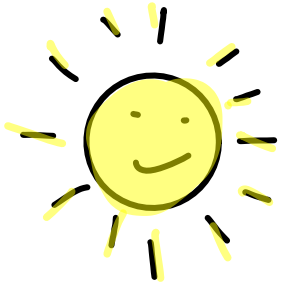
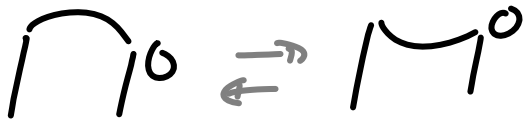


Übungsblatt #1

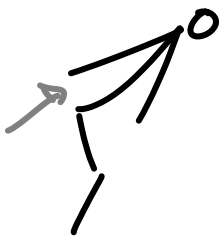
Aufängerkreis #1b
Element Raum



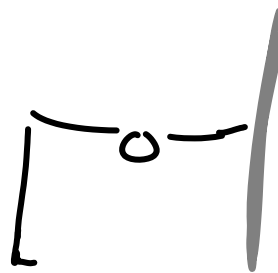
Sonnengröße, 3-5x/Seite



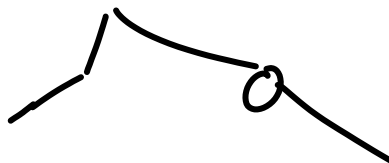
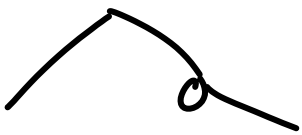
Katze - Kuh



Grube im
Stelen



Grube an der
Wand



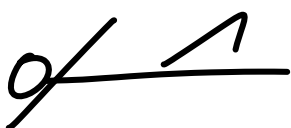
Vom Hund in
den Labrador



Schulterbündel



Bein-
streckung



Krokodil



Shavasana