

Yoga

GUTES YOGA IST BESSER



Dehnen und Strecken
im Langsitz und aus der Grätsche
Dauer: ca. 10 Minuten

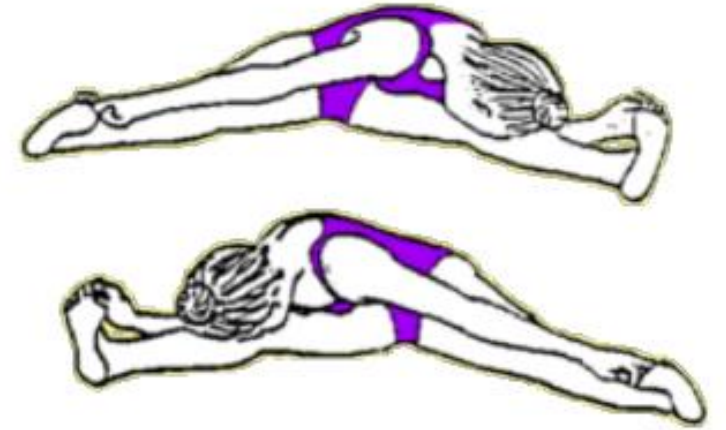
Yoga

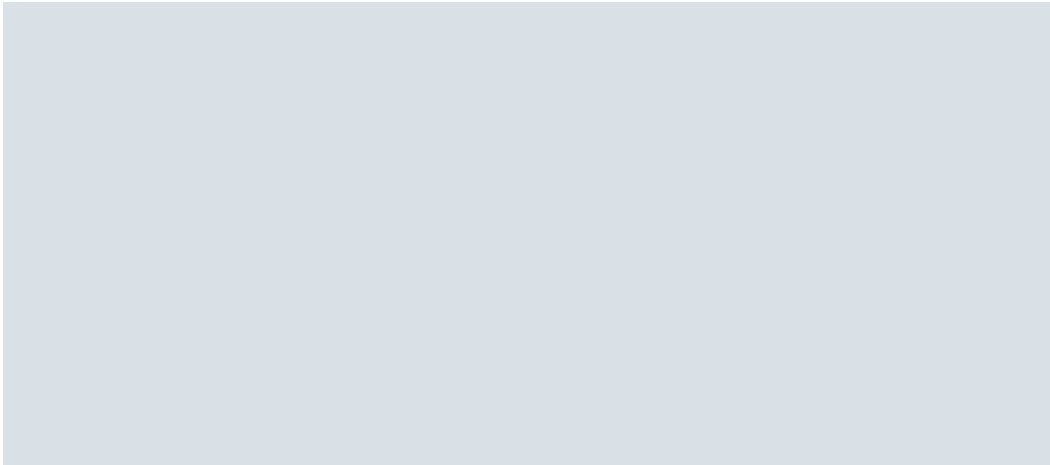
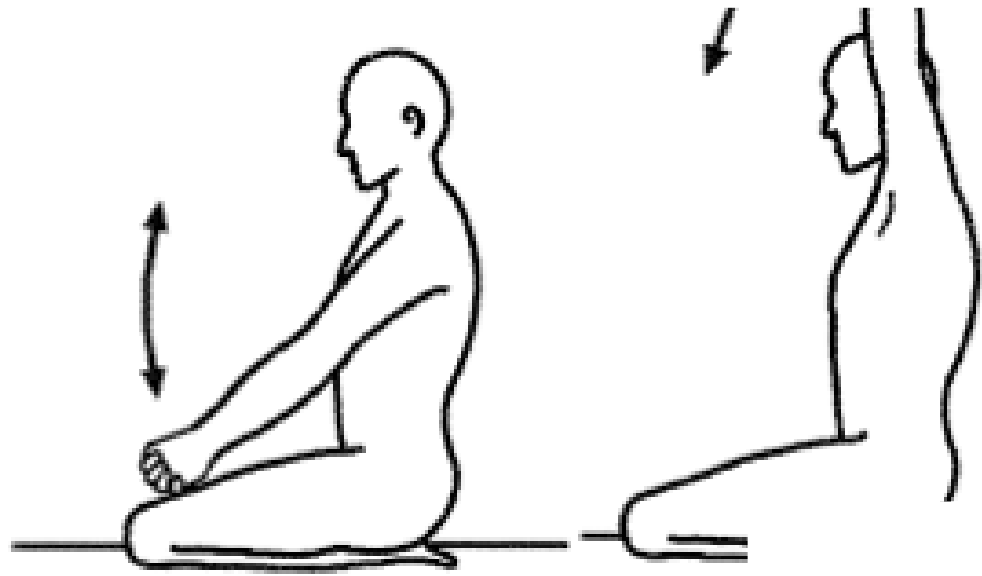
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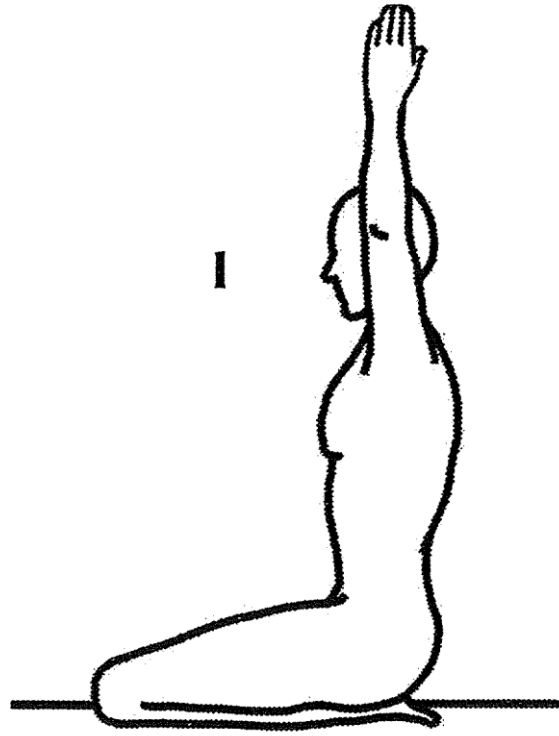


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Feueratmung!!



