

WOCHENPLAN

MO



Down To Earth – Remake (#100) 25min

DI



Tanzender Adler (#197) 33min

MI

Yoga auf dem Parkplatz (#182) 6min+
Yogamour & Fit: Starker Schultergürtel
(#215) 8min

DO



Kißlegg Twist (#201) 34min

FR

Kleines Chakrentuning – ohne viele Worte (#179)
19min

SA



Happy Hot Hips (#102) 62min

SO

Yin Yoga 3 – Yin für den Abend (#68)
29min + Metta Meditations-Quickie
5min