

WOCHENPLAN

MO



Sonnengruß »gentle« (#96) 11min +
Kraftvoller Sonnengruß 2022 (#137)
13min

DI



Less is More 2 (#189) 25min

MI



Fit & Flow (#180) 25min

DO



Yin Yoga 5 – Yin zum Auftanken (#73) 27min

FR



Yoga-Flow-Quickie (#168) 15min +
Sonnenatmung – surya bhedana (#220)
7min

SA



Catwalk Yogasession (#187) 37min

SO



Less is more 3 (#209) 43min + Chakren
Yoga Nidra 19min