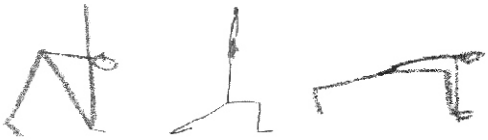
yoga 12

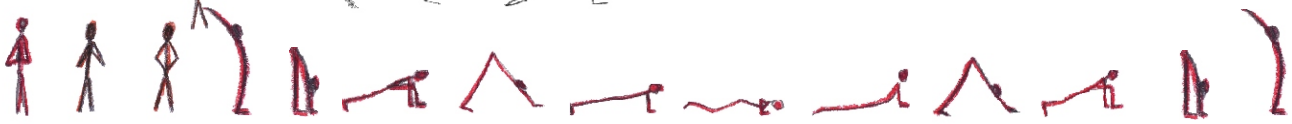
1. liegen

2. sitzen

3. atmen



4. stehen



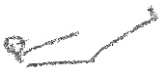
5. grüßen

6. umkehren

7. vorbeugen

8. rückbeugen

9. drehen



10. rumpf

11. konzentration

12. meditation

om shanti

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