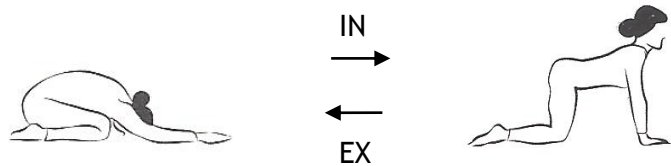


1



IN	PP	EX	PV	
1	0	1	0	2x
1	0	1	1/2	2x
1	1/2	1	0	2x
1	1/2	1	1/2	2x

2



IN = 2 narines
 EX = narine Gauche
 IN = 2 narines
 EX = narine Droite

} 1 cycle



MRGI MUDRA

Rythme :

IN	PP	EX	PV	
1	0	1	0	2x
1	0	1	1/2	2x
1	1/2	1	0	2x
1	1/2	1	1/2	6x
1	0	1	0	2x