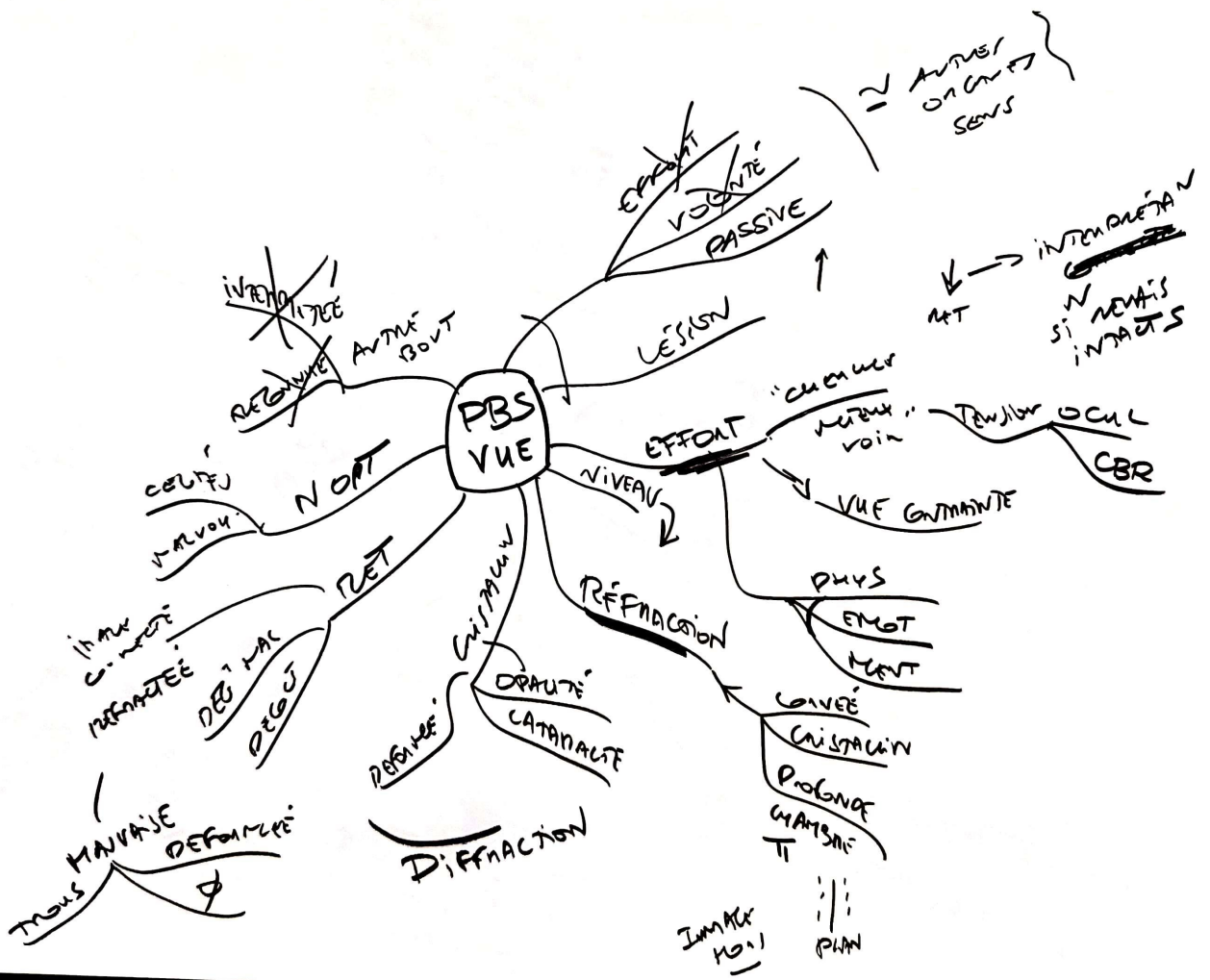


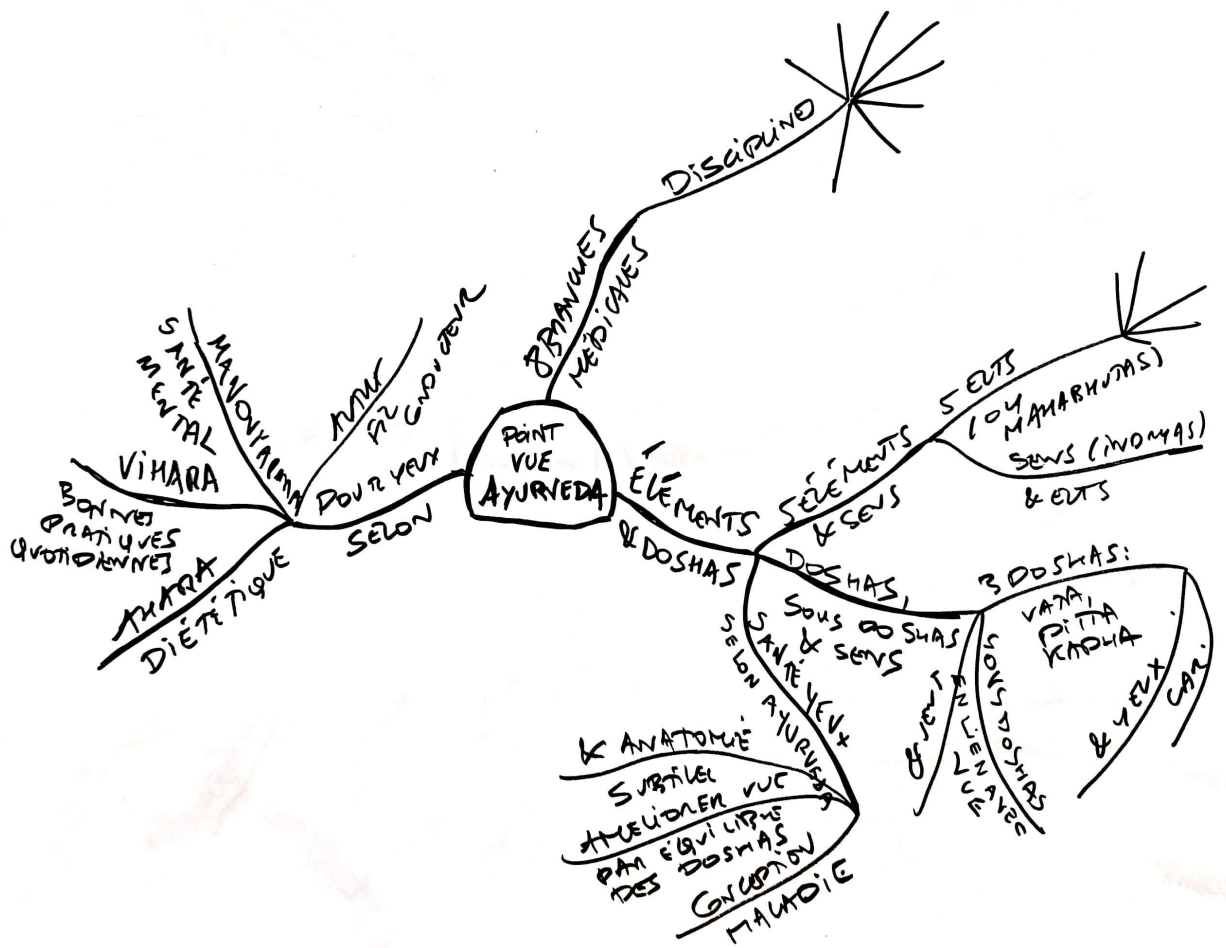


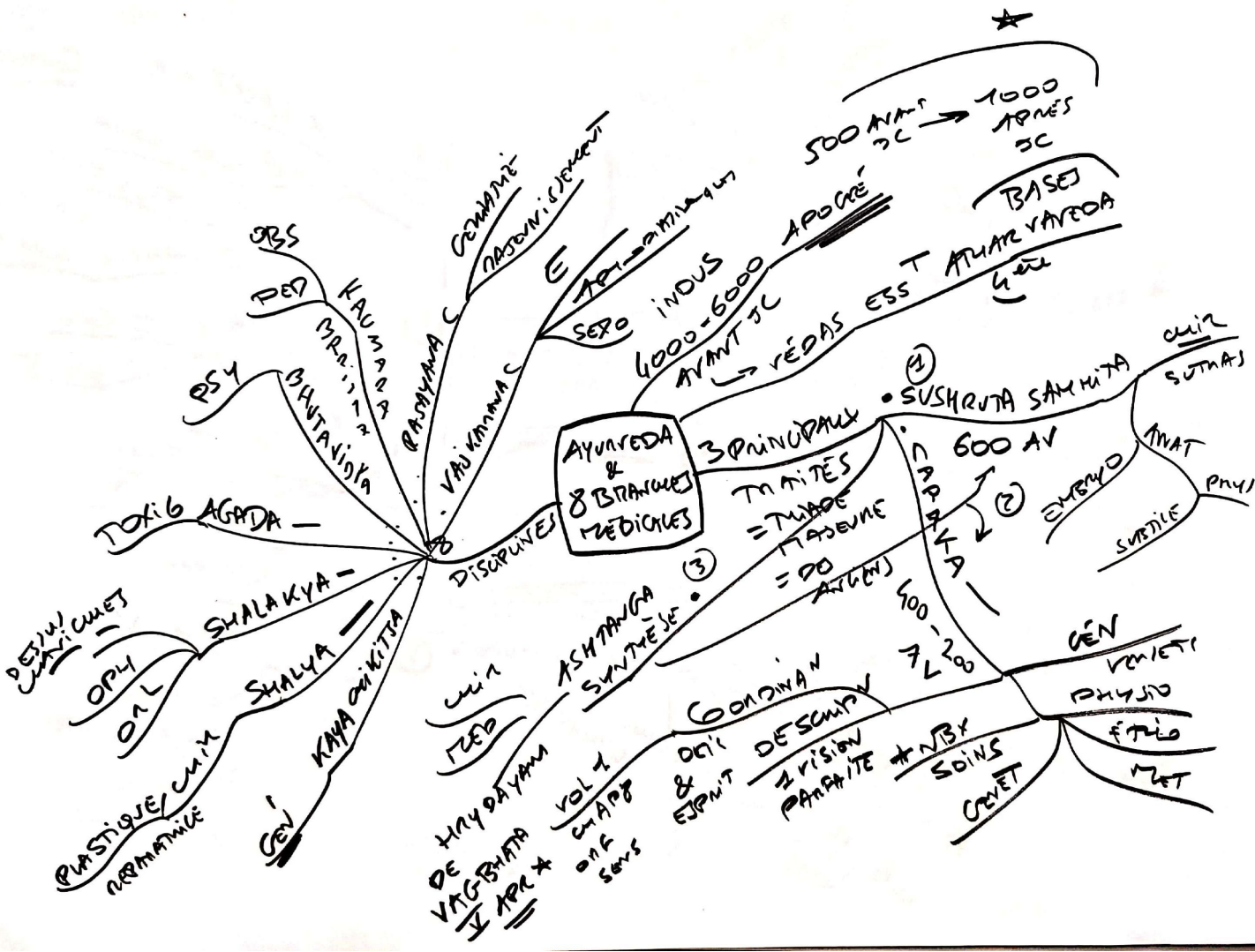
80-85°6

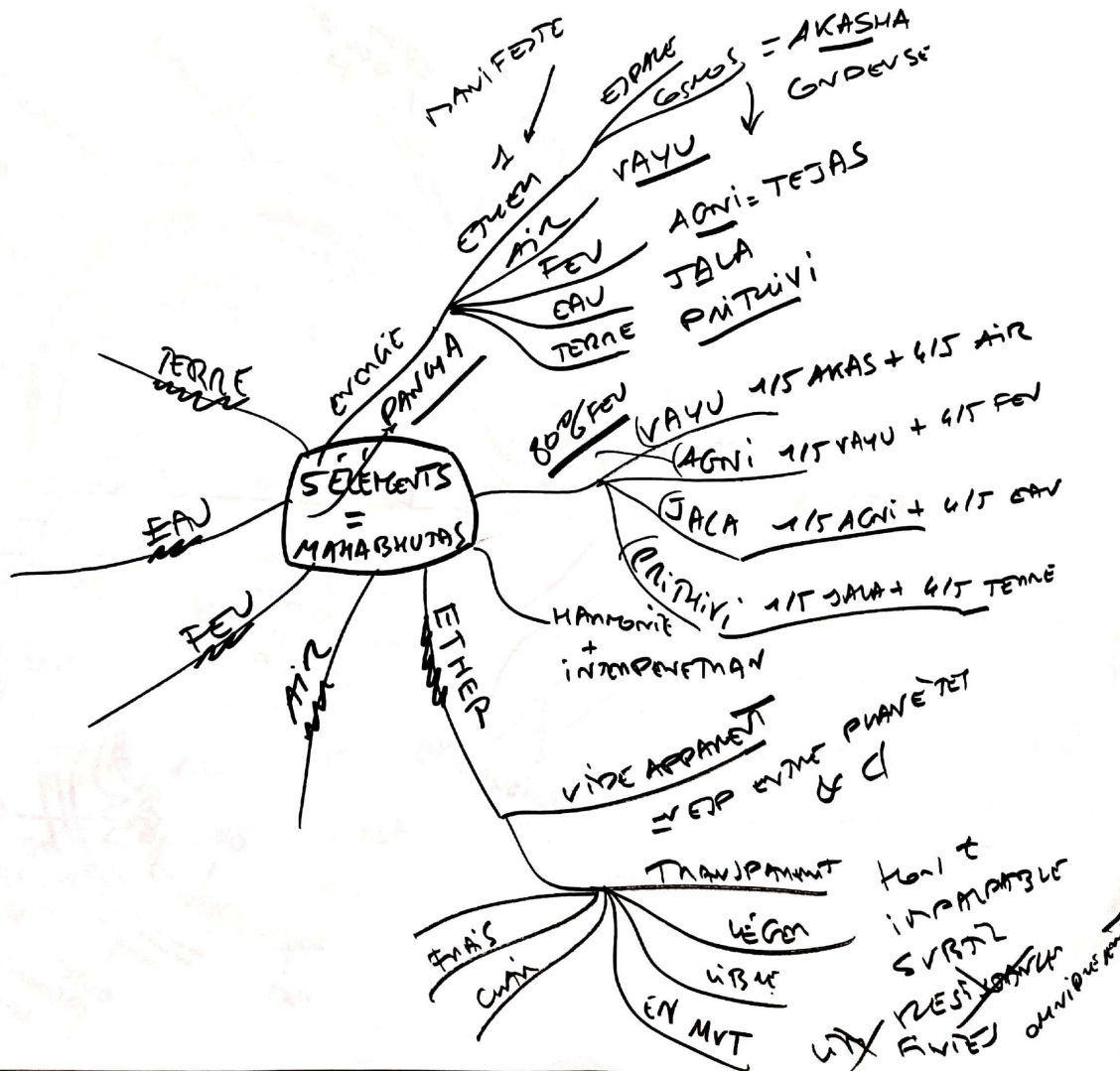
RECONSTRUCTION

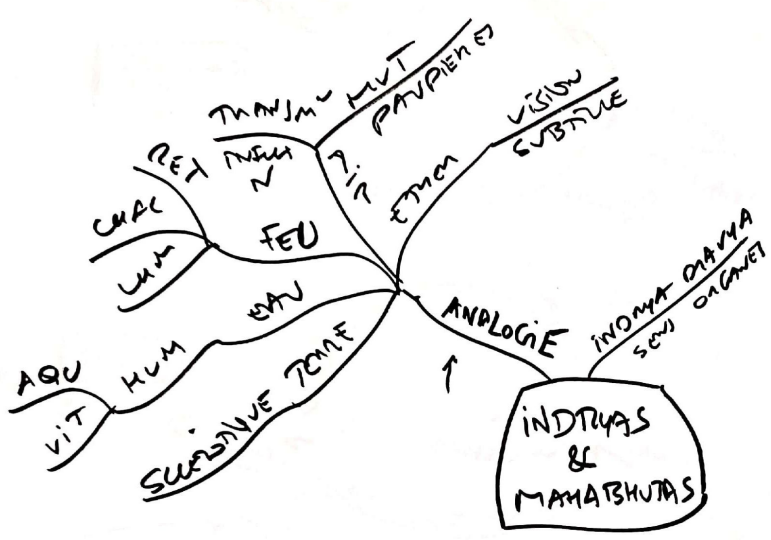












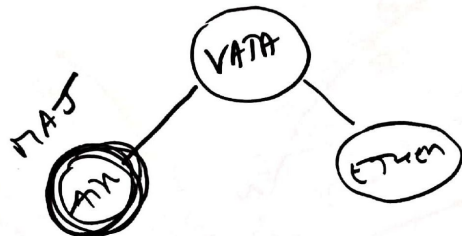
👂	ORAILLES	SON	AUDITION/OUÏE	AKASHA	LEGERETE / FINETE / ESPACE
👋	POISS	TACT	TOUCHER	VAYU	IMPULSION / RUPETE / ORIENTATION
👁	YEUX	LUMIERE	VISION	TEJAS AGNI	BILANUE / MATURE / DIGESTION
👄	LANGUE	GOÛT	GUSTAN	JALA	ROIDEUR / DOUCEUR / ONCTUOSITE & HUMIDITE
👃	NEZ	ODEUR	ODORAT	PATITI	LOUDEUR / SORBITE / SOLIDITE

6D ...

→ L

8M

→ MIE (MAGAN) → ANE



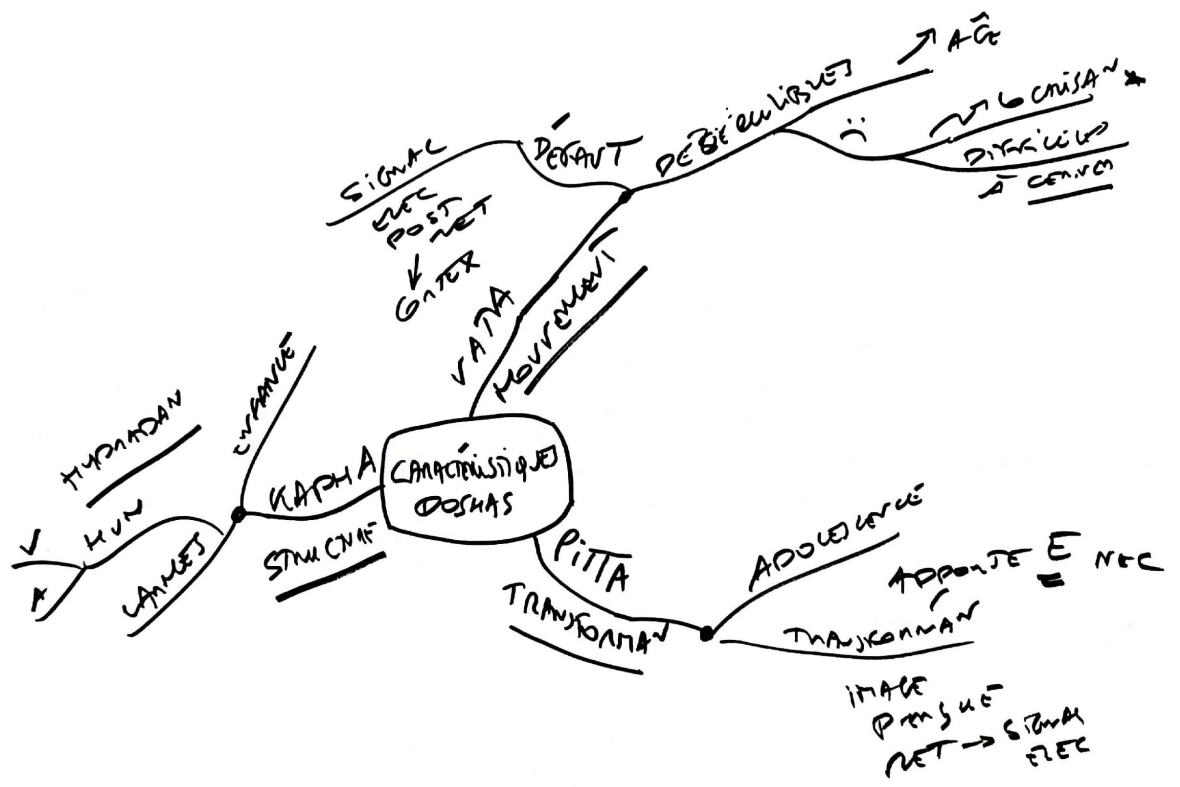
3DOHAS
VATA
PITTA
KAPHA



←
PITTA
MAJ
KAPHA

by - sil - i

FRANJE (MAGAN) REMANÉ



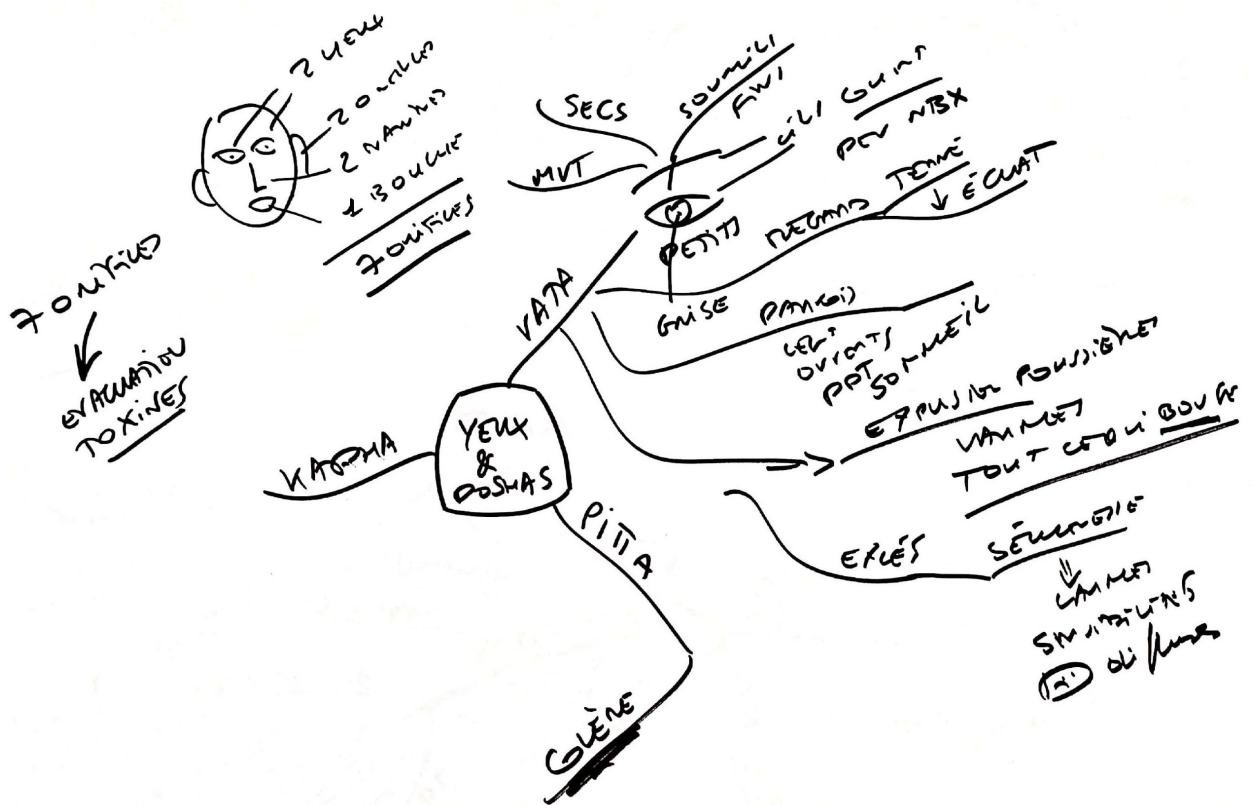
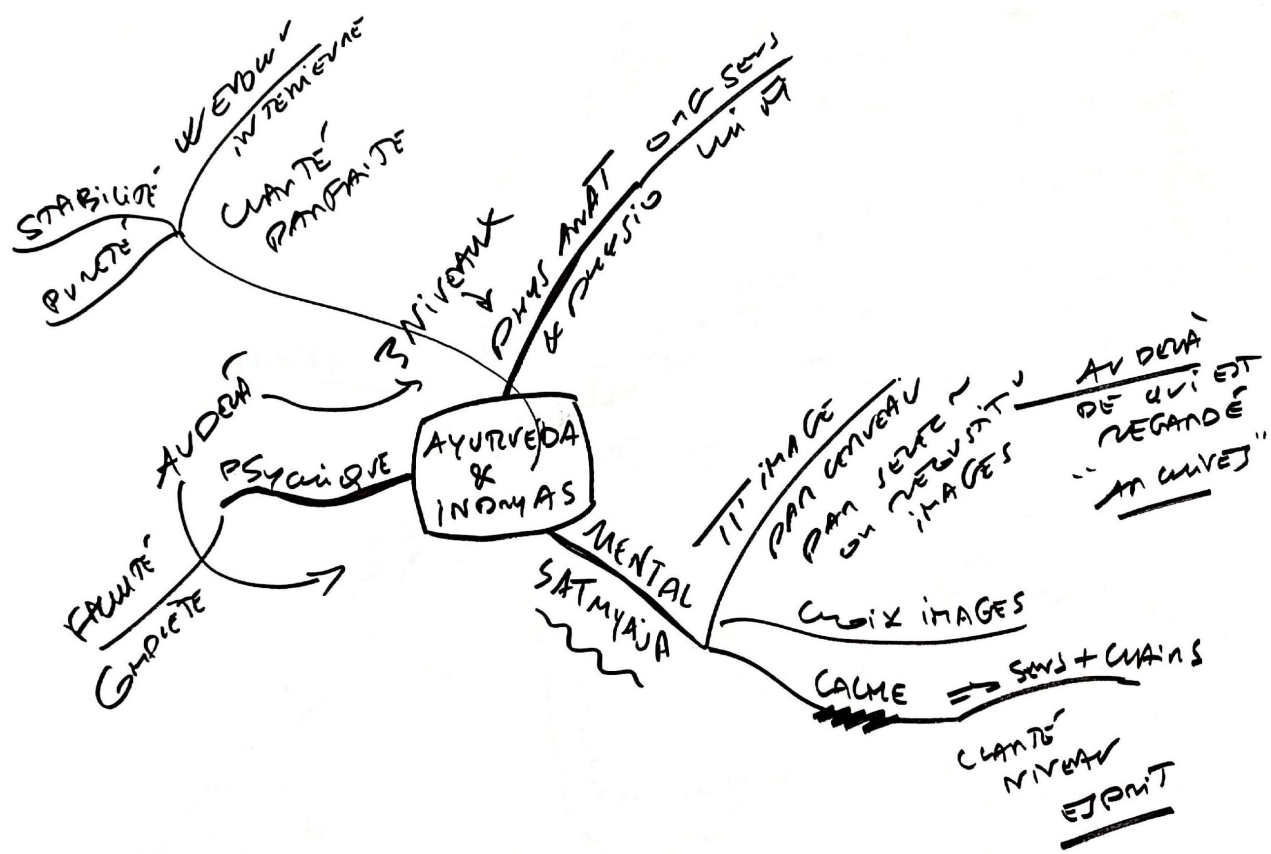
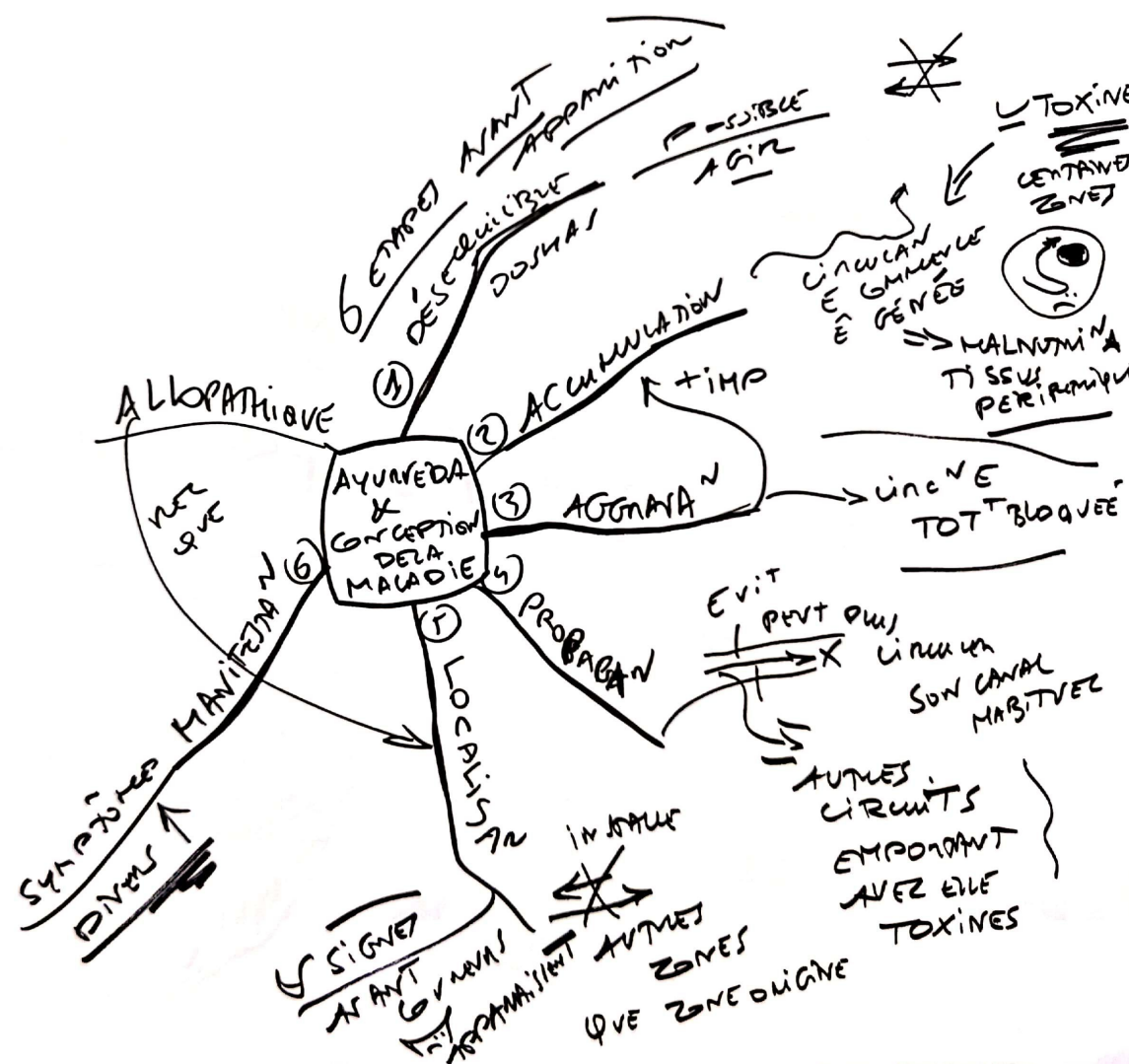


FIGURE 2.1 (REMAN...)

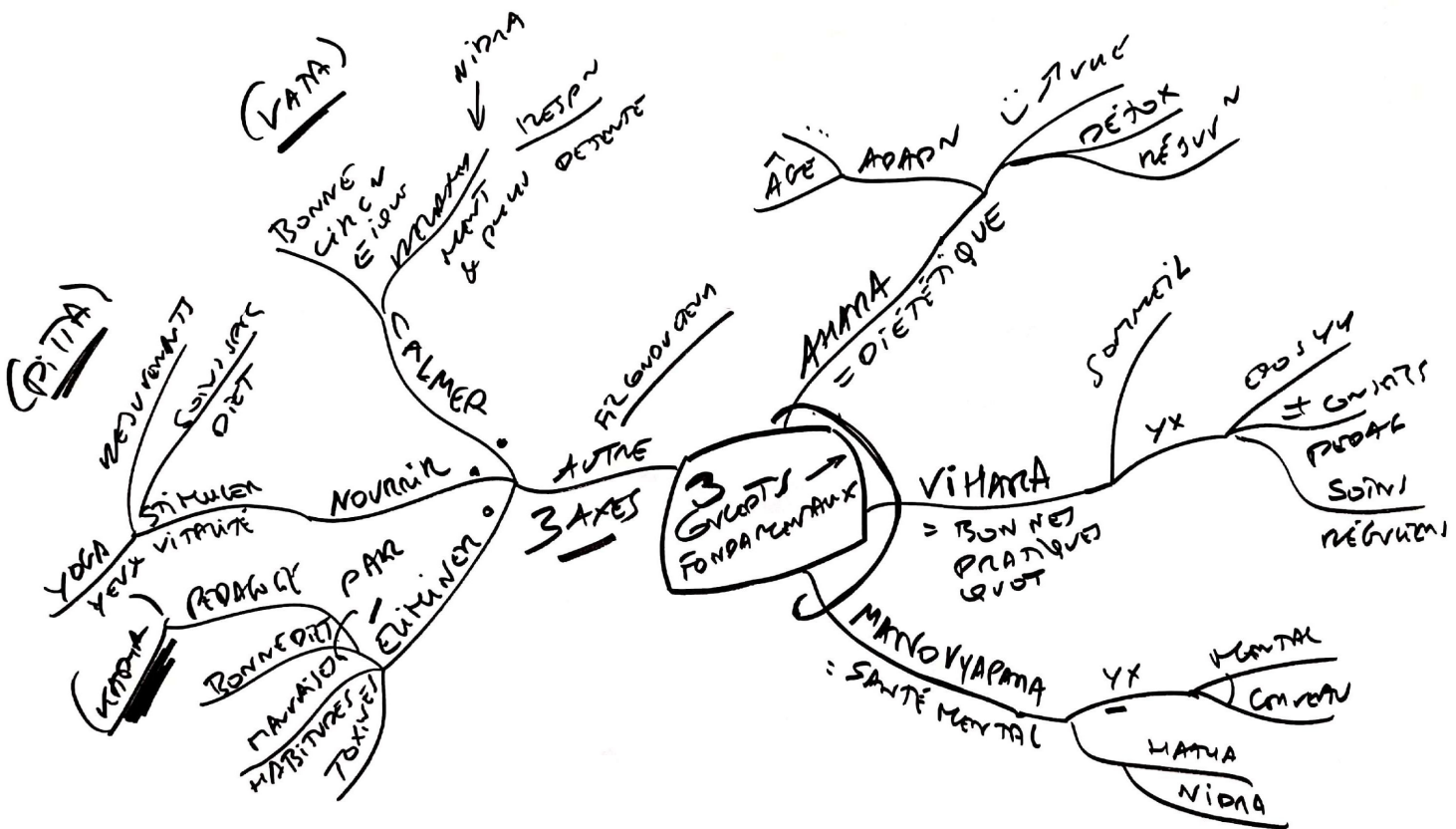
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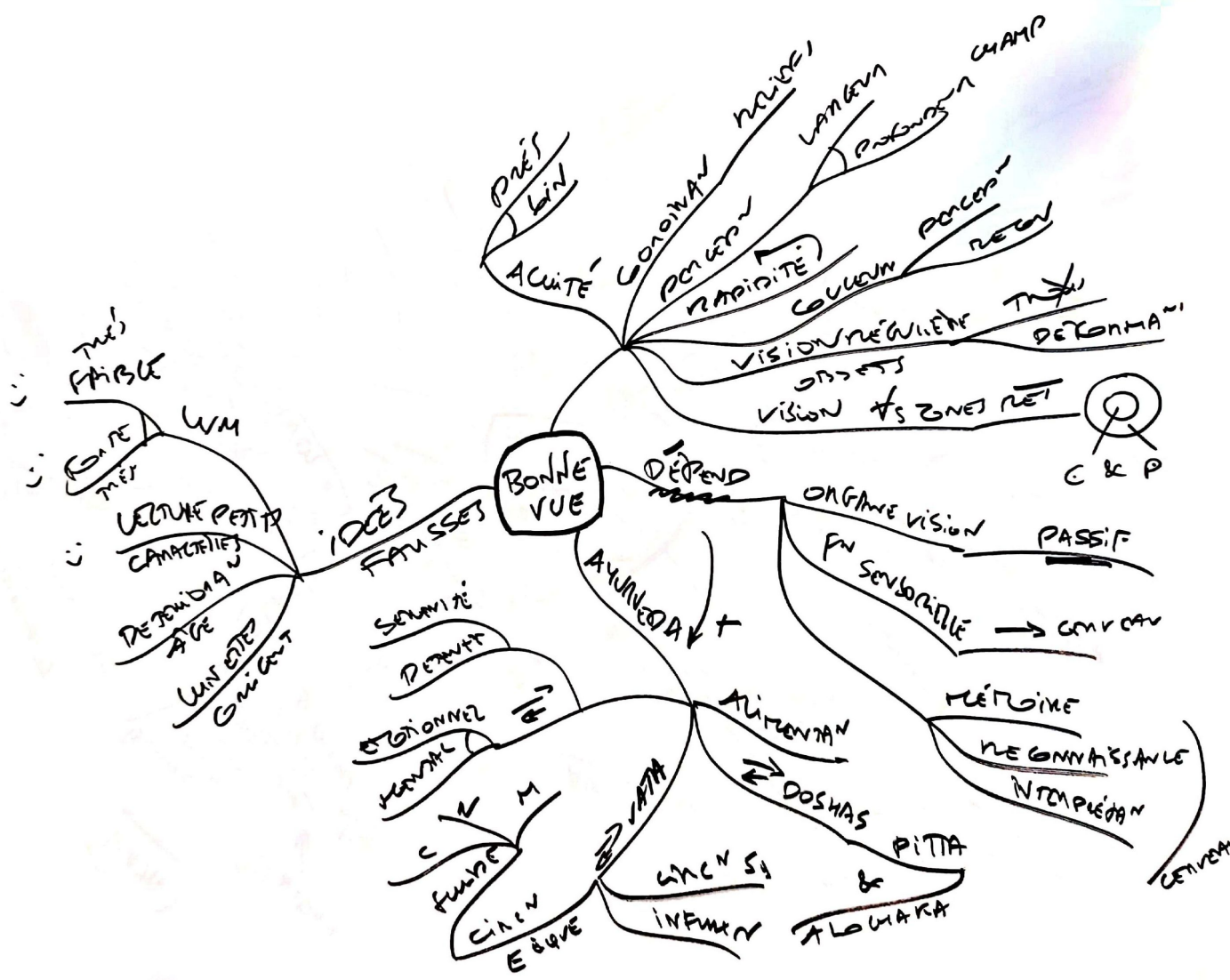
FRANÇOIS / (REMANE)

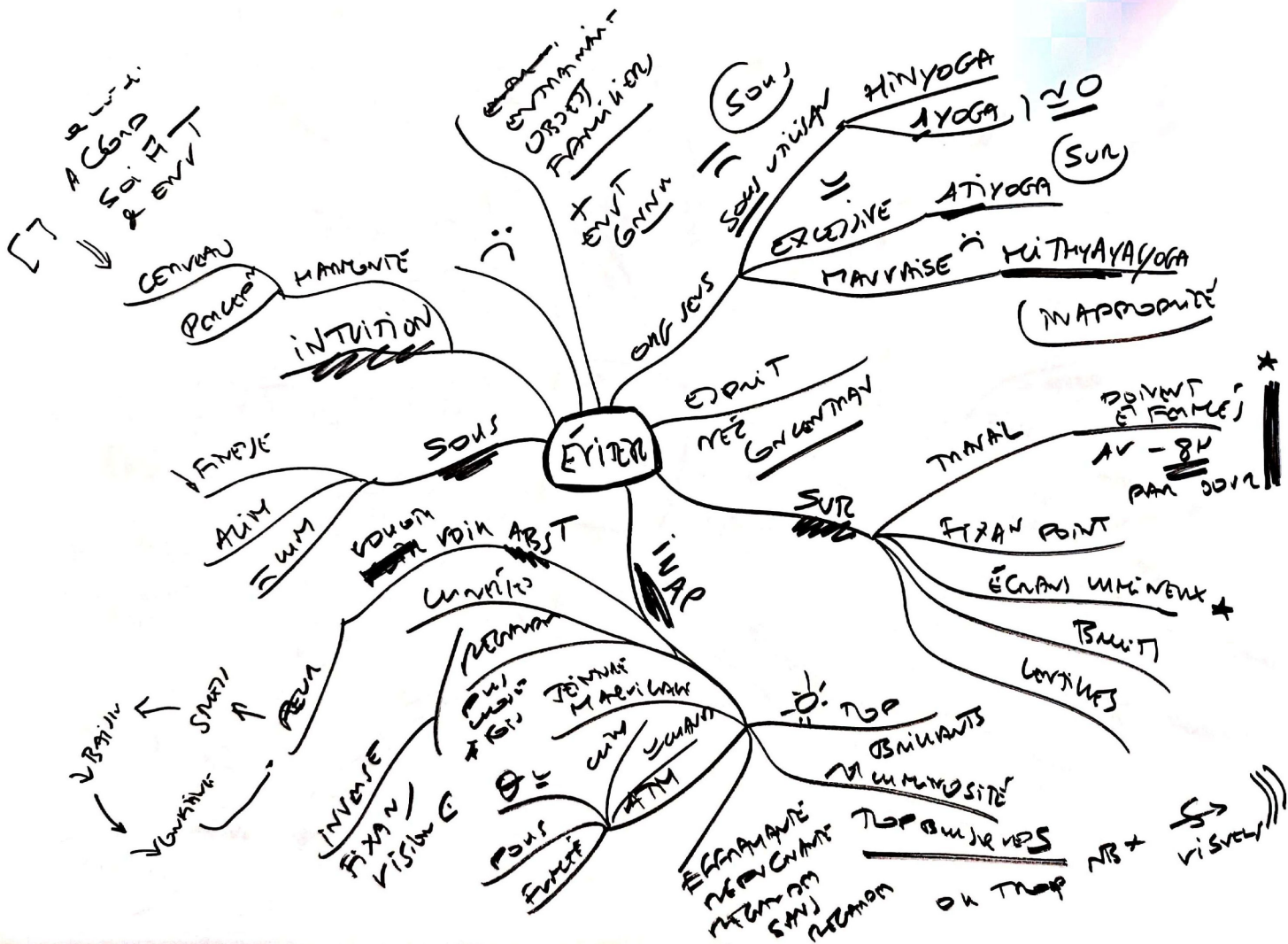






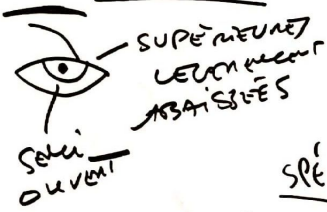






THÉRAPEUTE
VOUS = PARTICIPANT
= PARTNER

RAUPIÈRES
MU-CLOSES



RELAND → HAUT
MONTON BOUGE
PARFÈRES

~~MYOPE~~

~~BOITIÈRES~~

~~DEMANDE~~

20 MINUT & QU'YOGA
INTERESTING
VESSE

~~FONGER~~

VISUALISAN
INTER. BÉNÉFAITS
EMMACSATION

CS

RELAXER

VIDER

AVANT

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MARCHER

EXERCER

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CONSEILS
POUR
PRATIQUE

PA UINDANT
ACCUEILLIR
POLYMER
ACUATEL
PROGNE

DEMANDE
RESUORAT

RECONNAITRE 15-20 MINUT
FIDELITE
JOUR
MADIN

ARRIÈS
AVANT
FAITES
TEST LECTURE
LETTRES

SPÉ

PB
MÉDICALS

MÈNEZ PIÈCE
ESPACE DÉCAGE

VÊTEMENTS
SOUPLES
MATIÈRE
NATURELLE
PIEDS MUS

ARRIÈS

TAPIS SOL

VERME H2O

PLANC OEIL

VETEMENTS RELAXAN

1-2

BOUGE

DU

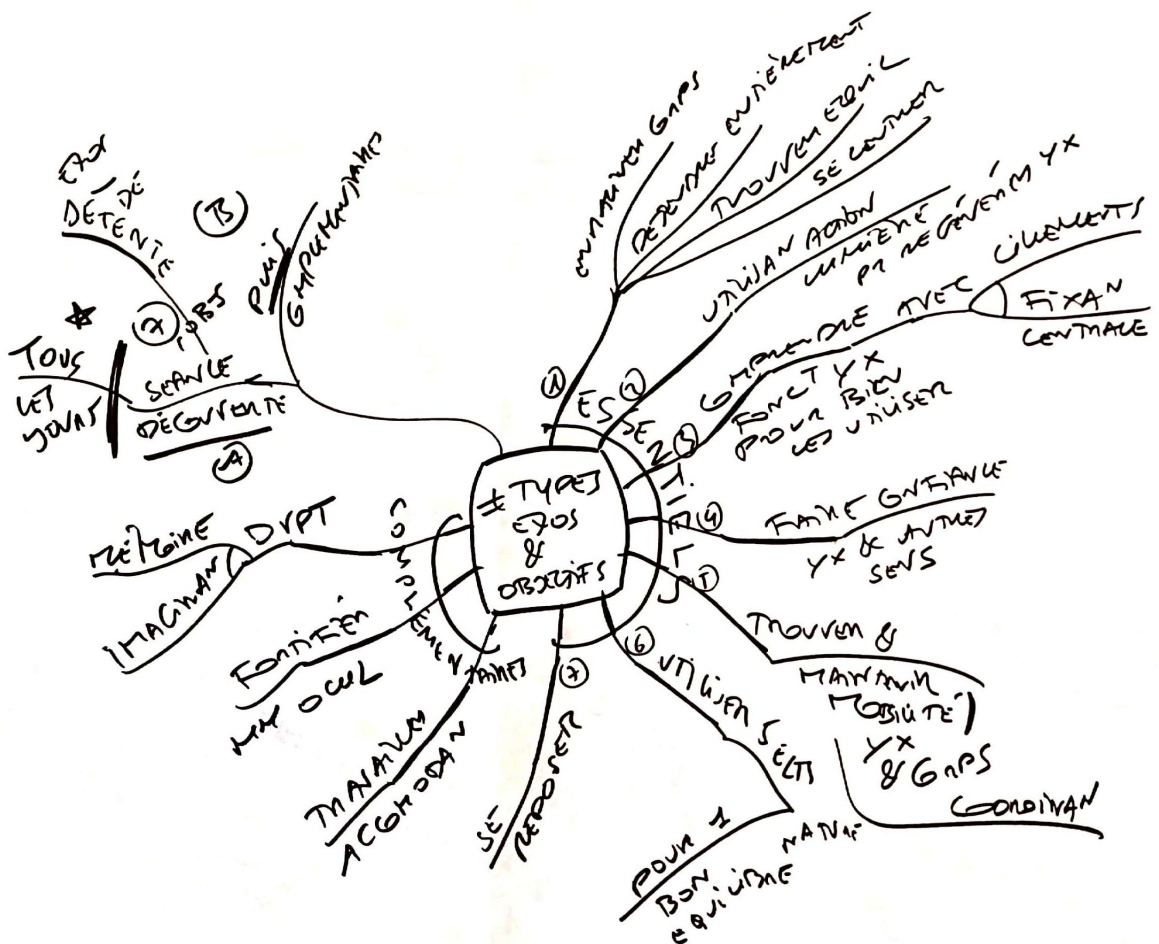
BOUMMISTE

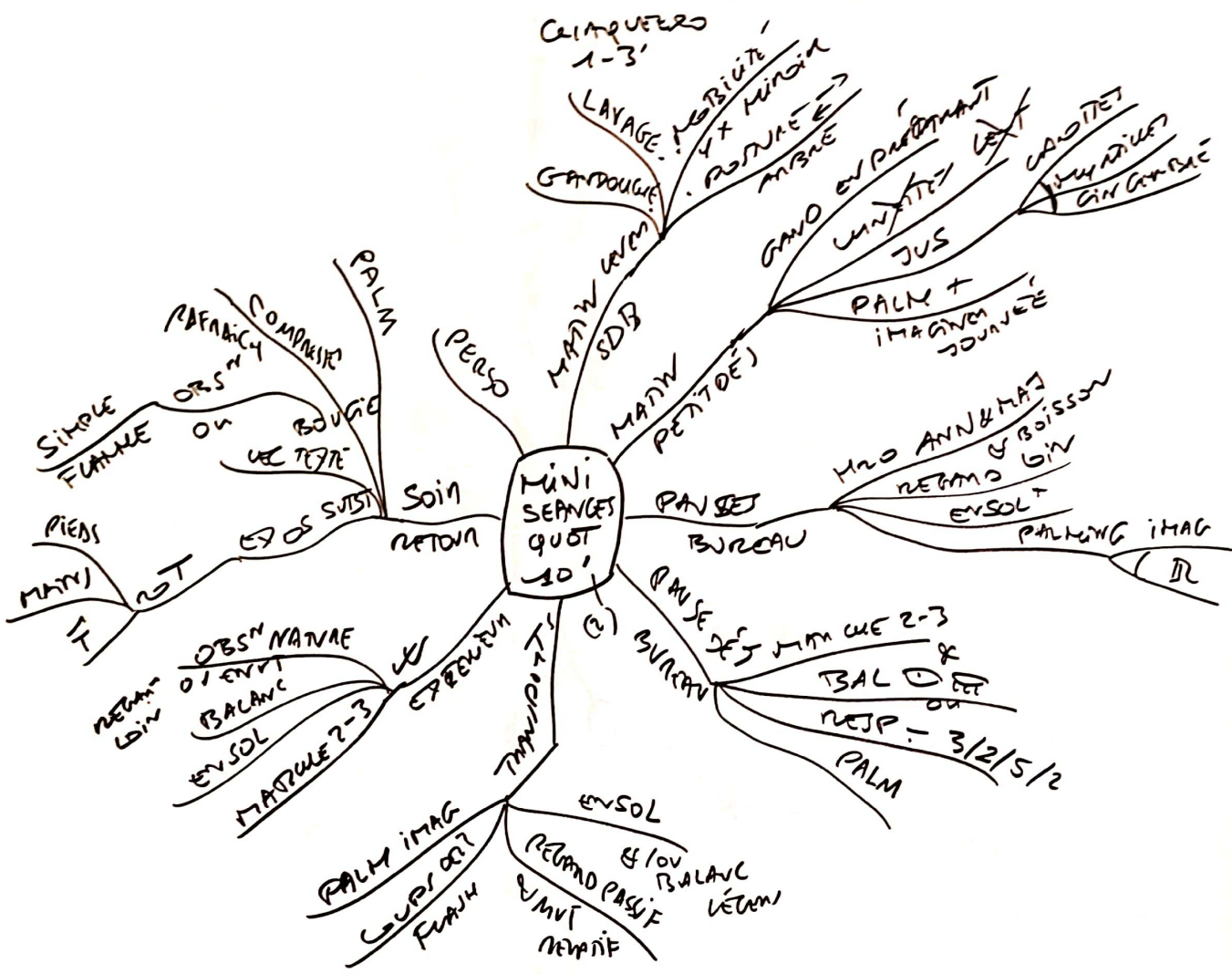
PAR MM

VEINER

SUREMENT

BATES





MARQUE
TCS ENG...

