

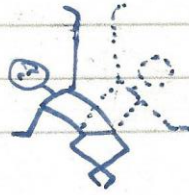
Zeit zum  
Ankommen &  
Atmerräume  
wahrnehmen



5x



SAZ li/re



SAZ li/re



5x



5x treten



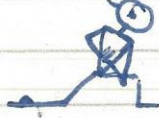
SAZ



Sonnengruß C  
2x normal  
1x mit Variation



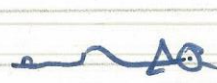
SAZ



beide  
Seiten



SAZ



SAZ



SAZ



\*1



3x



SAZ



SAZ



ausschütten



beide  
Seiten

SAZ



1x2



SAZ

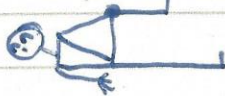


10x li/re



SAZ li/re

\*2



SAZ



SAZ li/re



5-10 min



Optional : \*1

li/re  
geschlossene  
Augen



\*2

10x li/re



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50 min