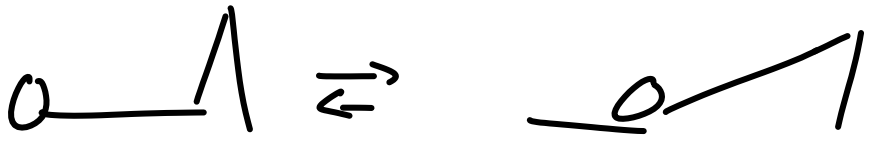

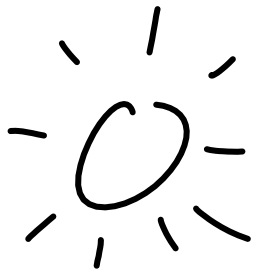


# Übungsblatt

Anfängerkurs #5 a/b  
duff

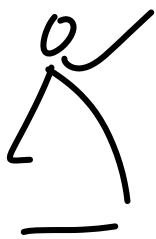
  $\Leftrightarrow$   dynamische  
Schulterbrücke

 Sonnengruppe (beliebig)

  $\Leftrightarrow$  Katze - Kuh


 verdreht,  
Ausfallschritt

 kleine Cobra

 Kamel

 Krokodil

 Bein Streckung

 Shavasana

(8-12 Atemzüge)