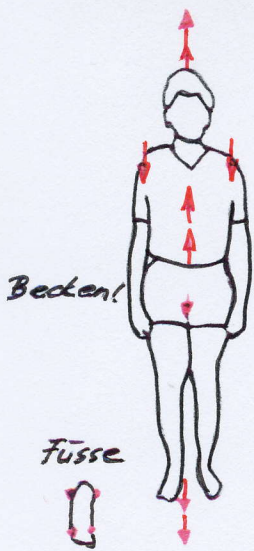
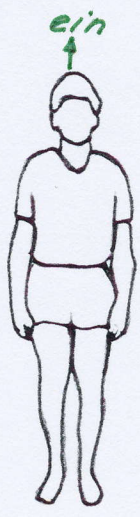


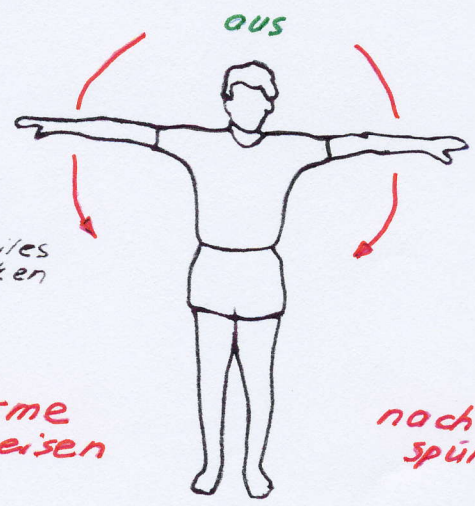
Yogaübungen im Stehen



Berg

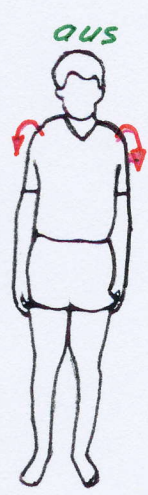
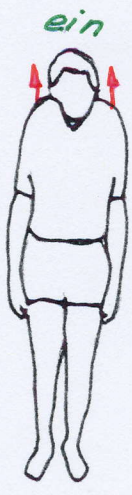


stabiles Becken

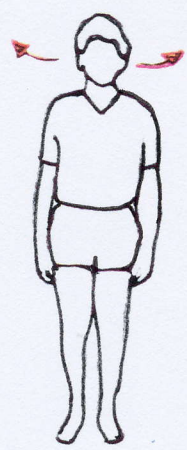


Arme kreisen

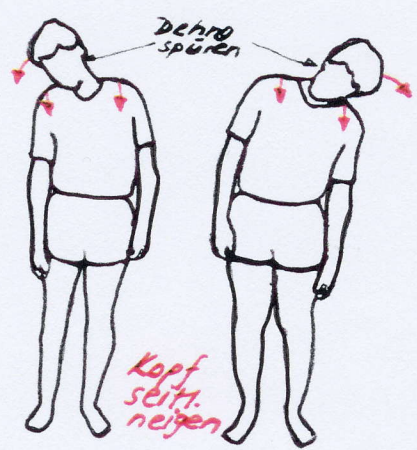
nach-spüren



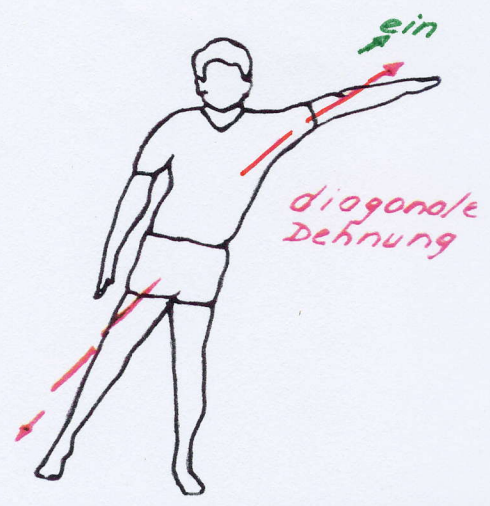
Schultern heben -> kreisen



Kopf drehen



Kopf seitl. neigen



diagonale Dehnung

Yogaübungen im Stehen
Fortsetzung

