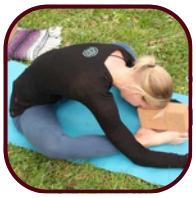
WOCHENPLAN

MO		Love Your Back – einfacher Sonnengruß (#66) 8min (2-3x)
DI	 + 	Yogamour & Fit: Starker Schultergürtel (#215) 8min + Arm Tuner (#94) 12min
MI		Ohana Yoga Flow (#75) 22min
DO		Take care, enjoy! Handgelenke (#55) 19min
FR	 + 	Yogamour & Fit: Superfüße (#188) 11min + Yogamour & Fit: Superbeine (#145) 12min
SA	 OR 	Flow & Glow (#DVD 08) 70min F3 ODER Flow Wow 2 (#163) 26min
SO	 + 	Yin Yoga 8 – Mit Yin Yoga Veränderung meistern (#97) 27min + Kurzes Yoga Nidra 15min