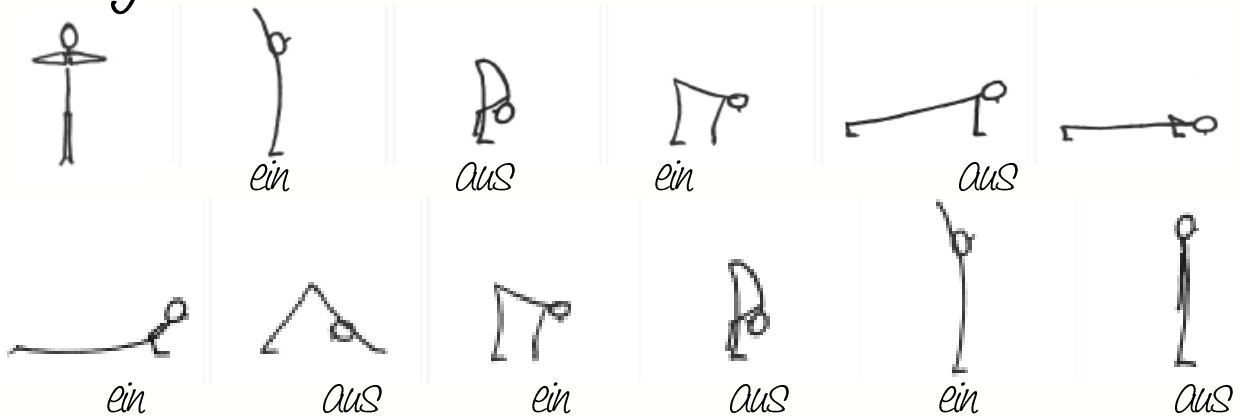
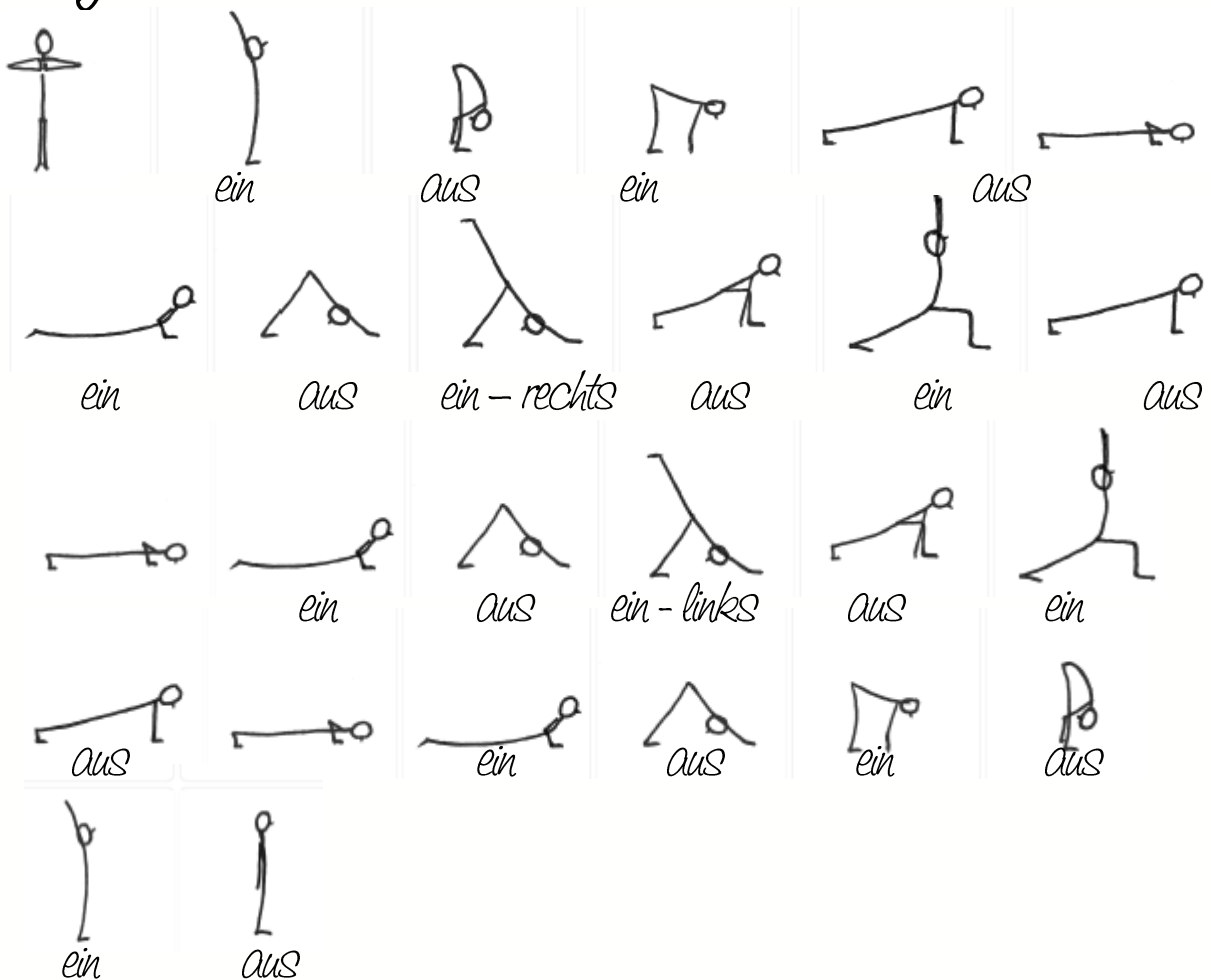


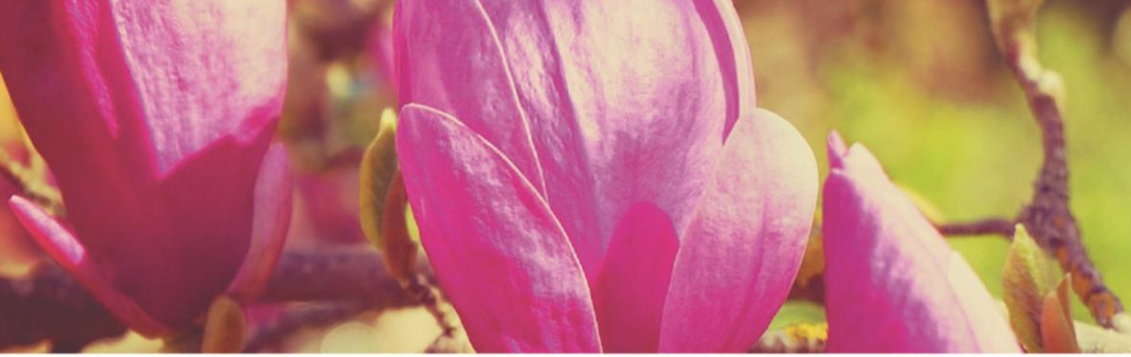


## Surya Namaskara A



## Surya Namaskara B





## Surya Namaskara klassisch



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FREIRAUM FÜR KÖRPER, GEIST UND SEELE