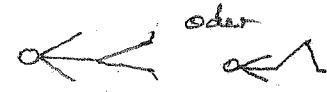
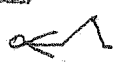
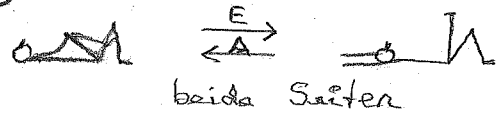
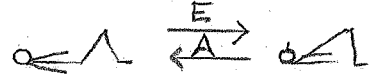


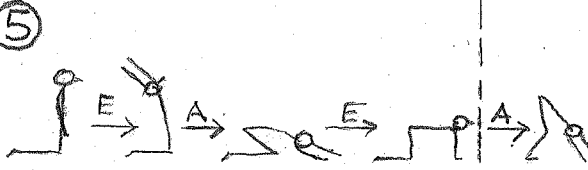
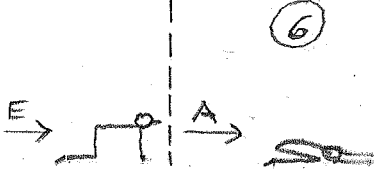


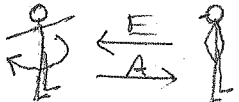
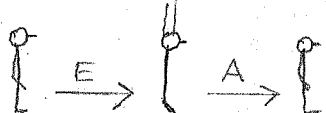
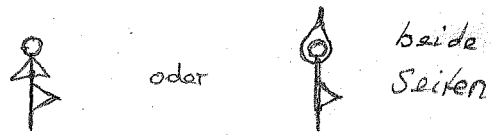
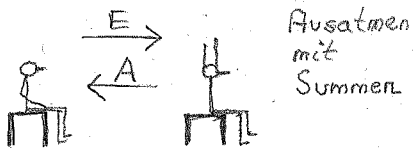



# Achtsame Körperarbeit (Yoga)

<p>E = Einatmen A = Ausatmen</p>	<p>Ankommen  oder </p>
<p>①  beide Seiten</p>	<p>② </p>
<p>③ </p>	<p>④ </p>
<p>⑤ </p>	<p>⑥ </p>
<p>⑦  beide Seiten</p>	<p>⑧  beide Seiten</p>
<p>⑨ </p>	<p>⑩ </p>
<p>⑪  oder beide Seiten</p>	<p>⑫  Ausatmen mit Summen</p>
<p>⑬  oder</p>	