

```
<div id="F21064_pop_popup" style="display:none"><div style="display:none"><link
href="https://assets.feedblitzstatic.com/js/tinybox2/style.css" rel="stylesheet" type="text/css"
lazyload="1"><script defer src="https://assets.feedblitzstatic.com/js/tinybox2/tinybox.js"
type="text/javascript"></script><style>.tinner {padding:0; -moz-border-radius:0; border-
radius:0;background:transparent;border:0}</style><script async defer
src="https://assets.feedblitzstatic.com/js/fbz_smartform.js" type="text/javascript"></script><link
rel="stylesheet" type="text/css" href="https://assets.feedblitzstatic.com/fbz_smartform_mini.css"
lazyload="1"></div><style>
```

```
1. F21064_pop_container img {max-width:100%}
```

```
.F21064_pop_fbz_table {border:0;margin:0;border-collapse:separate;table-layout:auto;background-color:inherit
!important;} .F21064_pop_fbz_page {margin:0;padding:0;width:100%;} .F21064_pop_fbz_smartform td
{display:table-cell;} .F21064_pop_fbz_row td,tr:nth-of-type(even),tr:nth-of-type(odd) {padding-top:0.5em;padding-
bottom:0.2em;line-height:1.7em;background-color:inherit!important;} .F21064_pop_fbz_abel,
.F21064_pop_fbz_label, .F21064_pop_fbz_div, .F21064_pop_fbz_fieldtext, .F21064_pop_fbz_fieldlabeltext,
.F21064_pop_fbz_err {border:0;padding:0.5em;font-size:20px;} .F21064_pop_fbz_label,
.F21064_pop_fbz_abel {color:#000000!important;}
```

```
1. F21064_pop_container a {color:#000000!important}
```

```
.F21064_pop_fbz_fieldtext, .F21064_pop_fbz_fieldlabeltext {padding-top:0.7em;padding-
bottom:0.7em;color:#000000;}
```

```
1. F21064_pop_container input {color:#000000}
```

```
.F21064_pop_fbz_fieldlabeltext {} .F21064_pop_fbz_title, .F21064_pop_fbz_title * {line-
height:1.3em;padding:0.5em;text-align:center;border:0;color:#000000;} .F21064_pop_fbz_err,
.F21064_pop_fbz_invalid {padding:0.5em;margin:0.5em;color:red;border:3px solid red;background-
color:rgba(255,255,255,0.5);font-weight:bold;display:none;} .F21064_pop_fbz_invalid {color:#F80;border:3px
solid #F80;} .F21064_pop_fbz_palette, .F21064_pop_fbz_fielddef, .F21064_pop_fbz_input_container,
.F21064_pop_fbz_input {padding:0.5em;line-height:1.7em;background-color:#ffffff!important;color:#000000
!important;border:1px solid #aaaaaa;border-radius:4px;-moz-border-radius:4px;font-size:20px;margin-right:2px;}
.F21064_pop_fbz_input_container {border:0;padding-left:0;padding-top:0;padding-bottom:0;margin-
right:4px;background-color:inherit!important;} .F21064_pop_fbz_input {height:inherit;box-sizing:border-box;}
.F21064_pop_fbz_inputtype=%22color%22 {height:1.5em;} .F21064_pop_fbz_buttontype=%22button%22,
.F21064_pop_fbz_button {padding:0.5em;line-height:1.7em;background:#e0e0e0;background-
color:#e0e0e0;background-image: -webkit-gradient(linear, left top, top bottom, from(#e0e0e0),
to(#ffffff));background-image: -webkit-linear-gradient(top, #e0e0e0, #ffffff);background-image: -moz-linear-
gradient(top, #e0e0e0, #ffffff);background-image: -ms-linear-gradient(top, #e0e0e0, #ffffff);background-image: -
o-linear-gradient(top, #e0e0e0, #ffffff);background-image: linear-gradient(top, #e0e0e0, #ffffff);border:1px solid
#aaaaaa;border-radius:4px;-moz-border-radius:4px;font-size:20px;text-align:center;margin:0.2em;cursor:pointer;}
.F21064_pop_fbz_buttontype=%22button%22:hover, .F21064_pop_fbz_button:hover
{background:#ffffff!important;transition: background-color 0.5s ease;}
.F21064_pop_fbz_buttontype=%22button%22:active, .F21064_pop_fbz_button:active
{background:#cfcfcf!important;transition: background-color 0.5s ease;}
.F21064_pop_fbz_buttondisabled=disabled, .F21064_pop_fbz_buttontype=%22button%22:disabled,
```

.F21064_pop_fbz_buttontype=%22button%22:disabled:focus,
.F21064_pop_fbz_buttondisabled:disabled,.F21064_pop_fbz_buttondisabled,.F21064_pop_fbz_button:disabled,.F21064_pop_fbz_button:disabled:focus {opacity:0.5;transition: background-color 0.5s ease;} .F21064_pop_fbz_footer {padding:0.5em;line-height:1.7em;color:#000000 !important;font-size:20px;text-align:center;border:0;}
.F21064_pop_fbz_row:hover {background: rgba(251,248,231,0.5)!important;-o-transition: all 0.1s ease-in-out;-webkit-transition: all 0.1s ease-in-out;-moz-transition: all 0.1s ease-in-out;-ms-transition: all 0.1s ease-in-out;transition: all 0.1s ease-in-out;} .F21064_pop_fbz_row_nohover:hover {background:transparent;}
.F21064_pop_fbz_form {border:4px solid #ffa000;background-color:#fafafa;border-radius:20px;-moz-border-radius:20px;overflow:hidden;padding:0;line-height:1.3em;font-size:20px;} .F21064_pop_fbz_form div {font-size:20px;line-height:1.3em;} .F21064_pop_fbz_form tbody {border:0;padding:0;margin:0;font-size:20px;}
.F21064_pop_fbz_form td {border:0;margin:0;font-size:20px;} @media only screen and (max-width: 420px) {
.F21064_pop_fbz_label{display:none !important;padding:0 !important;}
.F21064_pop_fbz_abel{display:block;} .F21064_pop_fbz_tabcell {display:block!important;}} </style> <div id="F21064_pop_container" align="center" style="padding:0.5em;clear:both;"><form method="POST" name="F21064" id="F21064_pop" style="display:block;margin:auto;max-width:700px;"
action="https://app.feedblitz.com/f/f.Fbz?Join" > <div name="F21064hh"><input style="display:block" aria-hidden="true" type="email" name="email_" value=""><input style="display:block" aria-hidden="true" type="email" name="email_address" value=""><input style="display:block" aria-hidden="true" type="email" name="_email" value=""><script>var i=0;var
x=document.getElementsByName('F21064');for(i=0;i<x.length;i++){xi.email_.style.display='none';xi.email_address.style.display='none';xi._email.style.display='none';xi.action='https://app.feedblitz.com/f/f.Fbz?Join';}var
y=document.getElementsByName('F21064hh');for(i=0;i<y.length;i++){yi.style.display='none';}}</script><input type="hidden" name="subcf" value="1"><input type="hidden" name="formid" value="F21064"></div>
<table cellpadding="0" cellspacing="0" border="0" class="F21064_pop_fbz_table" style="table-layout:fixed;max-width:100%;"><tr> <td class="F21064_pop_fbz_form" > <table cellpadding="0" cellspacing="0" border="0" width="100%" class="F21064_pop_fbz_table"><tr><td class="F21064_pop_fbz_title" style="padding:0.7em;border-radius:16px 16px 0 0;-moz-border-radius:16px 16px 0 0;"> <div style="padding:0.5em;font-size:160%;display:block;">Groupe - Yoga - Community</div> </td></tr></table>
<table border="0" cellpadding="6" cellspacing="0" align="center" width="100%" class="F21064_pop_fbz_table" style="border-radius:16px"> <tr class="F21064_pop_fbz_row"><td class="F21064_pop_fbz_label" style="padding-top:0.7em;padding:0"></td><td style="padding-left:0.5em;padding-right:0.5em;width:100%"><div class="F21064_pop_fbz_text" style="margin-bottom:0.3em;text-align:Default;color:#000000;">Votre courriel - Your email:<b style="color:red" title="Required">*</div><div class="F21064_pop_fbz_input_container" style="background-image:none;padding-right:0;"> <input class="F21064_pop_fbz_input" type="text" name="email" id="F21064_pop_email" value="" alt="Comment vous rejoindre?" title="Comment vous rejoindre - How can we reach you?" placeholder="Comment vous rejoindre?" onclick="clickclear(this,'F21064_pop')"
onfocus="clickclear(this,'F21064_pop') onblur="clickrecall(this)" width="100%" style="width:100%;padding-right:0;" fbz_val="validateEmail"></div></td></tr> <tr class="F21064_pop_fbz_row"><td class="F21064_pop_fbz_label" style="padding:0"></td><td style="padding-left:0.5em;padding-right:0.5em;width:100%"><div class="F21064_pop_fbz_text" style="margin-bottom:0.3em;text-align:Default;color:#000000;">Nom - Name<b style="color:red" title="Required">*</div><div class="F21064_pop_fbz_input_container" style="background-image:none;padding-right:0;"> <input

class="F21064_pop_fbz_input" type="text" name="MonNomEst" id="F21064_pop_MonNomEst" value="" alt="SVP n utilisez pas d accents en francais comme par exemple le c cedille ou le e accent aigue lorsque vous choisissez votre nom d utilisateur p c q ca cree un bogue" title="SVP n utilisez pas d accents en francais comme par exemple le c cedille ou le e accent aigue lorsque vous choisissez votre nom d utilisateur p c q ca cree un bogue" placeholder="SVP n utilisez pas d accents en francais comme par exemple le c cedille ou le e accent aigue lorsque vous choisissez votre nom d utilisateur p c q ca cree un bogue" onclick="clickclear(this,'F21064_pop')" onfocus="clickclear(this,'F21064_pop')" onblur="clickrecall(this)" width="100%" style="width:100%;padding-right:0;"></div></td></tr> <tr class="F21064_pop_fbz_row"><td class="F21064_pop_fbz_label" style="padding:0"></td><td style="padding-left:0.5em;padding-right:0.5em;width:100%"><div class="F21064_pop_fbz_text" style="margin-bottom:0.3em;text-align:Default;color:#000000;">Voici les choix - Here are the choices -><b style="color:red" title="Required">*</div><div class="F21064_pop_fbz_input"><label><input class="F21064_pop_fbz_input" type="checkbox" name="feedid" id="F21064_pop_feedid" style="width:auto" value="785666" alt="Choisissez - Elles sont toutes gratuites - Choose to join - They're all Free" title="Choisissez - Elles sont toutes gratuites - Choose to join - They're all Free" >Daniel en liberté (!)</label>
<label><input class="F21064_pop_fbz_input" type="checkbox" name="feedid" id="F21064_pop_feedid_1" style="width:auto" value="1115116" alt="Choisissez - Elles sont toutes gratuites - Choose to join - They're all Free" title="Choisissez - Elles sont toutes gratuites - Choose to join - They're all Free" >Newsletter in English for Satoshi.Yoga</label>
<label><input class="F21064_pop_fbz_input" type="checkbox" name="feedid" id="F21064_pop_feedid_2" style="width:auto" value="1116115" alt="Choisissez - Elles sont toutes gratuites - Choose to join - They're all Free" title="Choisissez - Elles sont toutes gratuites - Choose to join - They're all Free" >Shastra - Sastra - Déontologie Morale - Ethic - Virtue (FR & EN)</label>
<label><input class="F21064_pop_fbz_input" type="checkbox" name="feedid" id="F21064_pop_feedid_3" checked style="width:auto" value="747405" alt="Choisissez - Elles sont toutes gratuites - Choose to join - They're all Free" title="Choisissez - Elles sont toutes gratuites - Choose to join - They're all Free" >YogaPartout - Info Lettre générale</label></div></td></tr> <tr class="F21064_pop_fbz_row_nohover" F21064_pop_fbz_smartform"><td class="F21064_pop_fbz_fieldtext" colspan="2" ><div style="text-align:center"> <input class="F21064_pop_fbz_button" type="button" onclick="try{fbzClearChangedBorders();}catch(e){};req=fbz_v('F21064_pop',F21064_pop_requiredFields);val=fbz_v('F21064_pop',F21064_pop_validateFields,1);if(req && val){smartFormSubmit(this);};" name="fbzsubscribe" id="F21064_pop_subscribe" value="Inscription - Registration (Gratuit - Free)" alt="click to join" title="click to join" width="100%" style="font-size:140;margin-left:0;margin-right:0;padding-left:0;padding-right:0;"></div></td></tr> <tr class="F21064_pop_fbz_row_nohover"><td class="F21064_pop_fbz_fieldtext" style="text-align:center" colspan="2"> </td></tr> <div style="display:none"><input type="hidden" name="publisherid" id="F21064_pop_publisherid" value="2741280"></div> <div style="display:none"><input type="hidden" name="cids" id="F21064_pop_cids" value="1"></div> <tr class="F21064_pop_fbz_row_nohover"><td colspan="2" style="padding:0;border:0"><div id="F21064_pop_fbz_err" class="F21064_pop_fbz_err" style="position:relative;">Competez tous les champs SVP

- Please enter all required fields </div> <div id="F21064_pop_fbz_invalid" class="F21064_pop_fbz_invalid" style="position:relative;">Corrigez - Correct invalid entries </div> <div id="F21064_pop_fbz_status" class="F21064_pop_fbz_err"></div> </td></tr></table> <table cellpadding="0" cellspacing="0" border="0" width="100%" class="F21064_pop_fbz_table"><tr><td class="F21064_pop_fbz_footer" style="border-radius:0 0 16px 16px;-moz-border-radius:0 0 16px 16px;padding:0.5em;"> Incertain - Uncertain? Parlez-vous de vous - Tell us about yourself </td></tr></table> </td> </tr></table> </form> </div> <script async defer type="text/javascript" src="https://app.feedblitz.com/f/?p13n=747405&nomobile=1"></script> <script type="text/javascript">var F21064_pop_requiredFields=new Array();var F21064_pop_validateFields=new Array(); F21064_pop_requiredFields.push('F21064_pop_email'); F21064_pop_requiredFields.push('F21064_pop_MonNomEst'); F21064_pop_requiredFields.push('F21064_pop_feedid'); F21064_pop_validateFields.push('F21064_pop_staticimg');try{initCol('F21064_pop_staticimg');}catch(e){} F21064_pop_requiredFields.push('F21064_pop_publisherid'); F21064_pop_requiredFields.push('F21064_pop_cids'); var F21064_pop_fieldcol='#000000'; var fbz_F21064_pop_logged=false; function F21064_pop_wait_fn(){ try{ if(!fbz_F21064_pop_logged){fbz_SmartForm('F21064_pop',true); try{s('F21064_pop');}catch(e){}; fbz_FitForm('F21064_pop'); var F21064_pop_wait_img=fbz_formMetrics(21064,1); fbz\$('F21064_pop_wait_img').innerHTML=F21064_pop_wait_img; clearInterval(F21064_pop_wait); fbz_F21064_pop_logged=true;} } catch(e){} } var F21064_pop_wait=setInterval(F21064_pop_wait_fn,100); </script> <div id="F21064_pop_wait_img" style="width:0;height:0;overflow:hidden;line-height:0;display:inline-block;position:fixed;"></div><script>var F21064_popupPrepped=false;function F21064_prepPopup(){try{if(feedblitz_full_form!=false && !F21064_popupPrepped){F21064_popupPrepped=true;fbz_popup('F21064_pop',1,1,90,1);if(document.getElementById('F21064_pop_ddcolorpickerbox')){document.getElementById('F21064_pop_ddcolorpickerbox').style.display='none';};clearInterval(F21064_prepPopup_wait);} catch(e){}} var F21064_prepPopup_wait=setInterval(F21064_prepPopup,100);</script></div>{HTML}{HTML}

Les 9 Rasa

```
{layout header="n" footer="y" leftcolumn="n" rightcolumn="n" fullwidth="y" contentwidth="80%"
bgimage="tiki-download_wiki_attachment.php?attId=97" bgrepeat="repeat" topmargin="1%"
contentbg="#F6F3D1B3" contenttextcolor="#000" contentradius="0" contentboxshadow="rgba(0, 0,
0, 0.2)" actionbuttons="n" topbar="n" pagetopbar="n" pagebottombar="n"}
```

Le yoga c'est...

Le yoga sait

Inscrivez-vous à l'info lettre de Catherine ici

Cliquez sur les triangles ci-dessous pour lire)

Devenez membre

Si vous préférez utiliser PayPal, Interac ou payer par Chèque, c'est possible Pour les personnes qui résident au Canada, nous acceptons interac et les chèques. Nous transigeons sur PayPal, sur SquareUp (par téléphone)



^

Vous représentez une entreprise?

Si vous souhaitez connaître les produits et services que nous offrons, [écrivez-nous](#)

Ce site est propulsé par chacun de nos membres

On dit que le yoga c'est l'union? L'union des personnes aussi c'est important.

Nous demandons une contribution

Ce site existe grâce à votre générosité

Devenez membre

Nous demandons une contribution consciente

Consultez d'abord

- Adhérez en [Euro](#)
- Adhérez au [Canada en \\$CA](#)

Vous représentez une entreprise?

Vous souhaitez faire valoir vos produits et services via notre éco-système, [écrivez-nous](#) Merci.

Contacts - Info - Q&A

Rejoignez le co-gestionnaire

Pour l'instant, ce site est administré/controlé par une personne. Voyez les [termes et conditions sur ce sujet sur cette page](#)

Par [courrier électronique](#)

Par What's app: 01-514-883-1922

Liens intéressants

- [Vous êtes ici](#)
- [Catherine Douat](#)
 - [Merci et voici le premier article de Catherine](#)
- [Les vicissitudes de la vie: comment se libérer de la souffrance chronique](#)
 - [Voici mon deuxième article au sujet de la Bienveillance, les émotions dans une paix joyeuse - Joie - Ananda](#)
- [Les émotions, utilisez la méditation? Non, utilisez tout votre corps pour chanter et danser la vie en vous](#)
 - [Les vicissitudes de la vie: comment se libérer de la souffrance chronique](#)
- [Utilisez la méditation pour découvrir qui êtes-vous véritablement|Qui suis-je? Pourquoi méditer? J'écoute mon corps d'abord. Ensuite je ressens pour cesser de renier que je vais bien](#)
 - [Utilisez la méditation pour découvrir qui êtes-vous véritablement](#)

Pages reliés à celle-ci

[\[+\]](#)