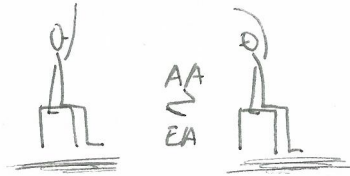
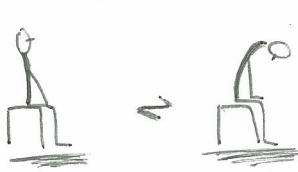


Übungsblatt „flexibel und offen“

12.04.20

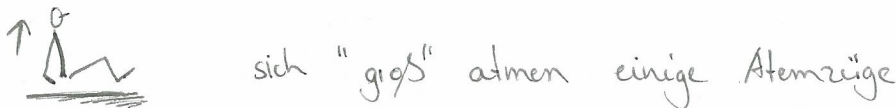
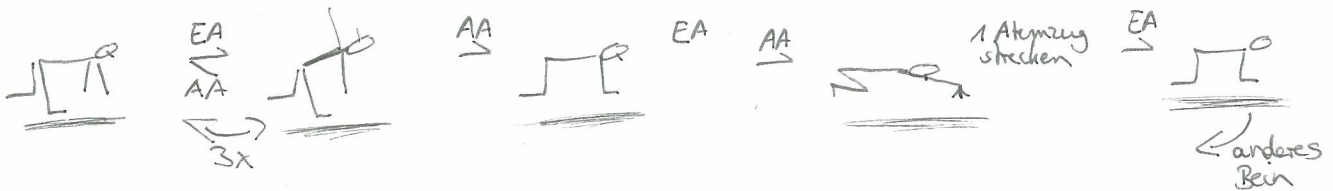
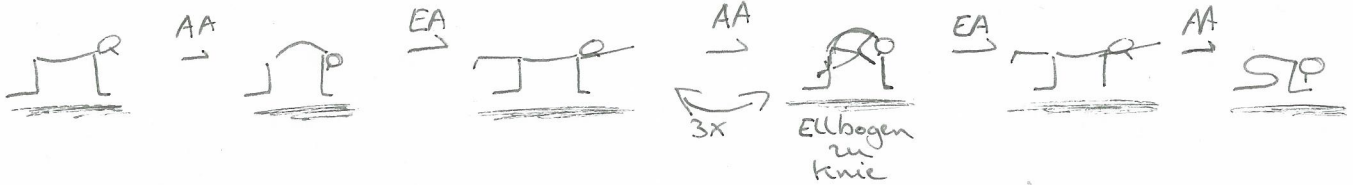


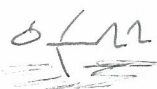
„Denke nicht so oft an das, was Dir fehlt, sondern an das, was du hast.“
 (Marc Aurel – mein Kalenderspruch für diese Woche!)



Seitneige

AA=Ausatmen
EA=Einatem



 einige Atemzüge Pause
 "ich bin flexibel und offen"