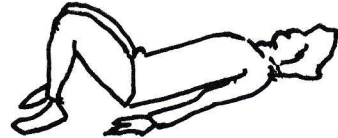


Achtsames Yoga - Yogapraxis
Übung gegen Stress in der Pflege
(Stressbewältigung durch Achtsamkeit (MBSR))
von
Marcus Klug

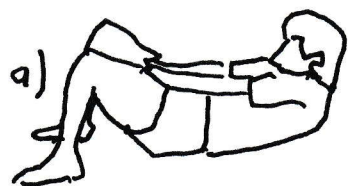
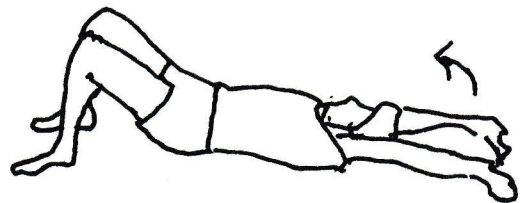
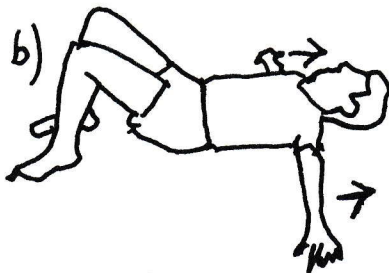
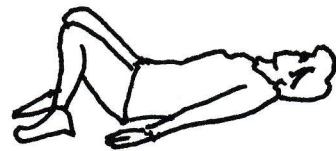
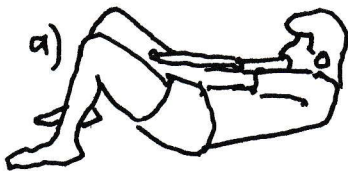
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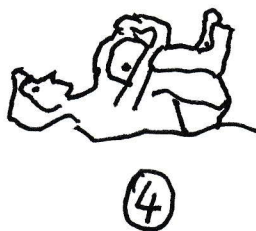
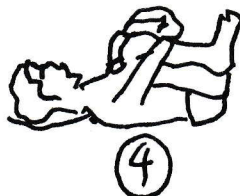


oder

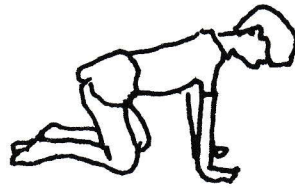
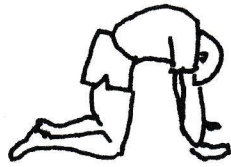


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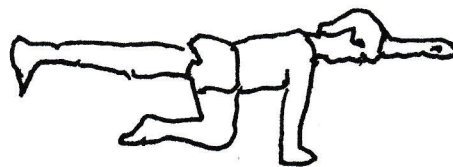
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8

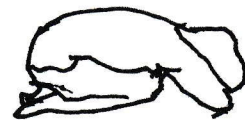


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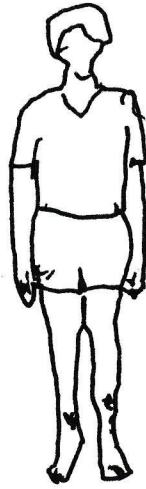


beide Seiten

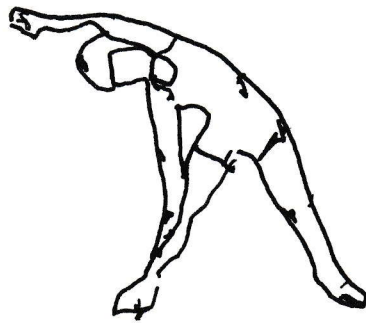
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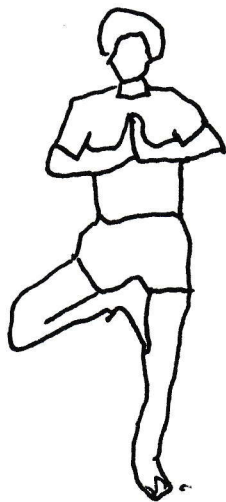
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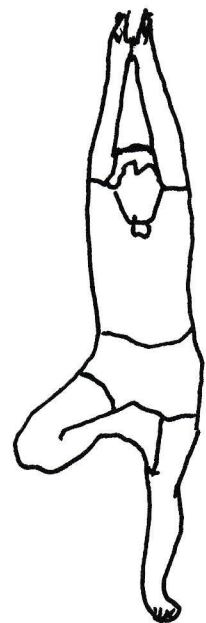
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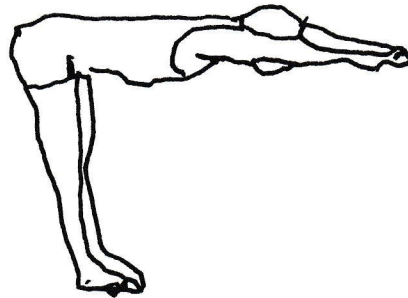
12



← beide Seiten →



13

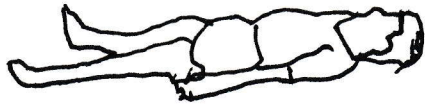


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Ausgangshaltung



oder

