







WOCHENPLAN

| | | | |
|----|---|---|---|
| MO |  |  | SIP-Atem (SIP breath) (#91) 7min + Yogamour & Fit: Superbauchmuskeln (#147) 14min |
| DI |  | | Less is more – Rückenflow (#232) 31min |
| MI |  | | Jeder kann Yoga 3 (#119) 25min |
| DO |  | | No Sleep til Brooklyn (#58) 21min |
| FR |  |  | YOGAMOUR Sonnengruß B – erweitert (#146) 9min + Yoga Quickie Doreen (#221) |
| SA |  | | Abendyoga (#156) 31min |
| SO |  |  | Yoga Quickie »Starke Mitte« (#233) 15min + Wachmacher-Yoga (#144) 29min |