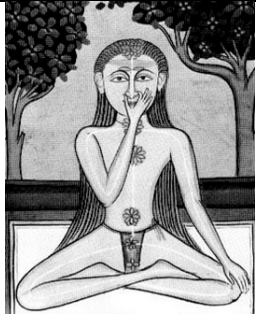
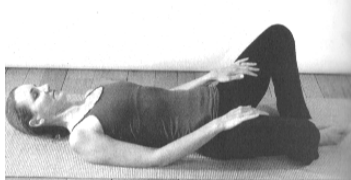

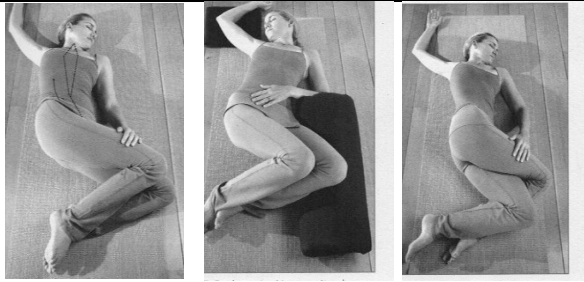
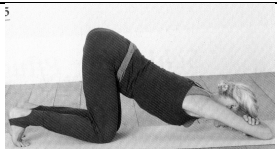
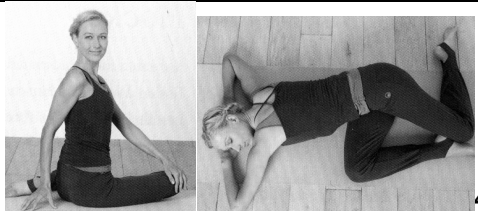





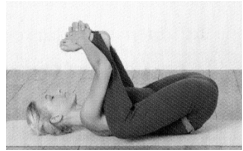
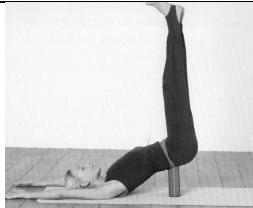


Yin Yoga April 2017

<p>Wechselatmung im Sitzen</p>		
<p>Schmetterling & Pranayamakissen</p>		 <p>5</p>
<p>Banasana</p>		 <p>3+3</p>
<p>Krokodil</p>		
<p>Herzöffner</p>		 <p>4</p>
<p>Reh (Sitz) drehen, dann vorbeugen</p>	<p>re/li</p>	 <p>4,4+4,4</p>
<p>Sphynx: Variante: Beine anziehen, Füße aufeinander legen</p>		 <p>5</p>

Drachentanz		<p>21</p> 	<p>22</p> 
Pendel	stehen, Vorbeuge, Arme verschränkt		
Happy Baby			
Umkehrstellung		 <p>10</p>	