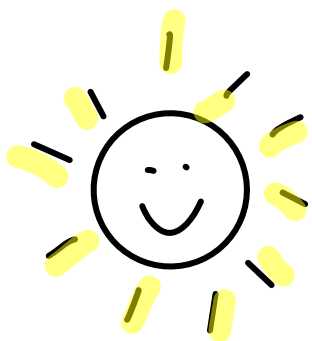
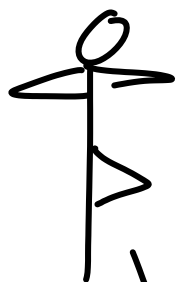


Übungsblatt

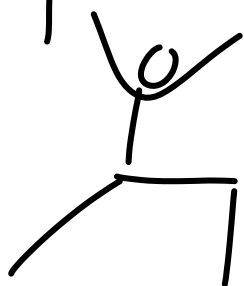
Anfängerkurs #2a/b Erde



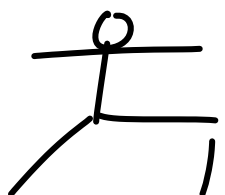
Sonnenlauf Alignment
2-3x / Seite



Baum



Heldin



Krieger



gebogenes
Standdreieck



tiefe
Vorbeuge



Kukkodil



Bein-
streckung



Shavasana

8-12
Atemzüge