WOCHENPLAN

MO		Less is More 2 (#189) 25min
DI		Die starke Mitte des Yogi (#56) 20min
MI		Magic Ten by YOGAMOUR – zweite Runde (#162) 14min
DO		Twist & Fly (#112) 21min
FR		Leg Tuner (#93) 35min
SA	 + 	Easy Times 9 – Self Care (#80) 29min + Ein Moment Stille 7min
SO		Vinyasa Yoga am Morgen (#DVD 04) 58min