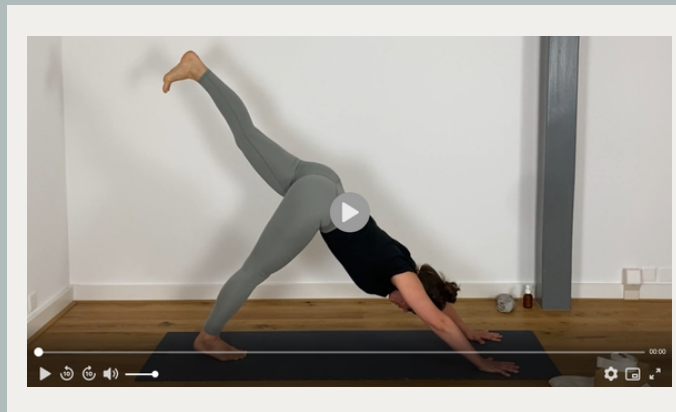


WOCHENPLAN

Dezember

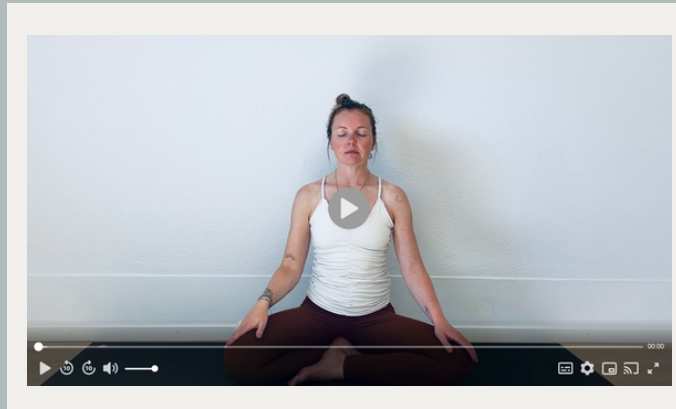
Montag

Nimm deine Wurzeln wahr



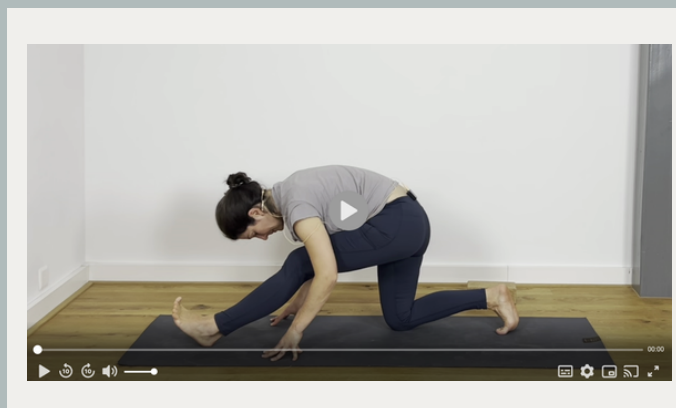
Dienstag

Pranayama der 5 Vayus
(Windrichtungen)



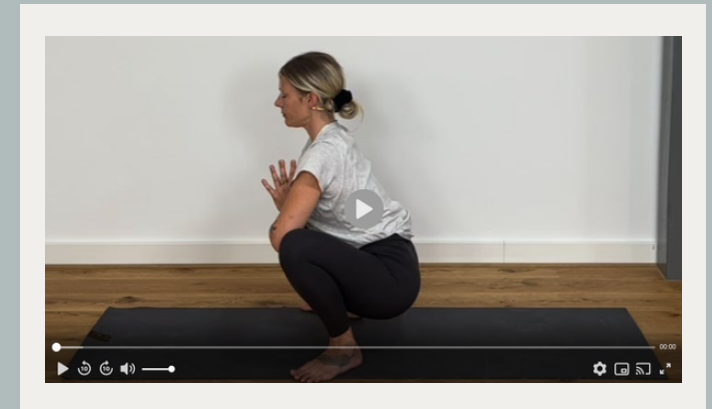
Mittwoch

Wohltuende Bewegung
nach viel Sitzen



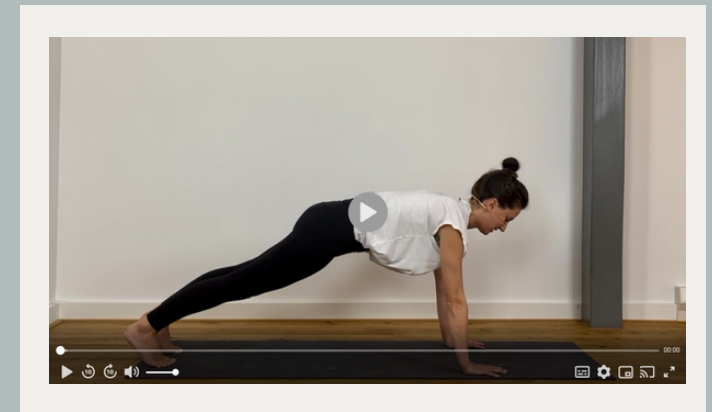
Donnerstag

Magic 6 Jivamukti Yoga



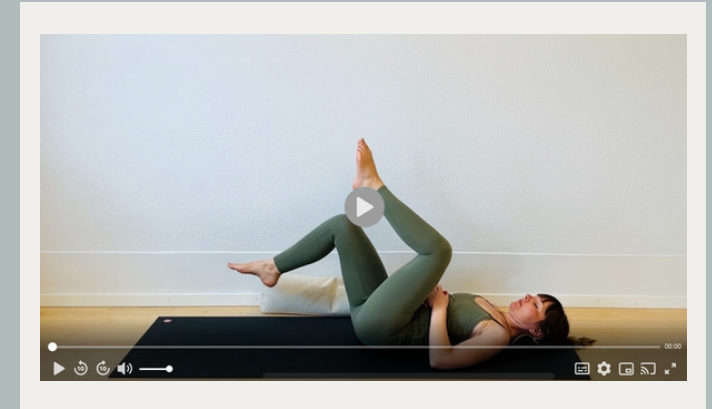
Freitag

Yoga für kraftvolle Arme



Samstag

Energiefluss



Sonntag

Loslassen und entspannen

