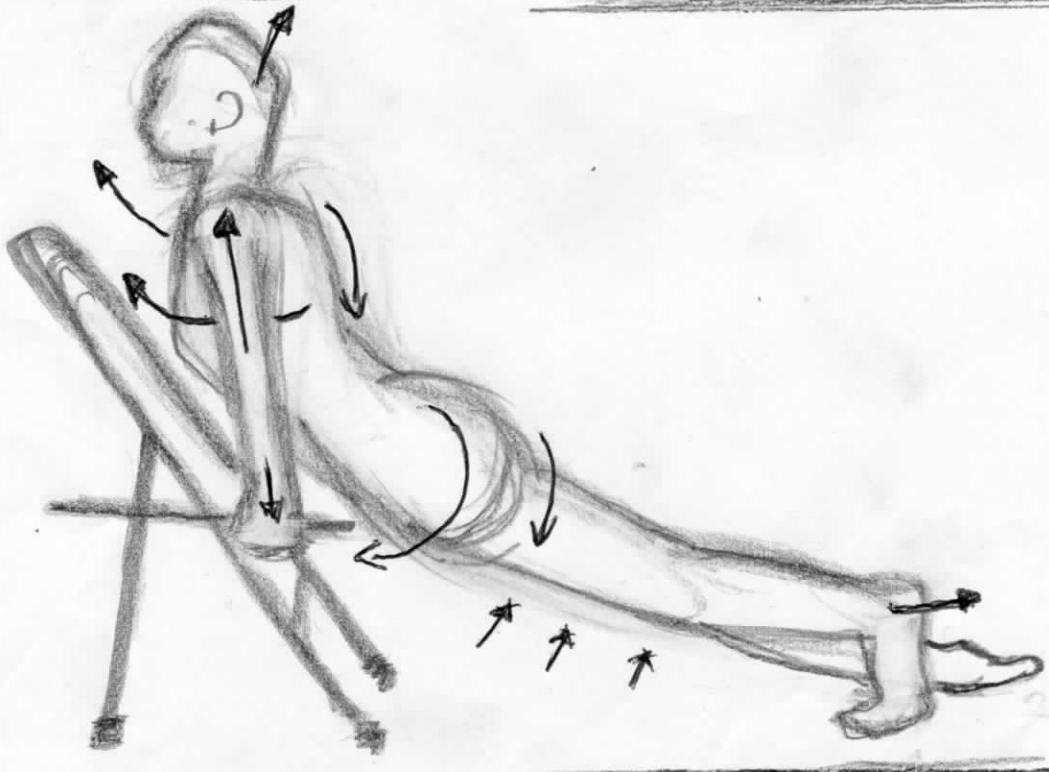
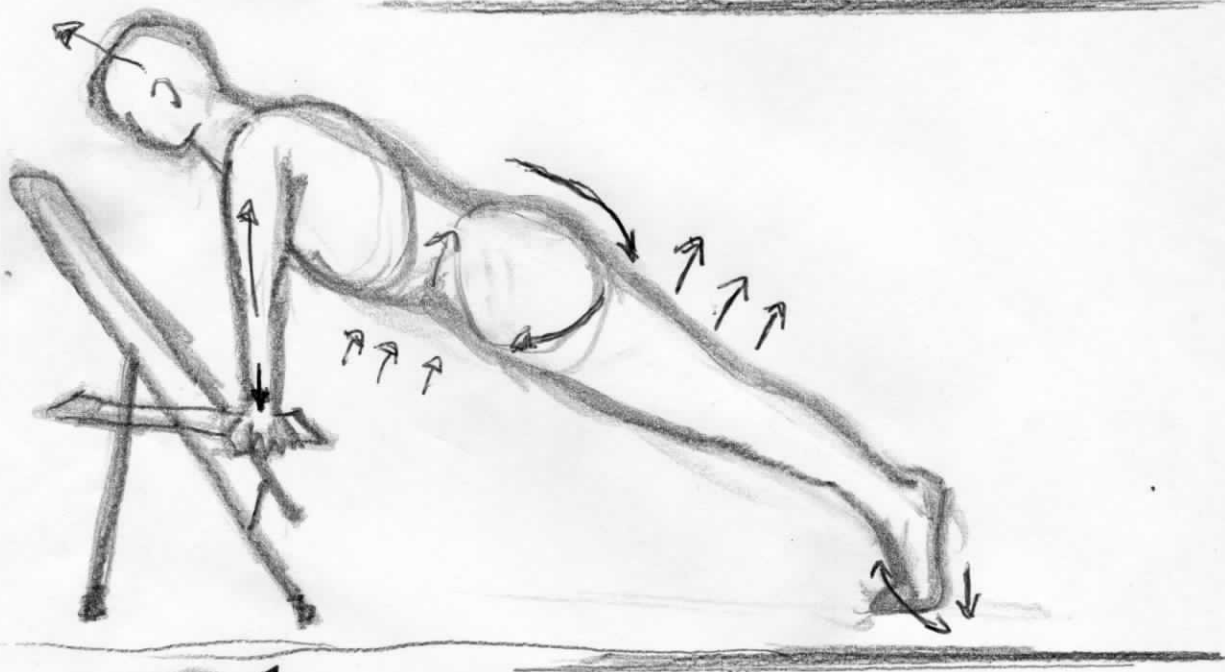
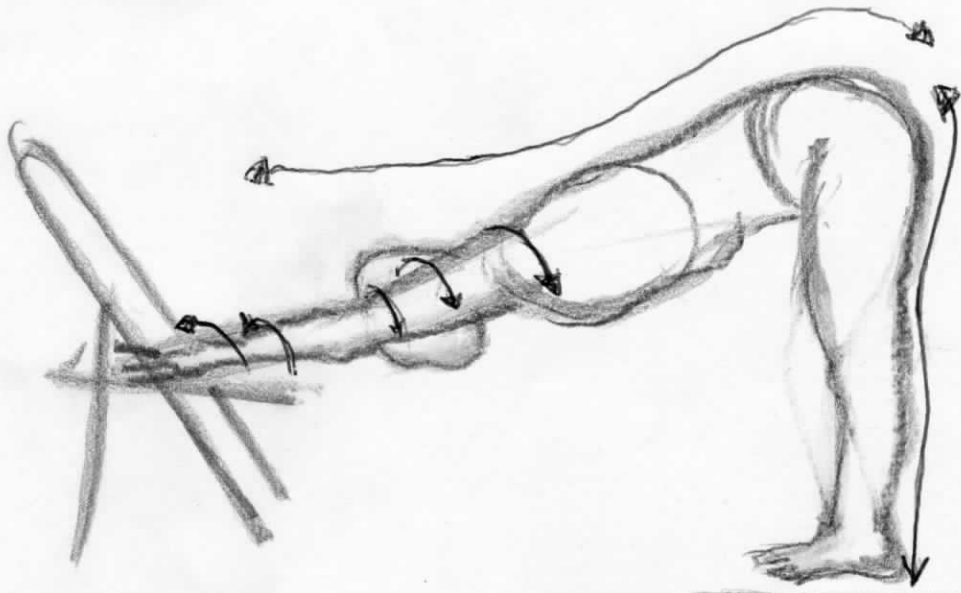
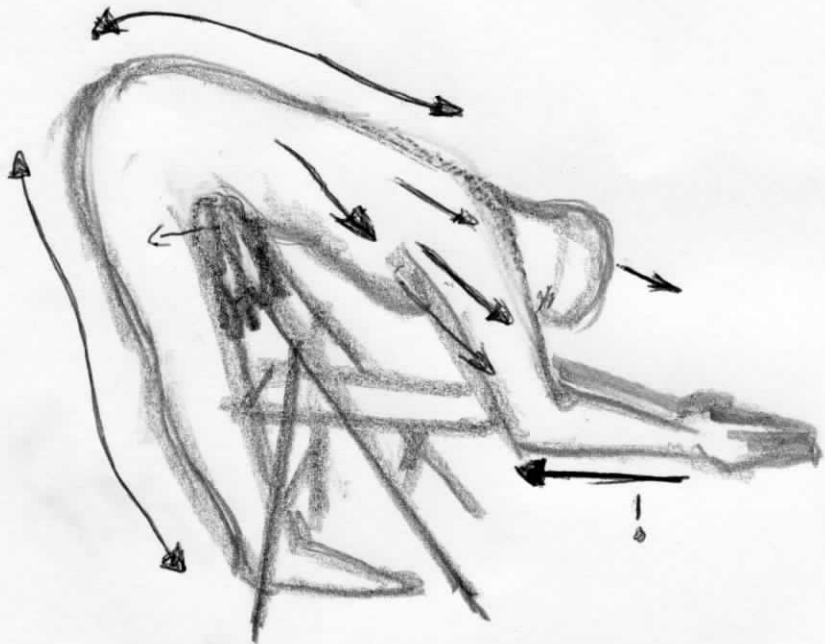
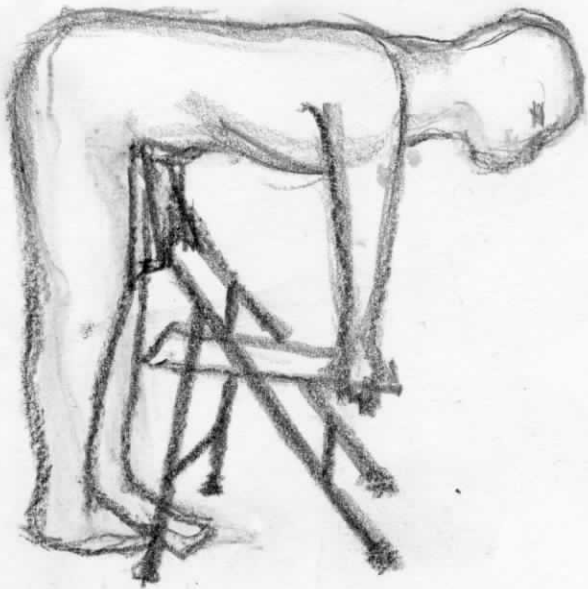


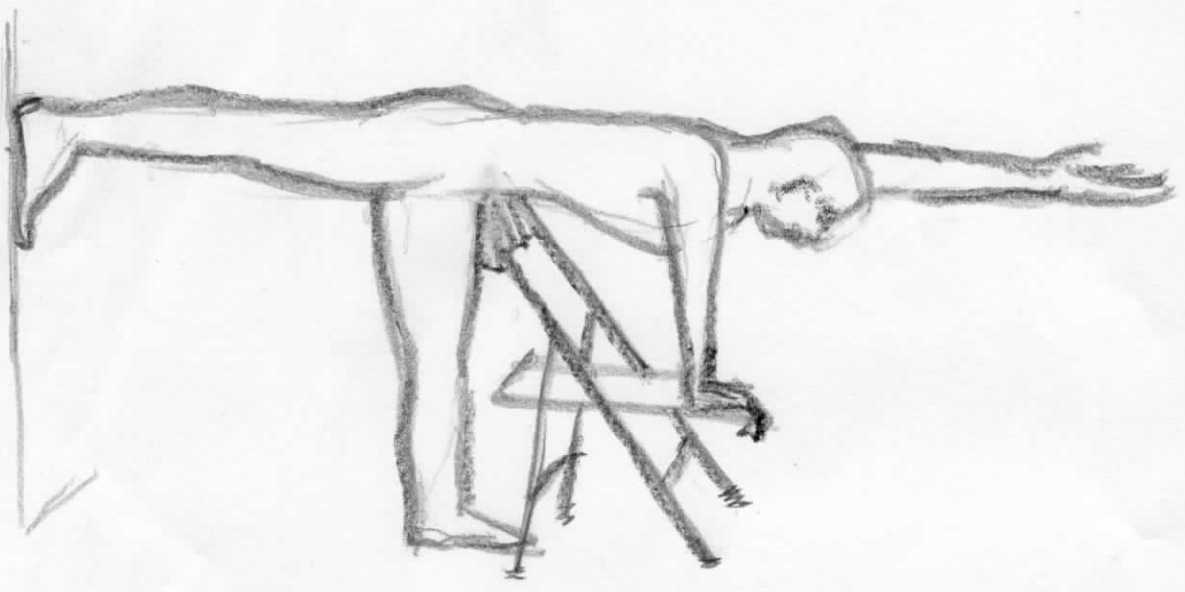
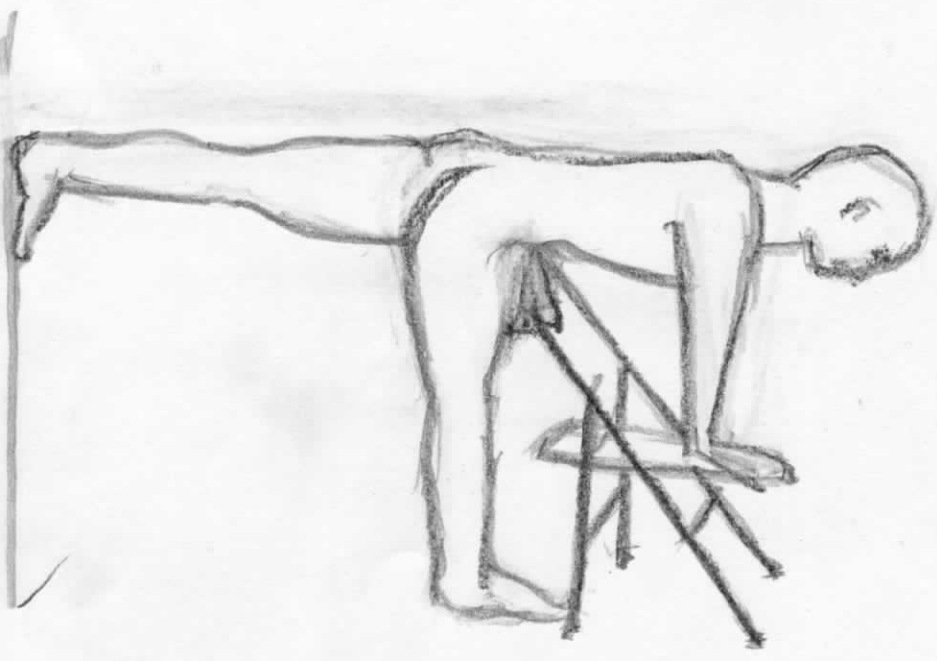
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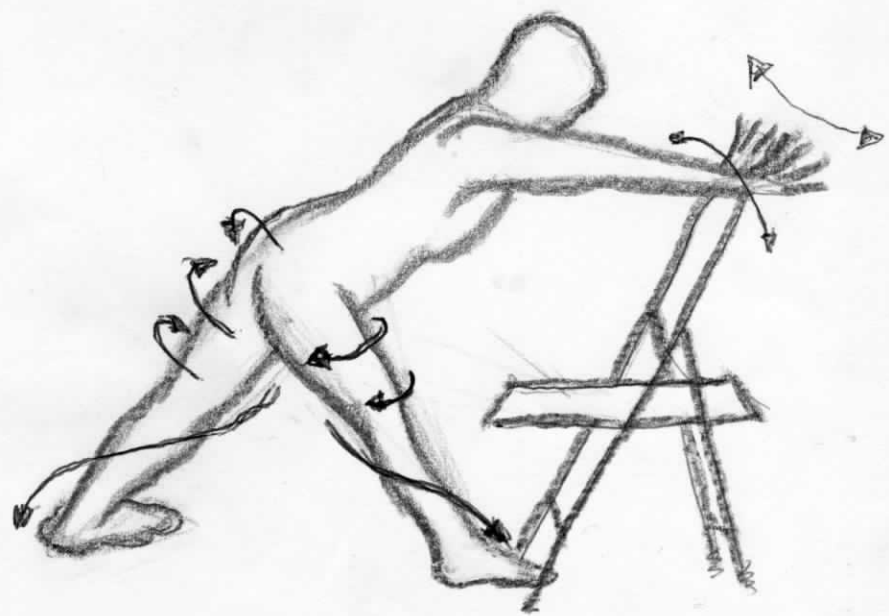
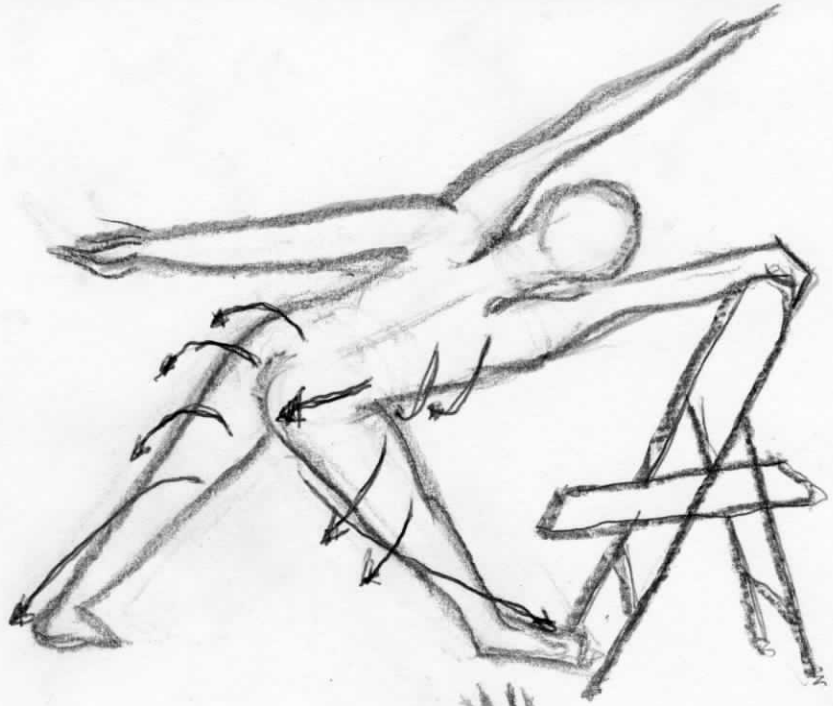


1 Zehen  
aufgestellt  
2 Zehen  
wagrecht

3





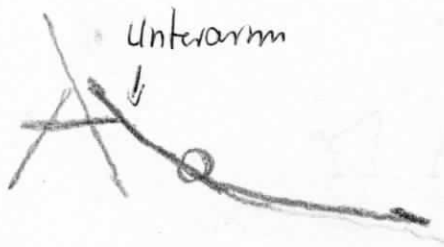




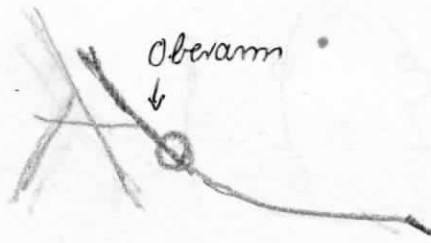


Yoga mit dem Stuhl





Untearm



Oberarm



die Hände drücken von außen gegen den Stuhl



mit Block unter dem Po



ohne Block



drehen



oder



oder



schultern auf Bolster

