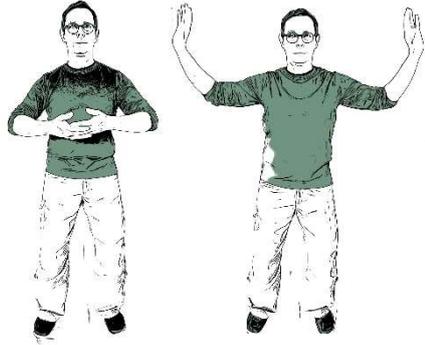
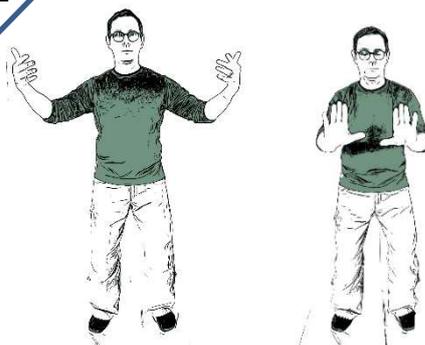
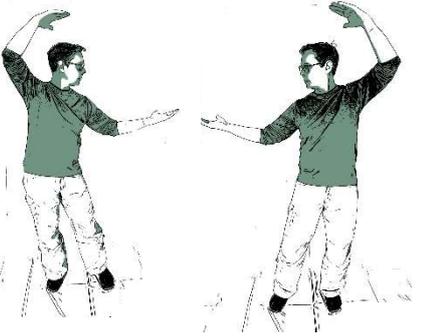
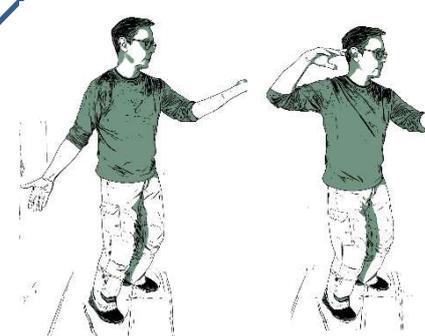
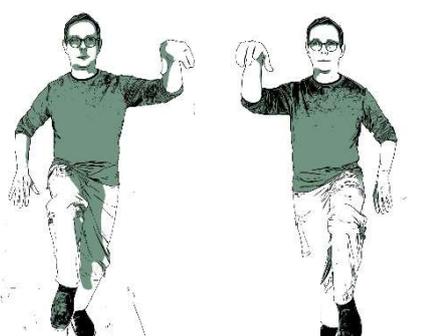
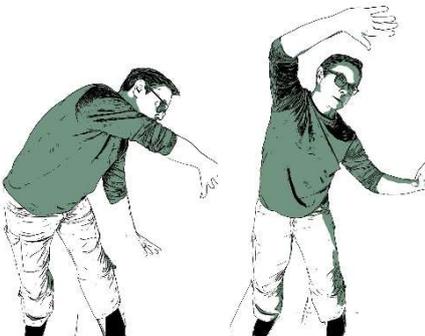


8 Übungen für die Mittagspause

1 	2 
Den Himmel stützen	Die Brust öffnen
3 	4 
Einen Regenbogen malen	Kreisende Arme teilen die Wolken
5 	6 
Den Ball prellen	Wie eine Wildgans fliegen
7 	8 
Das Spinnrad	Drücken der Handflächen in Ruhe