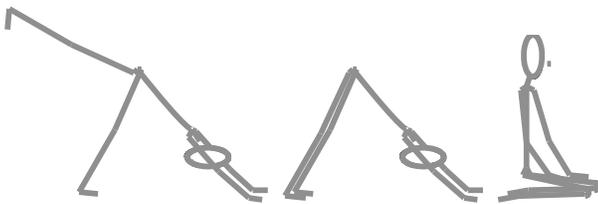
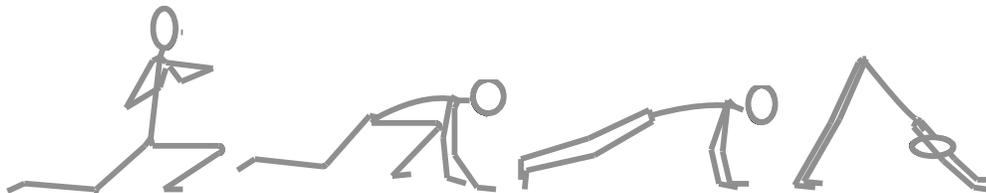
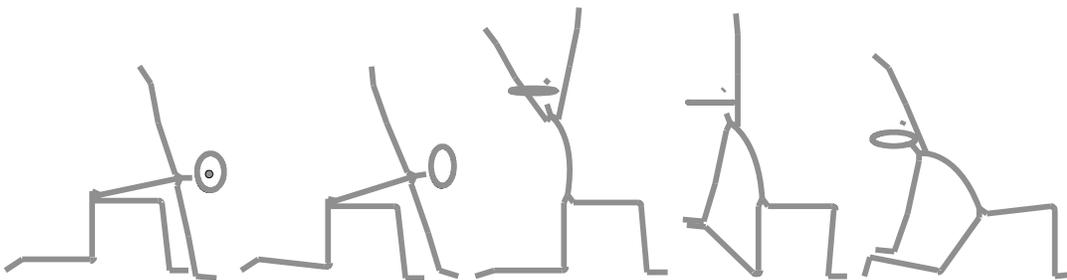
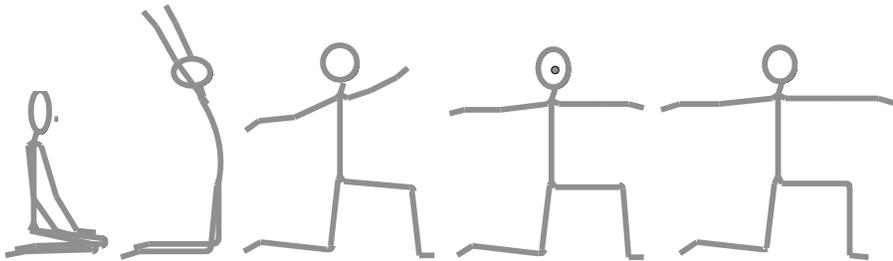


# Yoga & Natur

Atem | Meditation | Übung | Leben | Berg & Tal

## Mondgruß

nach Ingrid Ramm-Bonwitt



Linke und rechte Seite üben!