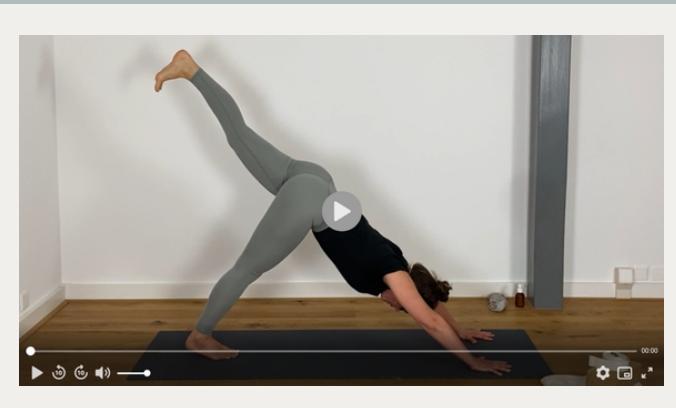


WOCHEPLAN

Dezember

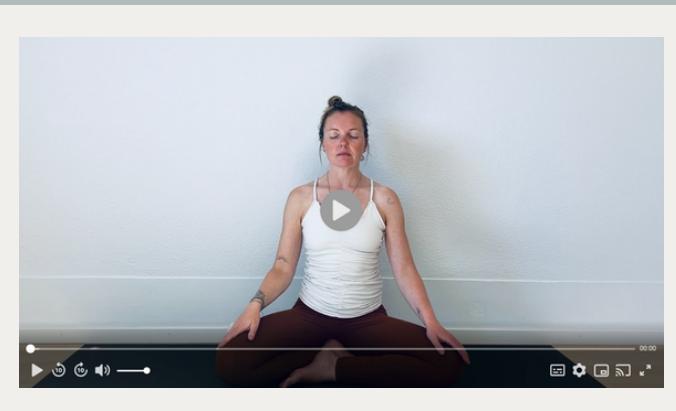
■ Montag

Nimm deine Wurzeln wahr



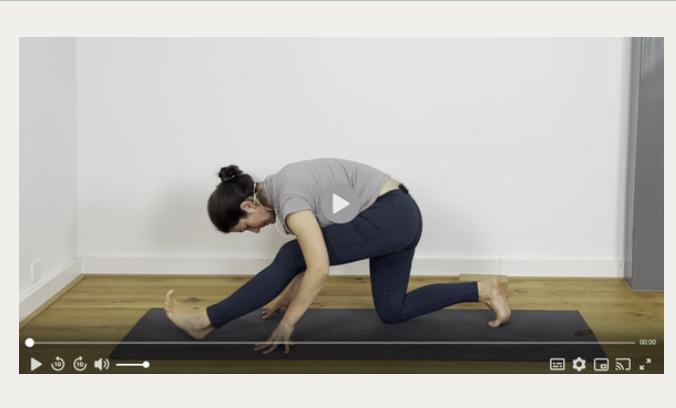
■ Dienstag

Pranayama der 5 Vayus
(Windrichtungen)



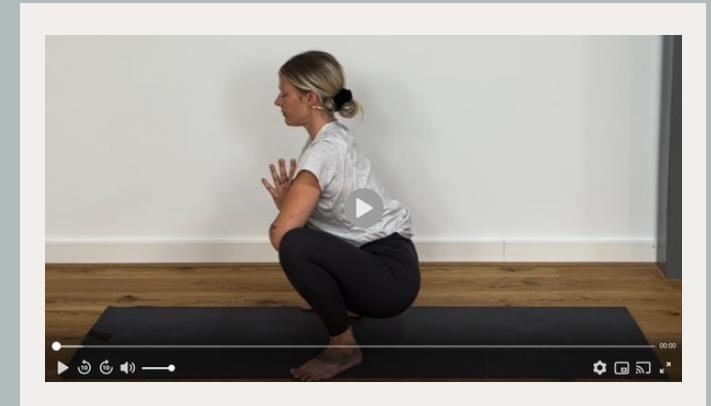
■ Mittwoch

Wohltuende Bewegung
nach viel Sitzen



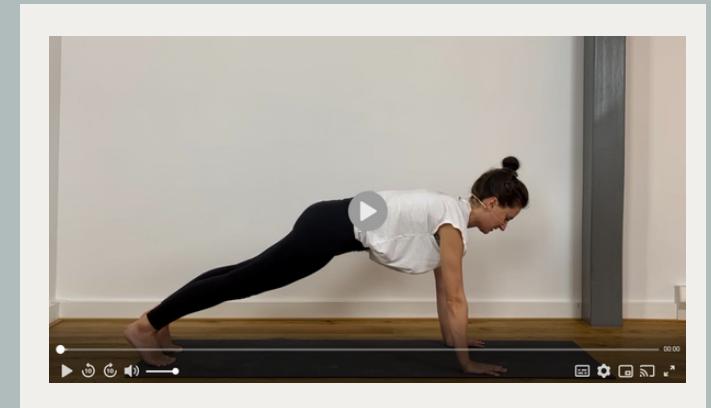
■ Donnerstag

Magic 6 Jivamukti Yoga



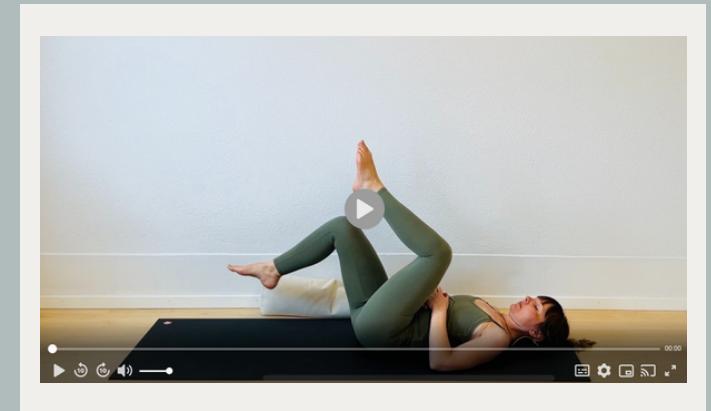
■ Freitag

Yoga für kraftvolle Arme



■ Samstag

Energiefluss



■ Sonntag

Loslassen und entspannen

