


WOCHENPLAN

MO		Take care, enjoy! Handgelenke 2 (#135) 29min
DI		Moonrise Surprise (#177) 25min
MI	 	Yoga-Quickie für den Rücken (#206)15min+ Metta Meditations-Quickie 5min
DO	 	Yin Yoga 4 – Lift your heart... (#71) 28min ODER Mandala Flow Classique (#70) 26min
FR		Wald- und Wiesenyoga 3 (#204) 17min
SA		Bunte Vielfalt (#228) 43min
SO		Evening Flow (#226) 29min