
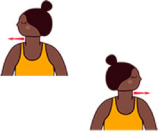



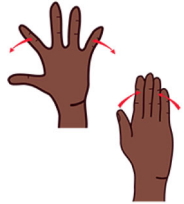




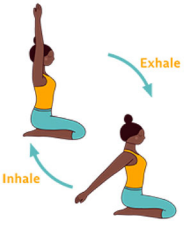

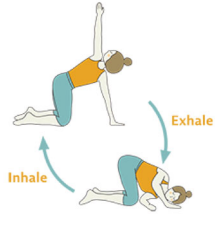

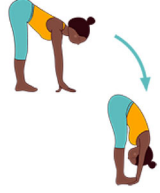



Kurseinheit 1 / Pilates

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

	Breath Awareness				
					
					Breath Awareness
