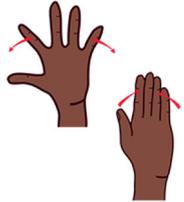
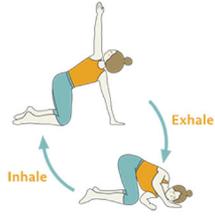


# Kurseinheit 1 / Pilates

- 60 Minuten
- Aktivierung des Kraftpakets (Beckenboden- und Bauchspannung).
- Kraftpaket

	<b>Breath Awareness</b>				
					
					<b>Breath Awareness</b>
					
	