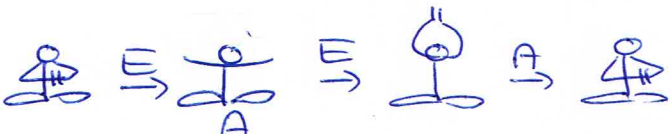
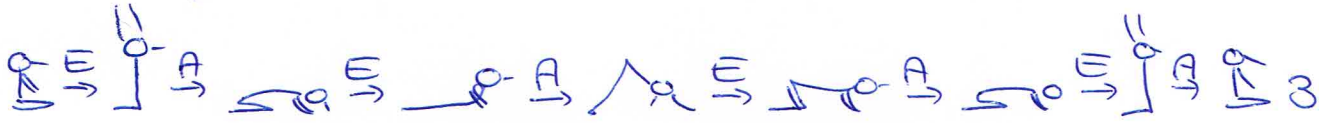
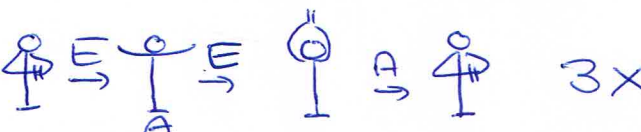
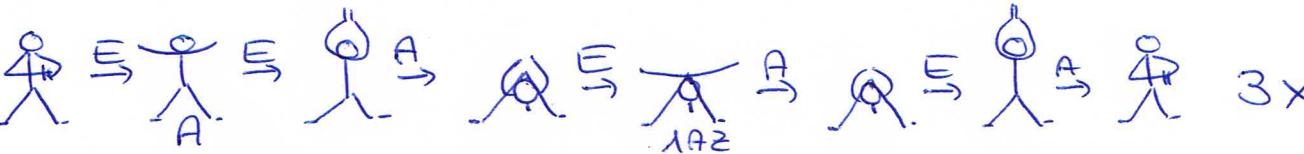
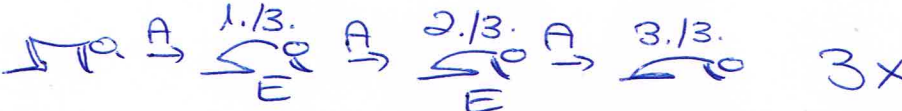


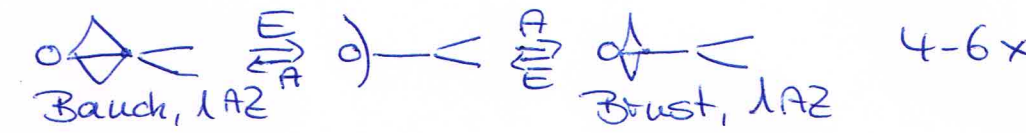
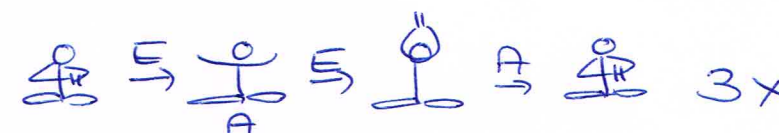


## Gute - Laune - Yoga gegen Corona-Frust

1.  3x
2.  3x
3.  3x
4.  3x
5.  3x
6.  Wechsel Links Rechts } je 2x
7.  3x
8.  Bauch, 1A2 Brust, 1A2 4-6x
9.  $\Rightarrow \rightarrow$  strecken, Füße abwechselnd wegstrecken
10.  3x