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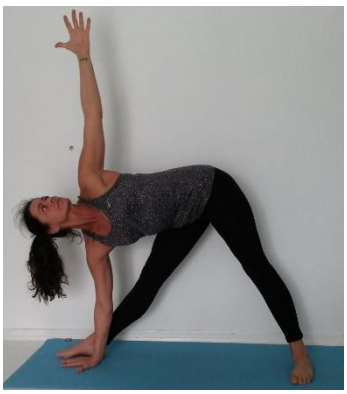
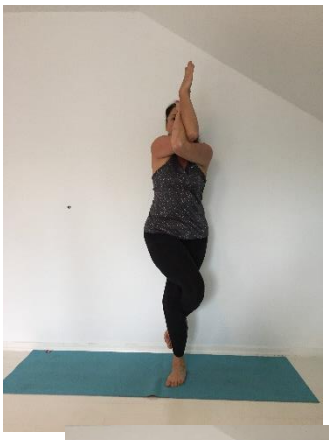
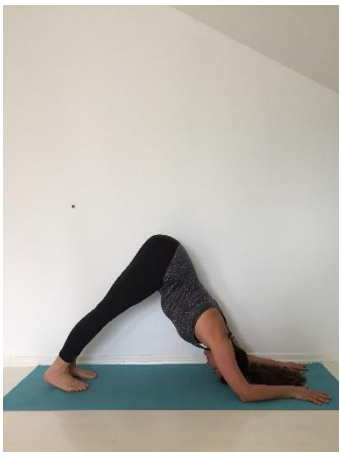
Yoga Class Fotostrecke Level 3

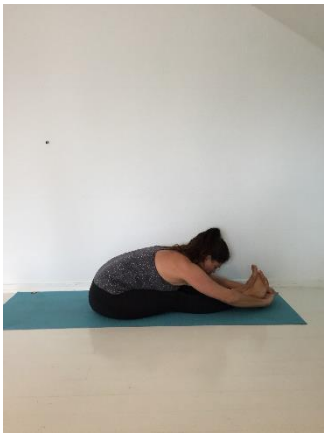
Variante 2

SGA 5 x (immer nach oben einatmen)

Dann jede weitere Asana 5-8 langsame Atemzüge halten und an beide Seiten denken 😊





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