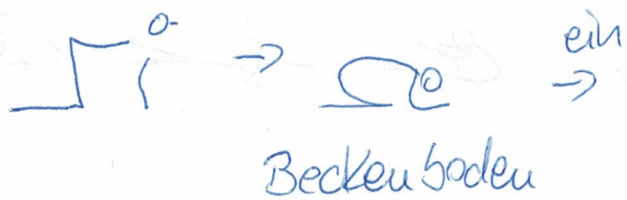
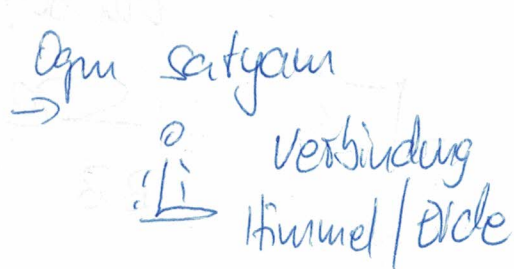
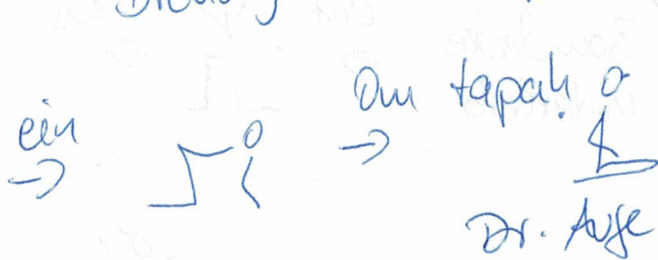
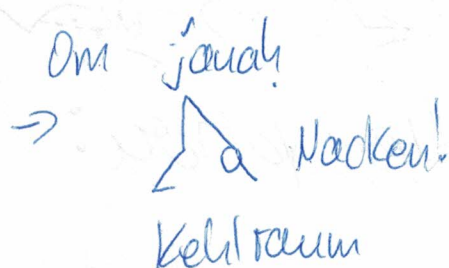
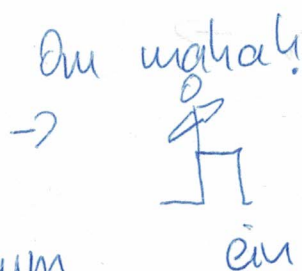
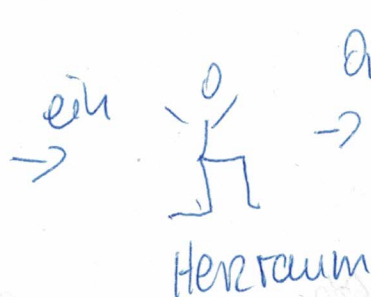
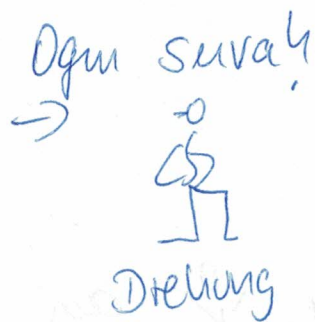
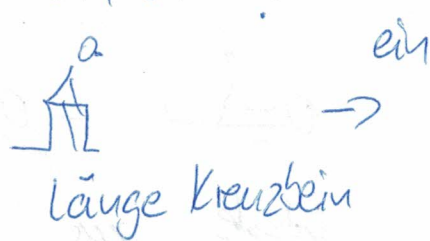


Om bhūh



Om bhuvah



zur Vorbereitung! Koordination Atem - Bewegung
Körperpunkte in die Wahrnehmung bringen. Nach
Wunsch und Möglichkeit zum Tönen der Mantras
kommen. Lass dir Zeit um deinen persönlichen
Weg zu finden.