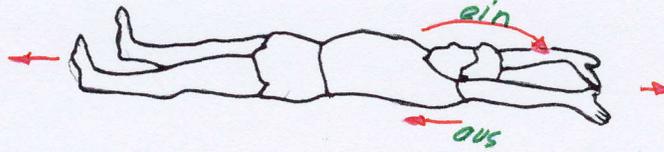
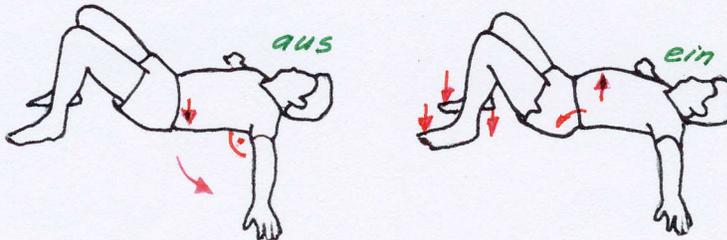


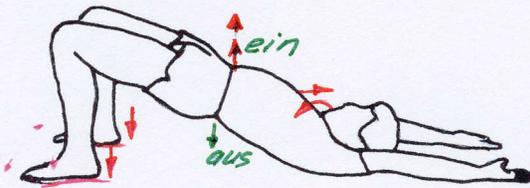
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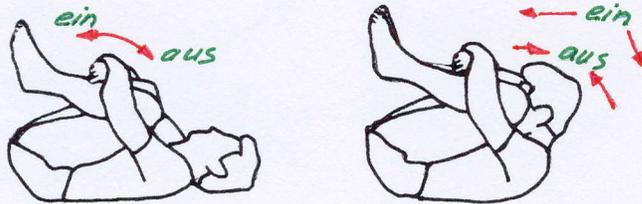
Dehnen



Beckenrollen



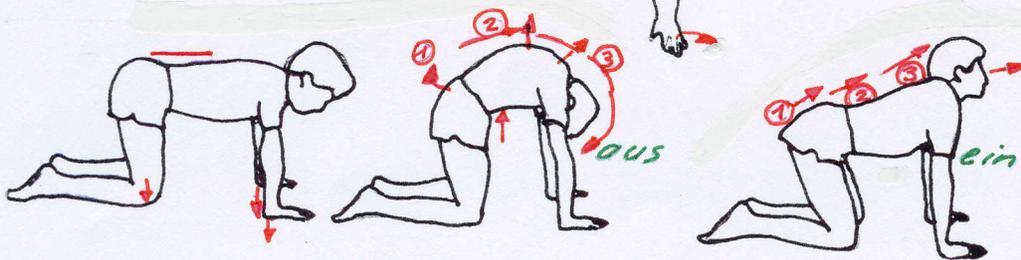
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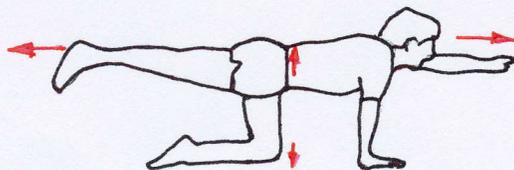
Ausgleich



Beckendrehung



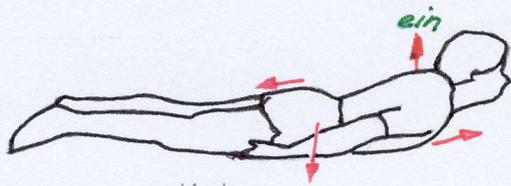
Katze-Tiger



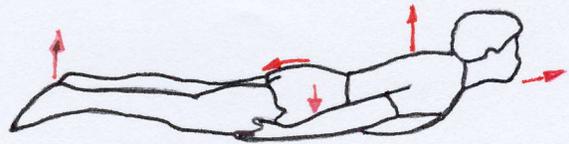
Längendehnung



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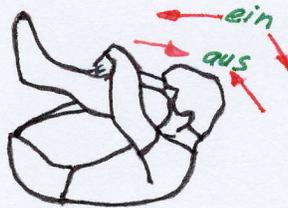
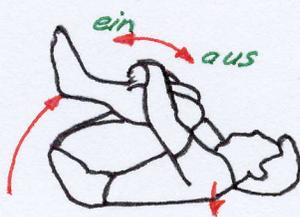
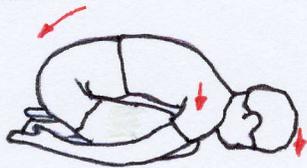
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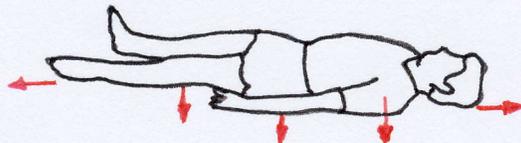
Heuschrecke



Katze-Tiger



Ausgleich



Entspannen
In Rückenlage