



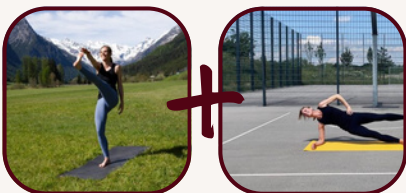




WOCHENPLAN

MO		Lotus Flow (#160) 28min
DI		Love Your Back – einfacher Sonnengruß (#66) 8min + Yoga- Quickie für jede Tageszeit (#136) 17min
MI		Twist & Fly (#112) 21min
DO		Easy Times 9 – Self Care (#80) 29min
FR		Pranadusche 2 (#231) 9min + Yogamour & Fit: Superbeine (#145) 12min
SA		Morning Glory (#214) 37min
SO		Good Morning 3 (#79) 26min + Langes Yoga Nidra 29min