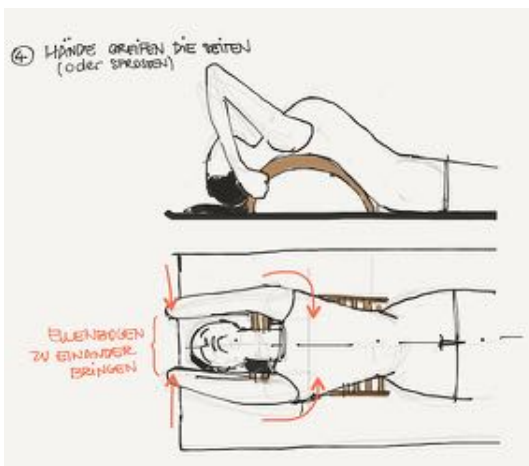


Armvariationen mit Pranayamakissen oder Decke für den Einstieg



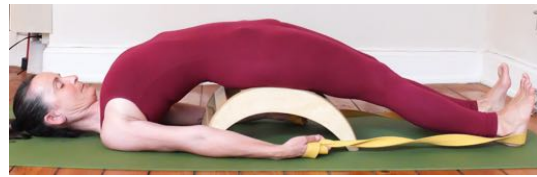
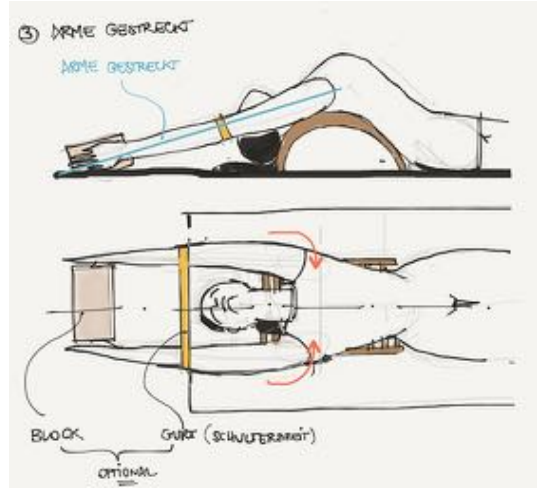
Seitlicher Griff



Arm- und Beinvariationen



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