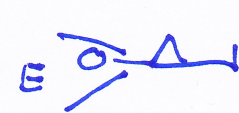
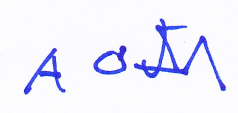


Kraft + Beweglichkeit

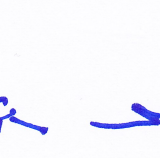
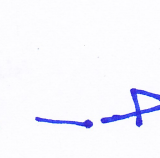
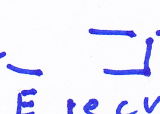
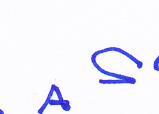
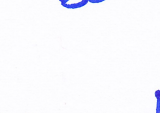
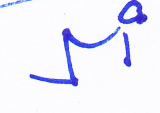
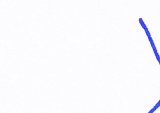
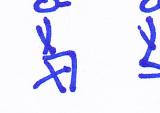
1) o/M jetzt beginnt Yoga

o/M E  A o/M E  A o/M ... je 3x

2) o/M A o/M E o/M E o/M A o/M E ... 3x

3) o/M Füße schliessen

o/M A o/M E o/M A o/M E o/M je 3x

4)  S_A  S_A  S_A  S_A Flow !! 3x5) S_E  A S_E  A je 2x
rechtes Bein linkes Bein6) S_E  A  A ... rechtes Bein linkes Bein7)  A S_B Pause8)  E  A  E  A je 3x9) nachspüren 10)   angenehm + stabil sitzen
"ich nehme die Bewegung meines
Atems wahr. Die Übungen entfalten
in der Stille ihre gute Wirkung."