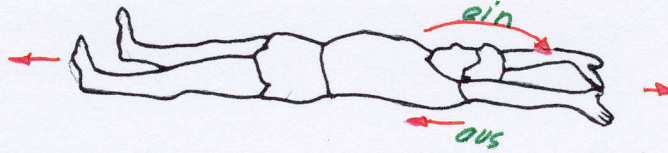
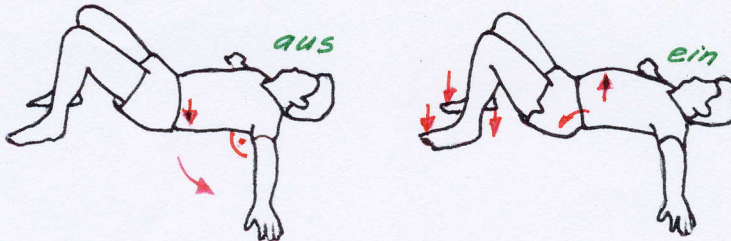


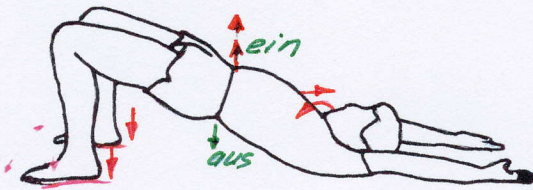
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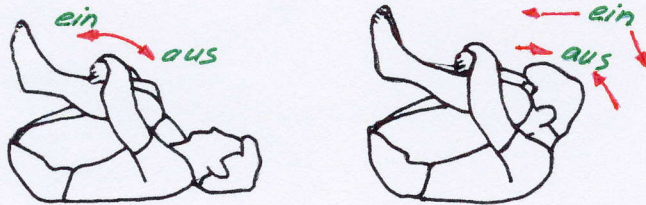
Dehnen



Beckenrollen



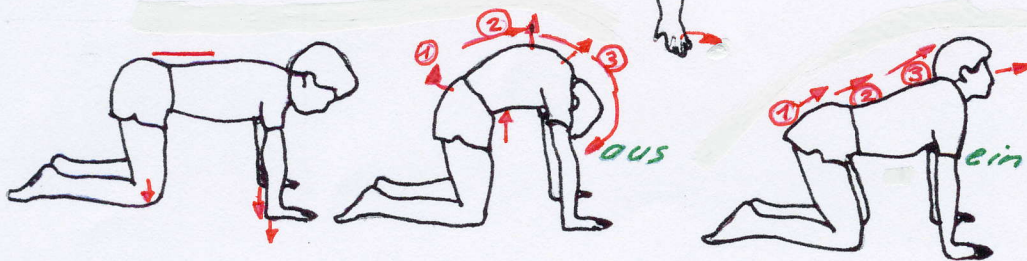
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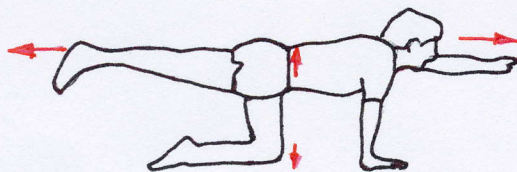
Ausgleich



Beckendrehung



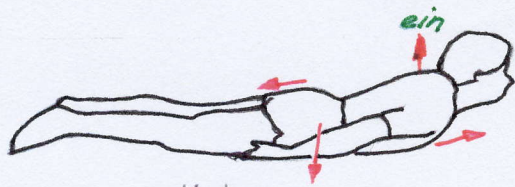
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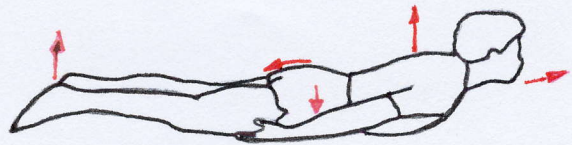
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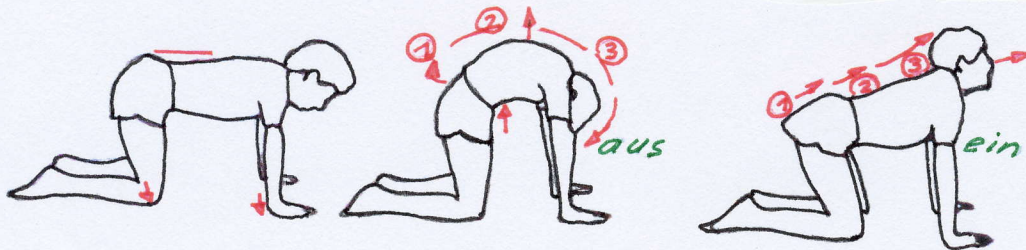
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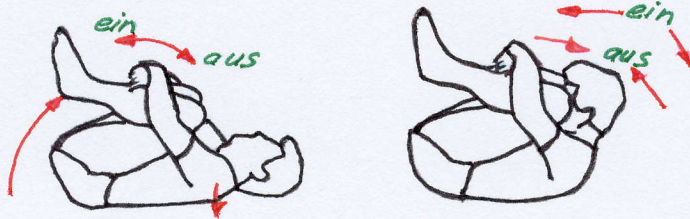
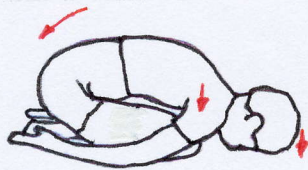
Kobra



Heuschrecke



Katze-Tiger



Ausgleich



Entspannen  
In Rückenlage