

WOCHENPLAN

MO		Down To Earth 2 (#142) 25min
DI	 + 	Yoga am Wasserfall (Tittibhāsana) (#46) 17min + Meditation - Seeanemone (#230) 7min
MI		Blühender Lotus – wachsen, öffnen, strahlen! (#109) 23min
DO		Mandala Flow 2 (#44) 17min
FR		Yoga bei Erkältung (#105) 29min
SA		Good Morning 6 – Treat Yourself! (#150) 63min
SO	 + 	Yogamour & Fit »gentle« (#196) 8 1/2min + Yoga nach dem Sport (#128) 27min