

Achtsames Yoga - Yogapraxis

Für TeilnehmerInnen des Programms
Stressbewältigung durch Achtsamkeit (MBSR)

von
Katharina Meinhard

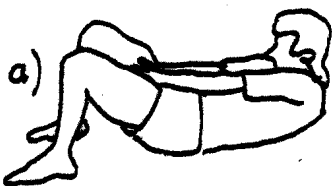
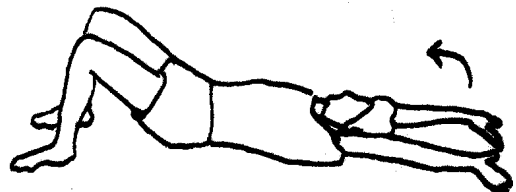
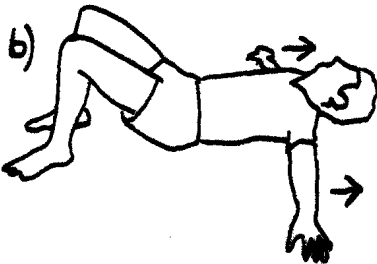
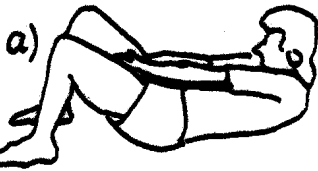
①

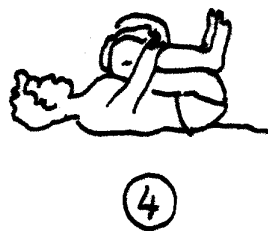
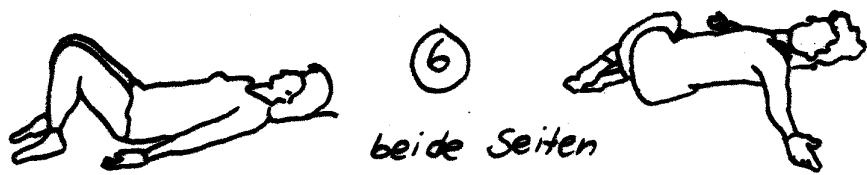
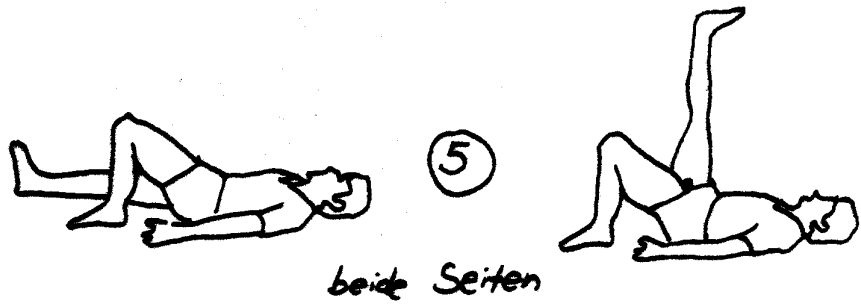
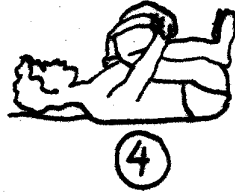
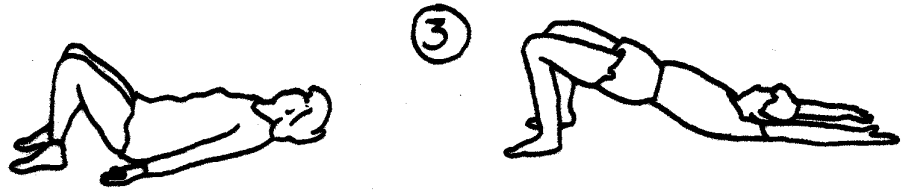


oder

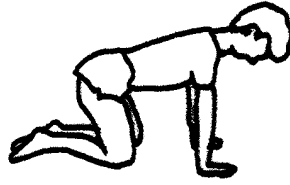


②





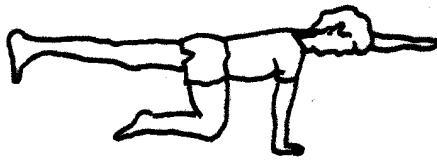
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8



9



beide Seiten

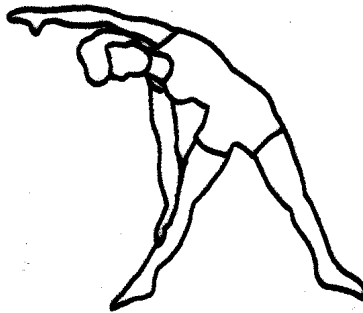
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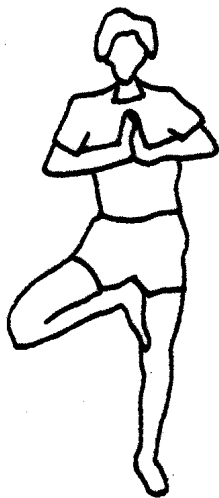
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11



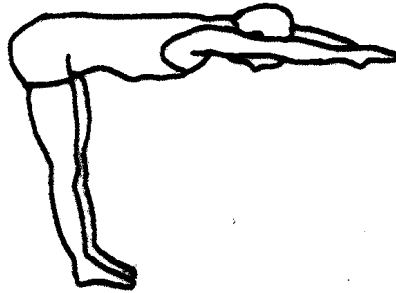
12



← beide Seiten →



13



14



15

Ausgangshaltung



oder

