

Yoga

GUTES YOGA IST BESSER

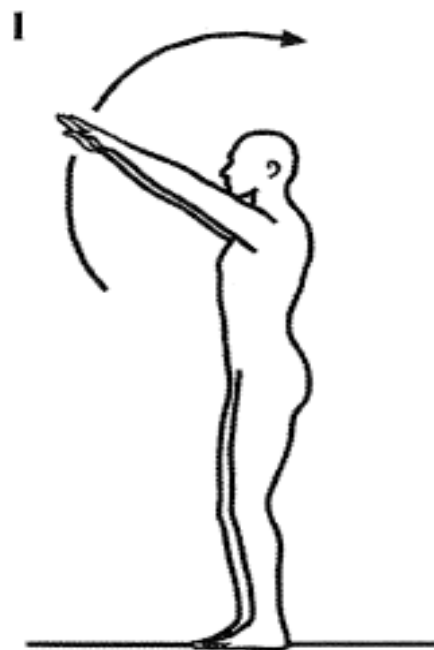
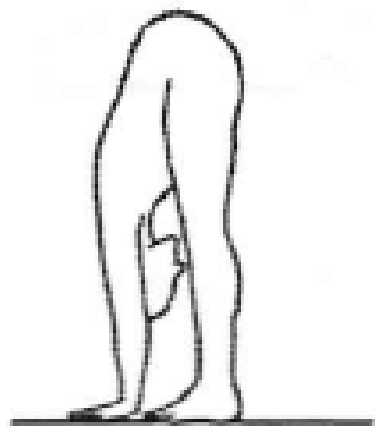
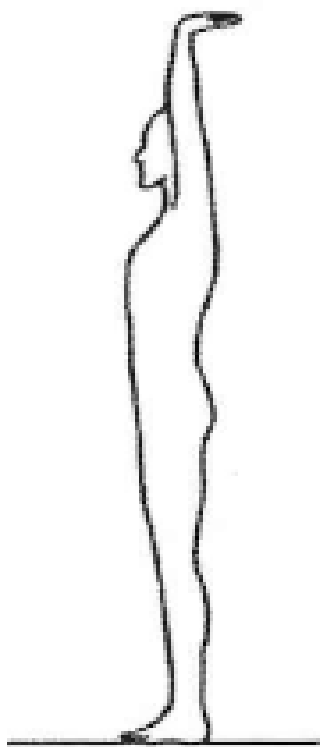


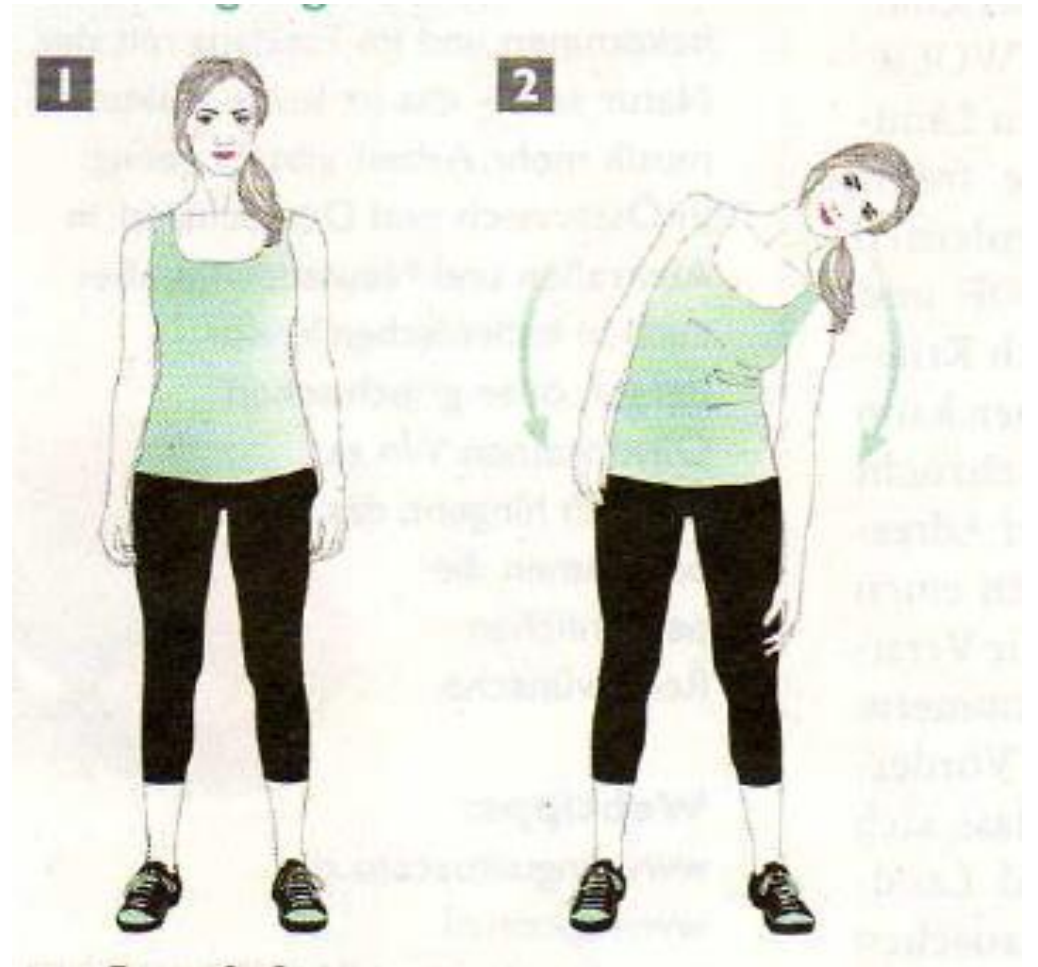
Übungen im Stehen
Dauer: 20 bis 30 Minuten

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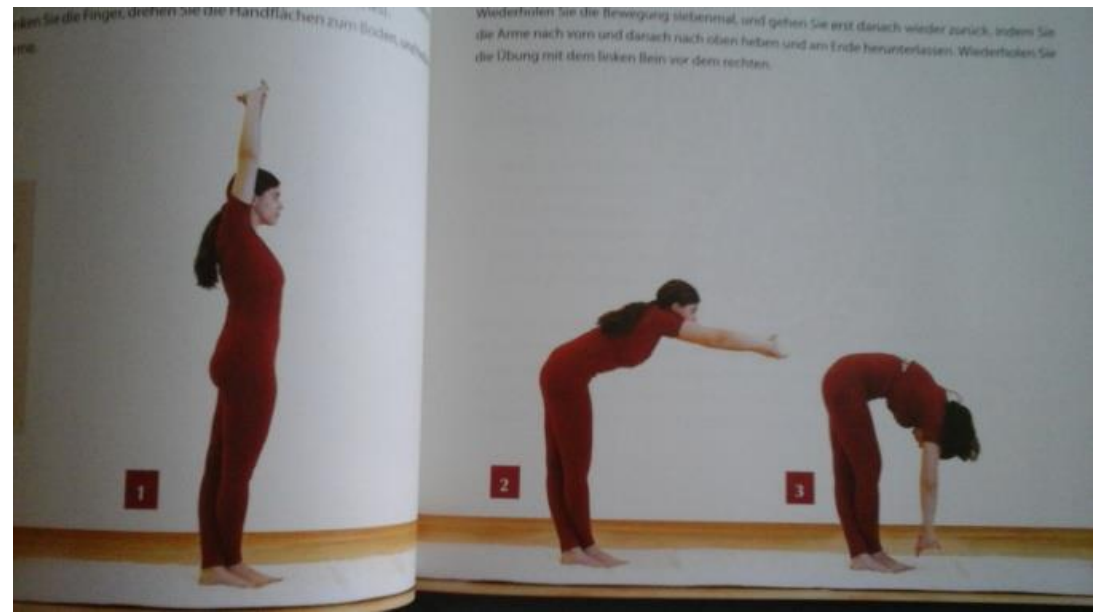


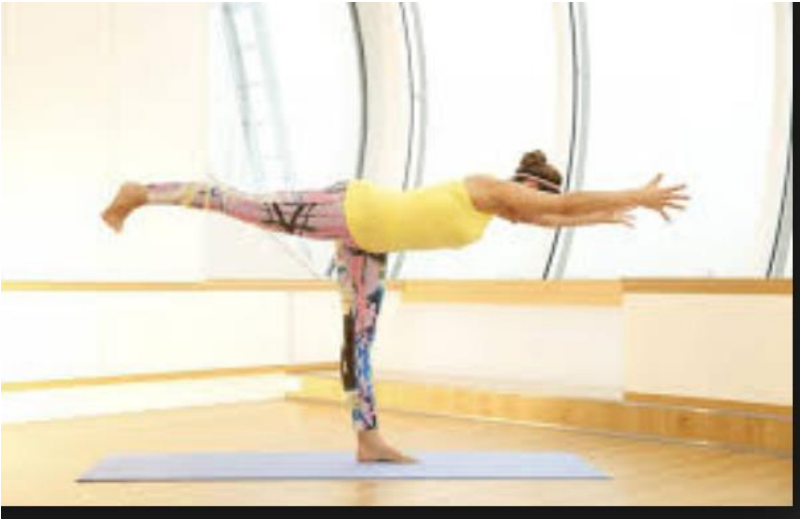
















Picture 3a

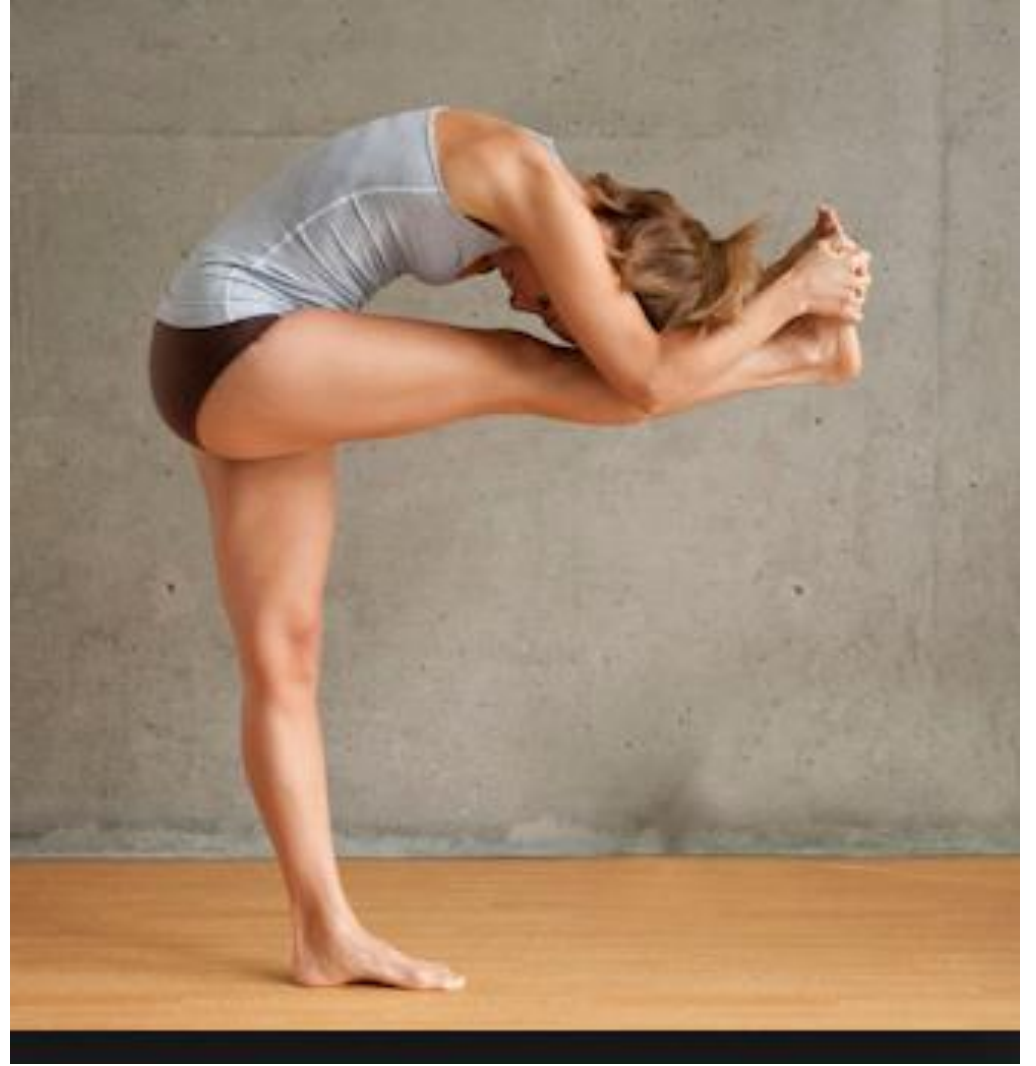


Picture 3b

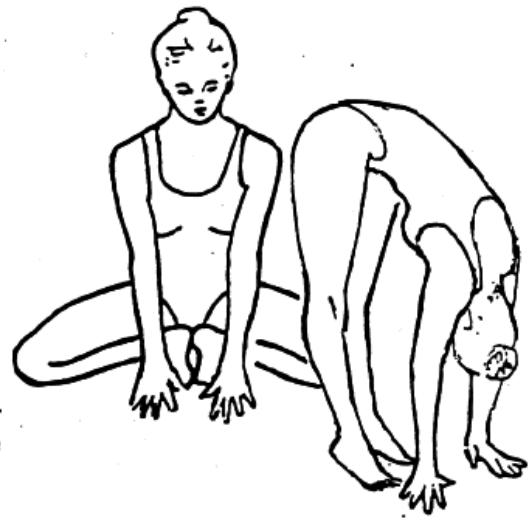












... und noch ein paar Frösche

