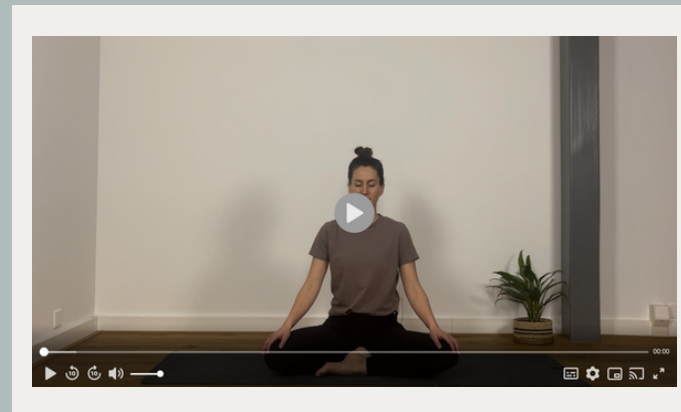


WOCHENPLAN

September

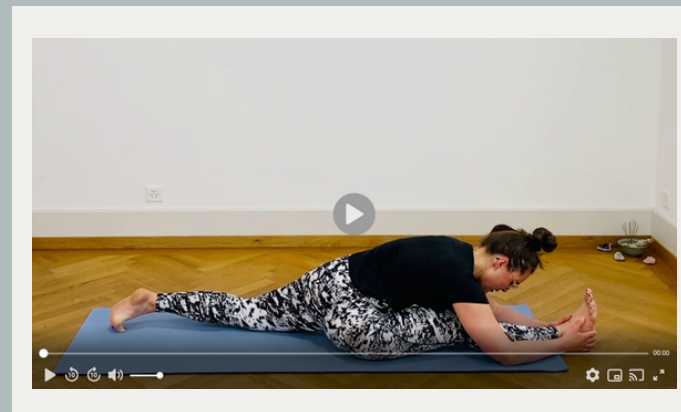
■ Montag

Achtsamkeitsübung für
Ruhe und Klarheit



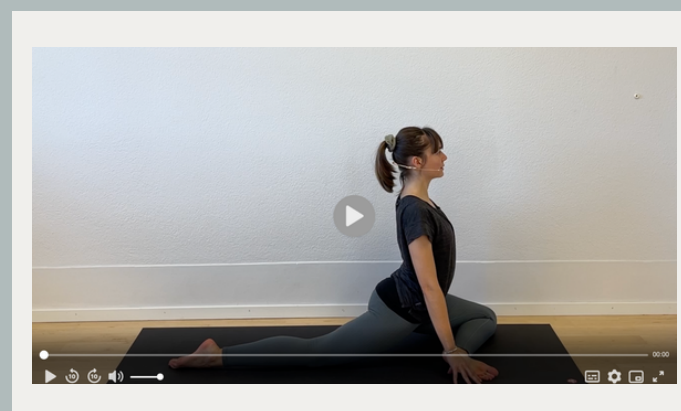
■ Dienstag

Fliesse und fliege



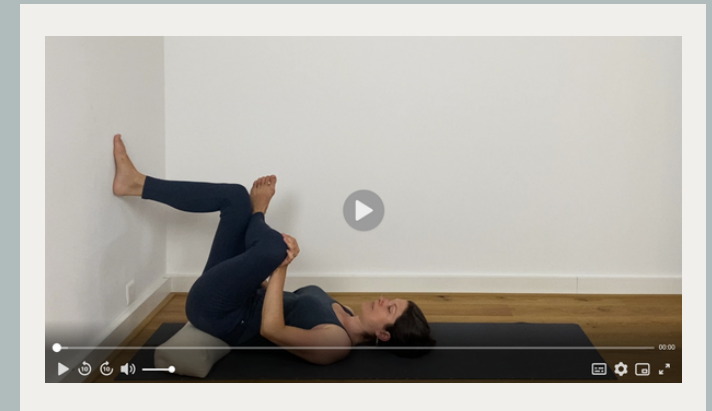
■ Mittwoch

Taube



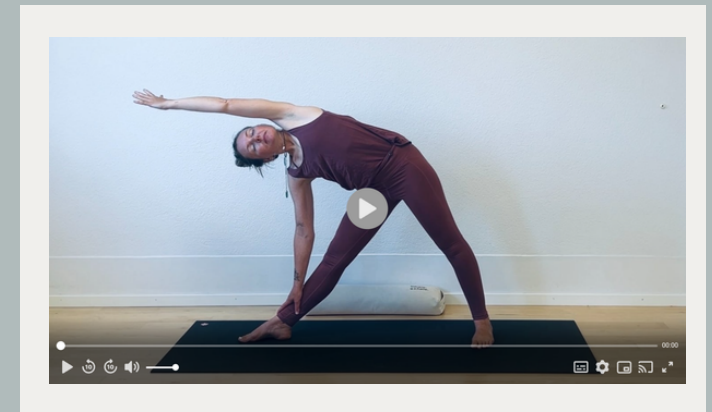
■ Donnerstag

Entspannung an der Wand



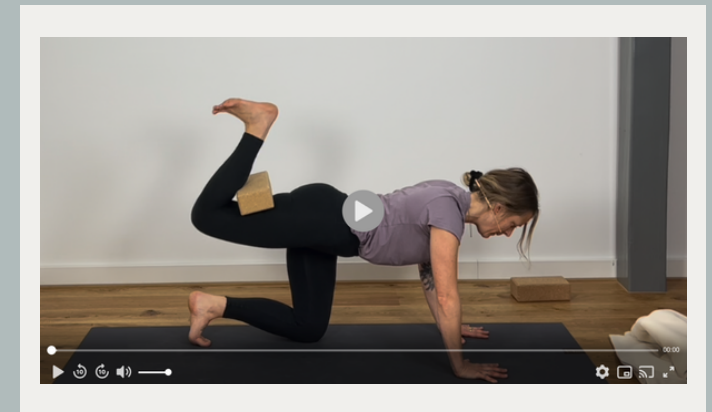
■ Freitag

Meine Morgensequenz



■ Samstag

Stärkung deiner
Körperrückseite



■ Sonntag

Kühlendes Pranayama für's
Pitta Dosha

