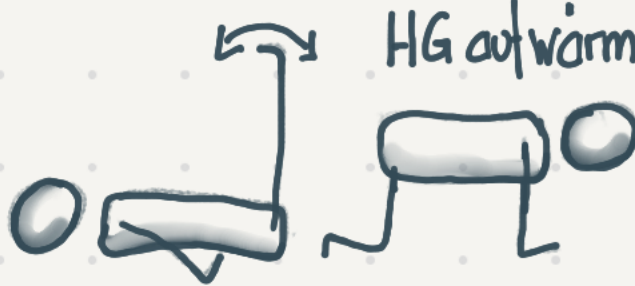


CROW FLOW

ein Bein

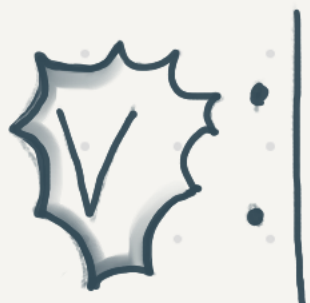
beide Beine

HG aufwärmen



schwebend

Knie zu Nase oder Variante



Boot
↑
halbes Boot



SHAVASANA

 bodyawareyoga2021