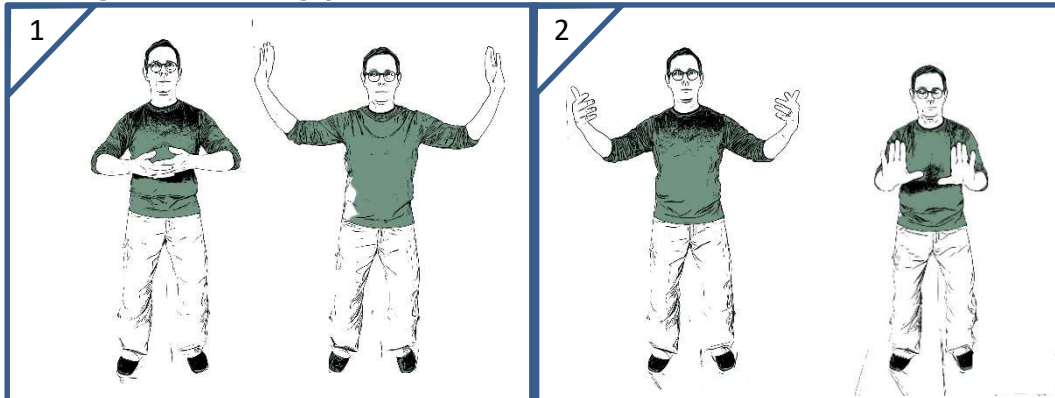
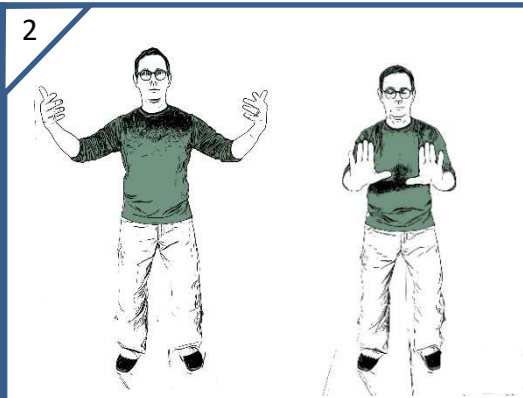


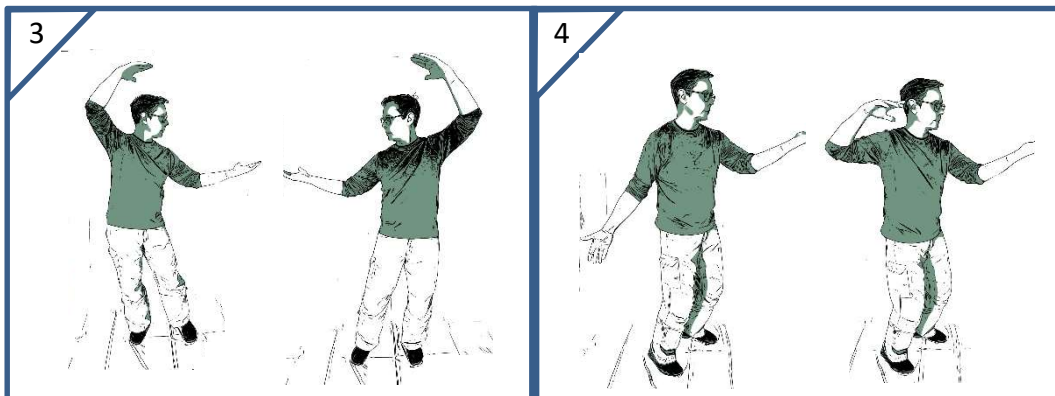
8 Übungen für die Mittagspause



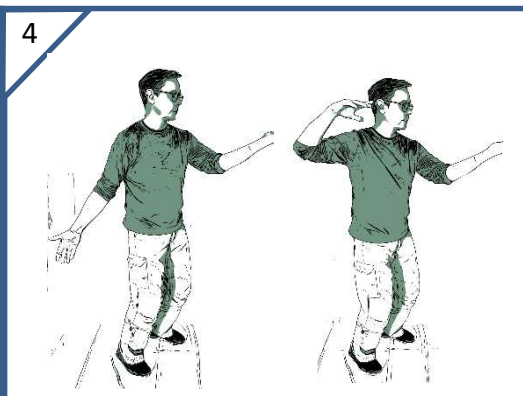
Den Himmel stützen



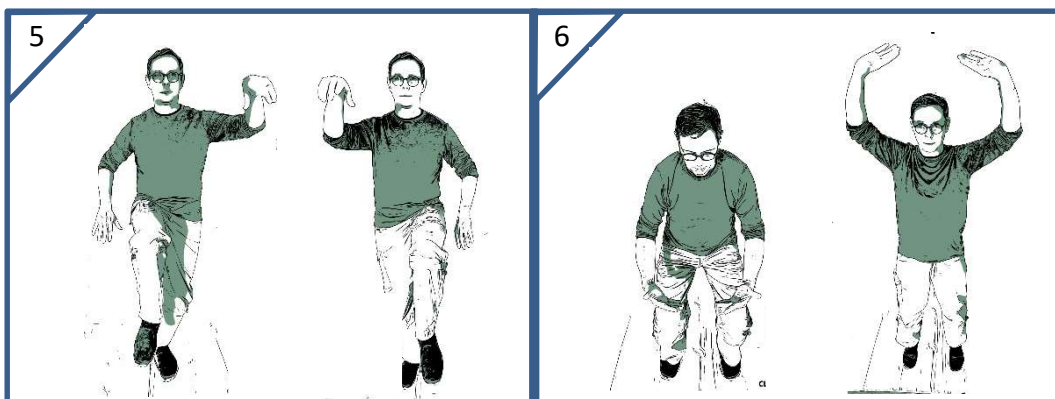
Die Brust öffnen



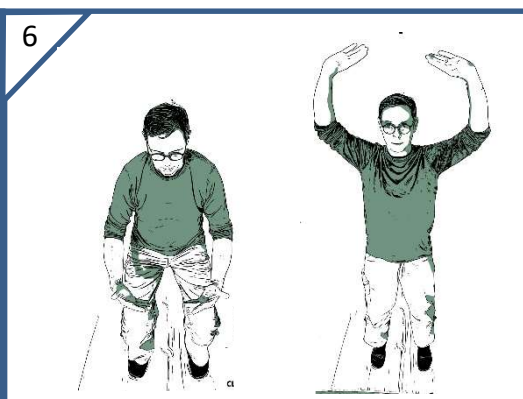
Einen Regenbogen malen



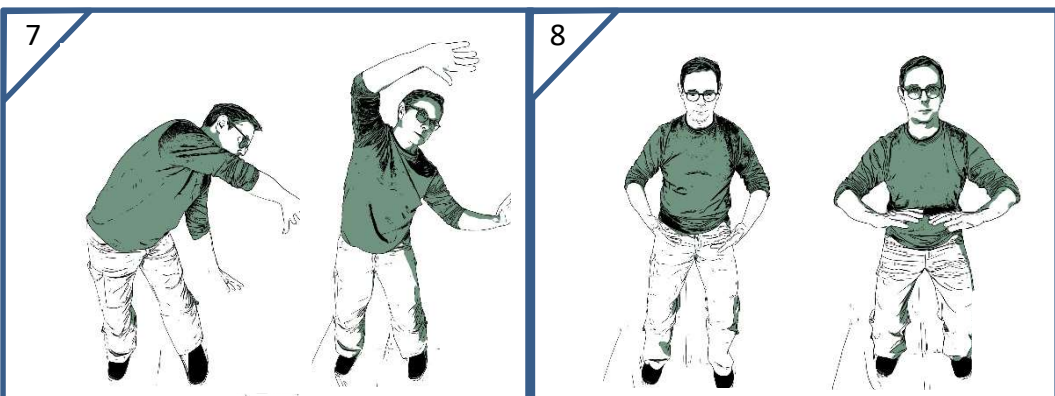
Kreisende Arme teilen die Wolken



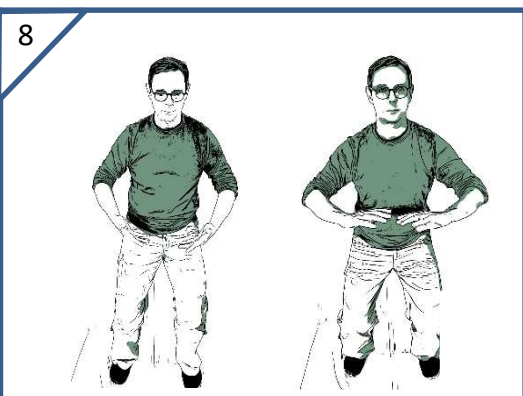
Den Ball prellen



Wie eine Wildgans fliegen



Das Spinnrad



Drücken der Handflächen in Ruhe