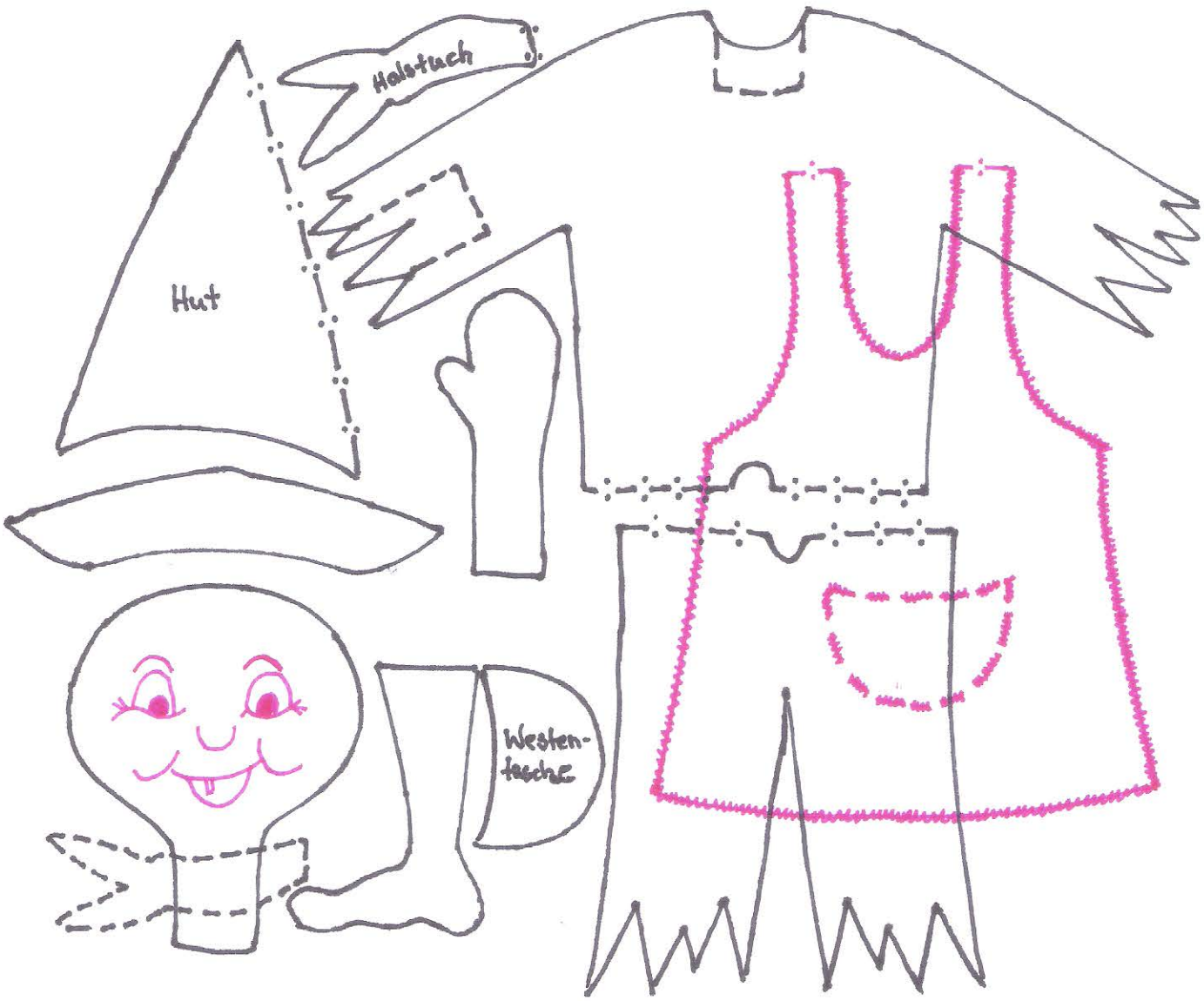
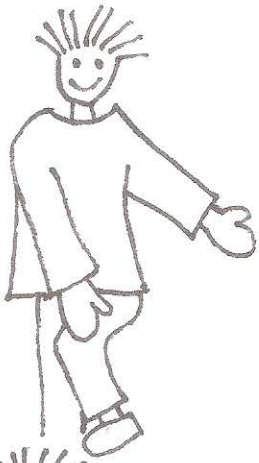

Halstuch
Hut
Westen-
tasche

Kurzprogramm Kinesiologischen Übungen

nach Paul und Gail Dennison

2.

3.



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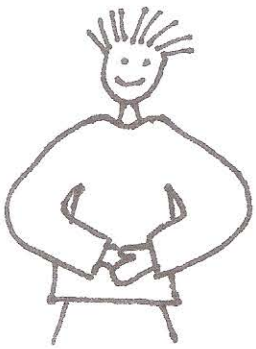
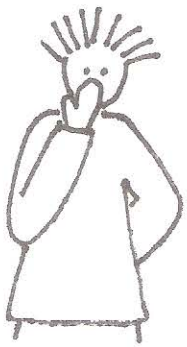


5.

6.

7.



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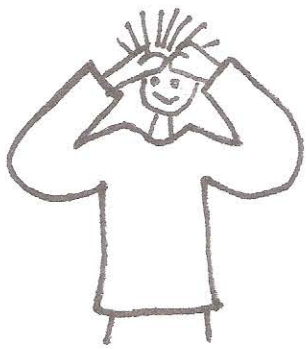

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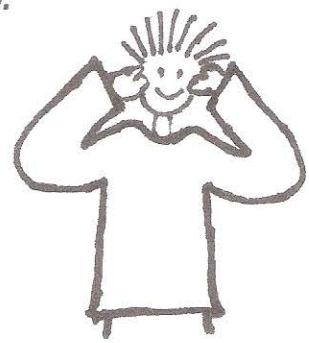

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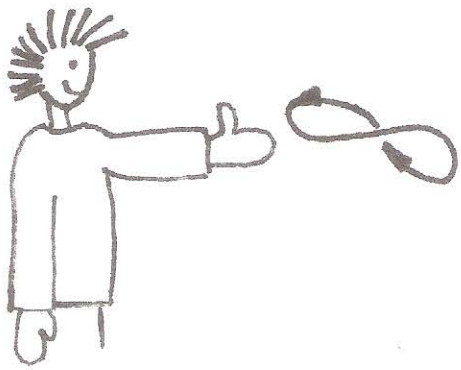
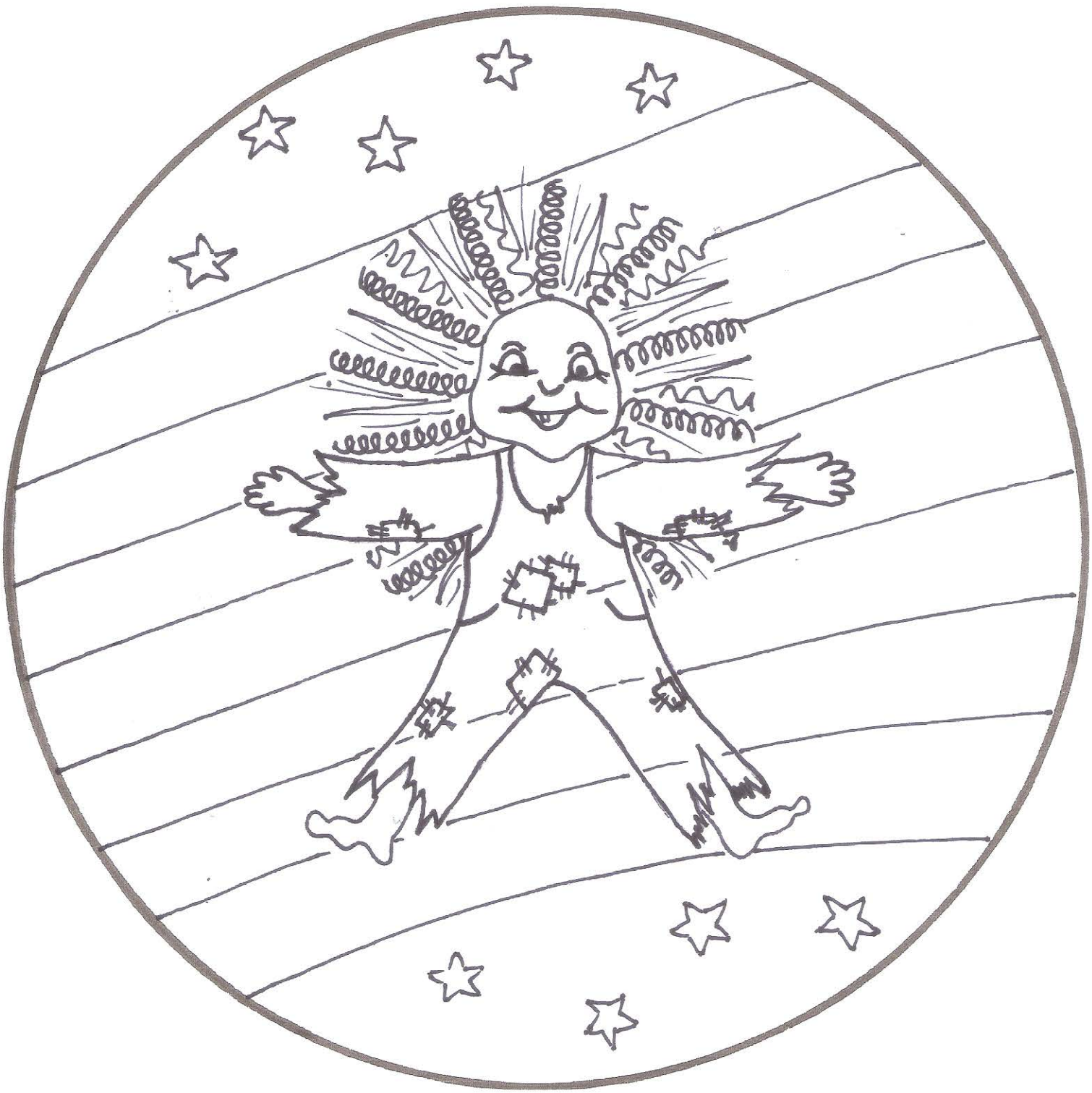
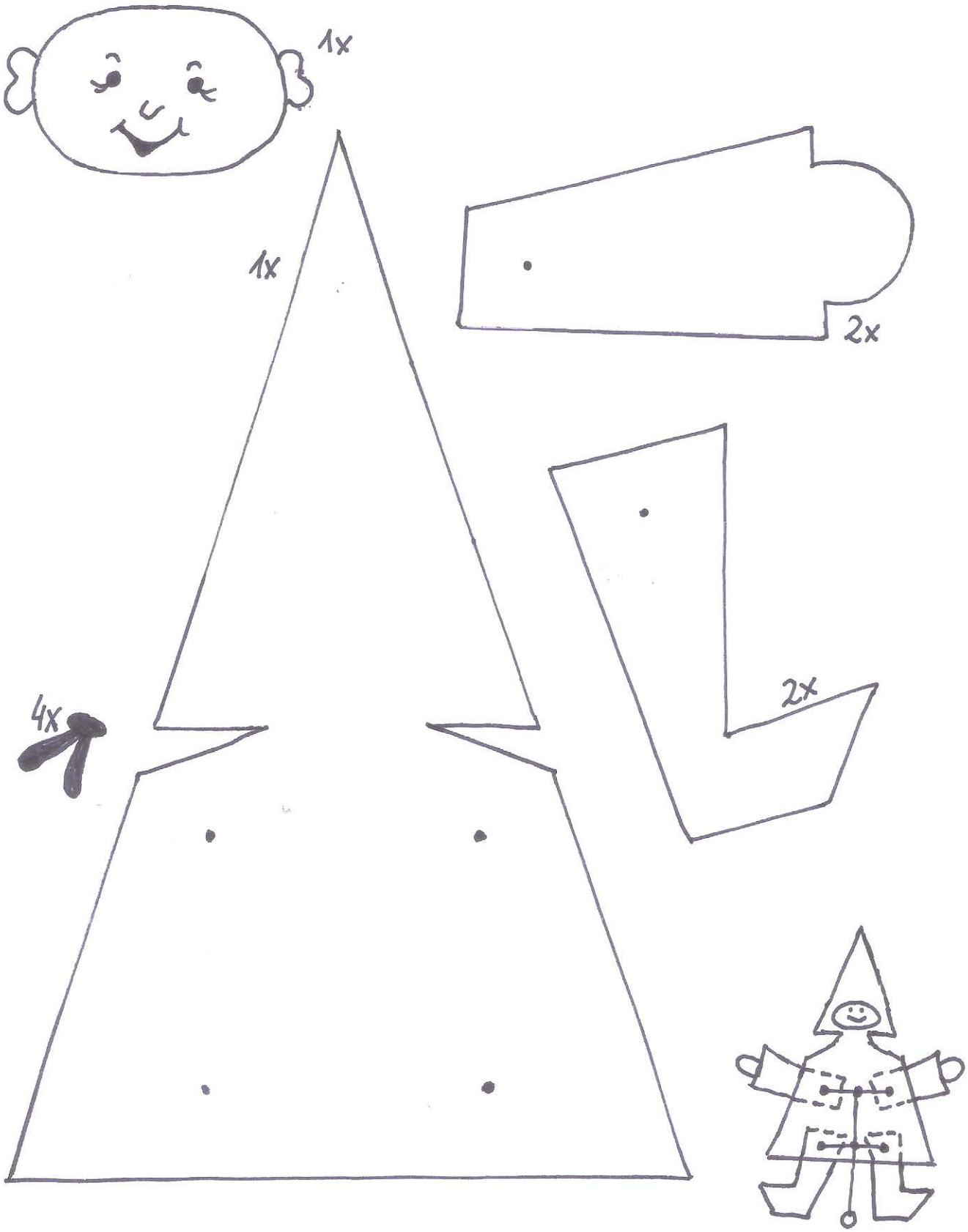
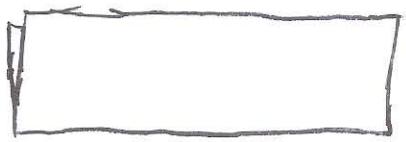




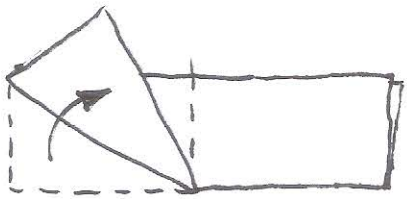
Geduld
Mut
Trost
Motivation
Flexibilität
Gelassenheit


1x
1x
2x
2x
4x

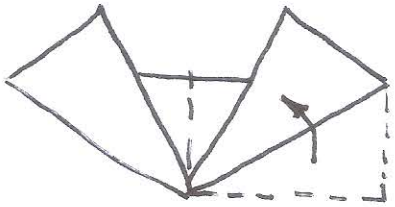
1. Ein rechteckiges Blatt A4 in der Mitte Kante auf Kante falten.



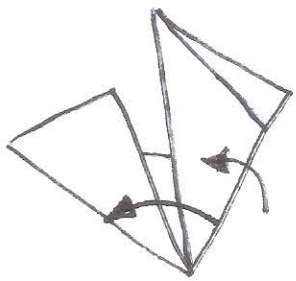
2. Vom Mittelpunkt der gefalteten Kante zur linken Ecke oben falten.

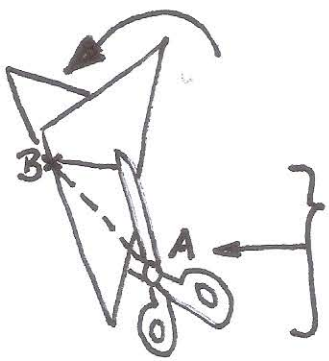


3. Ebenso zur rechten Ecke falten.



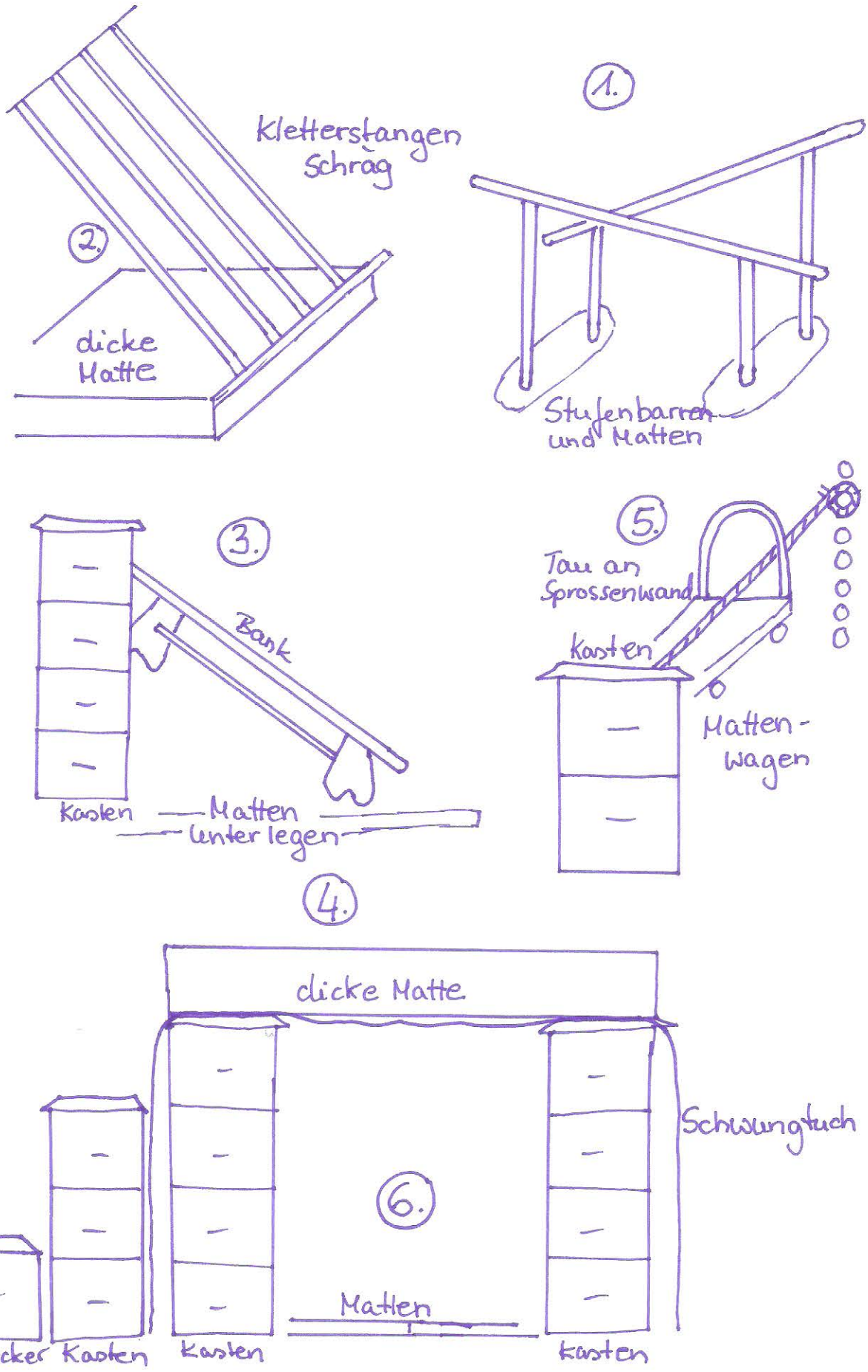
4. Dann eine Ecke über die Mitte und

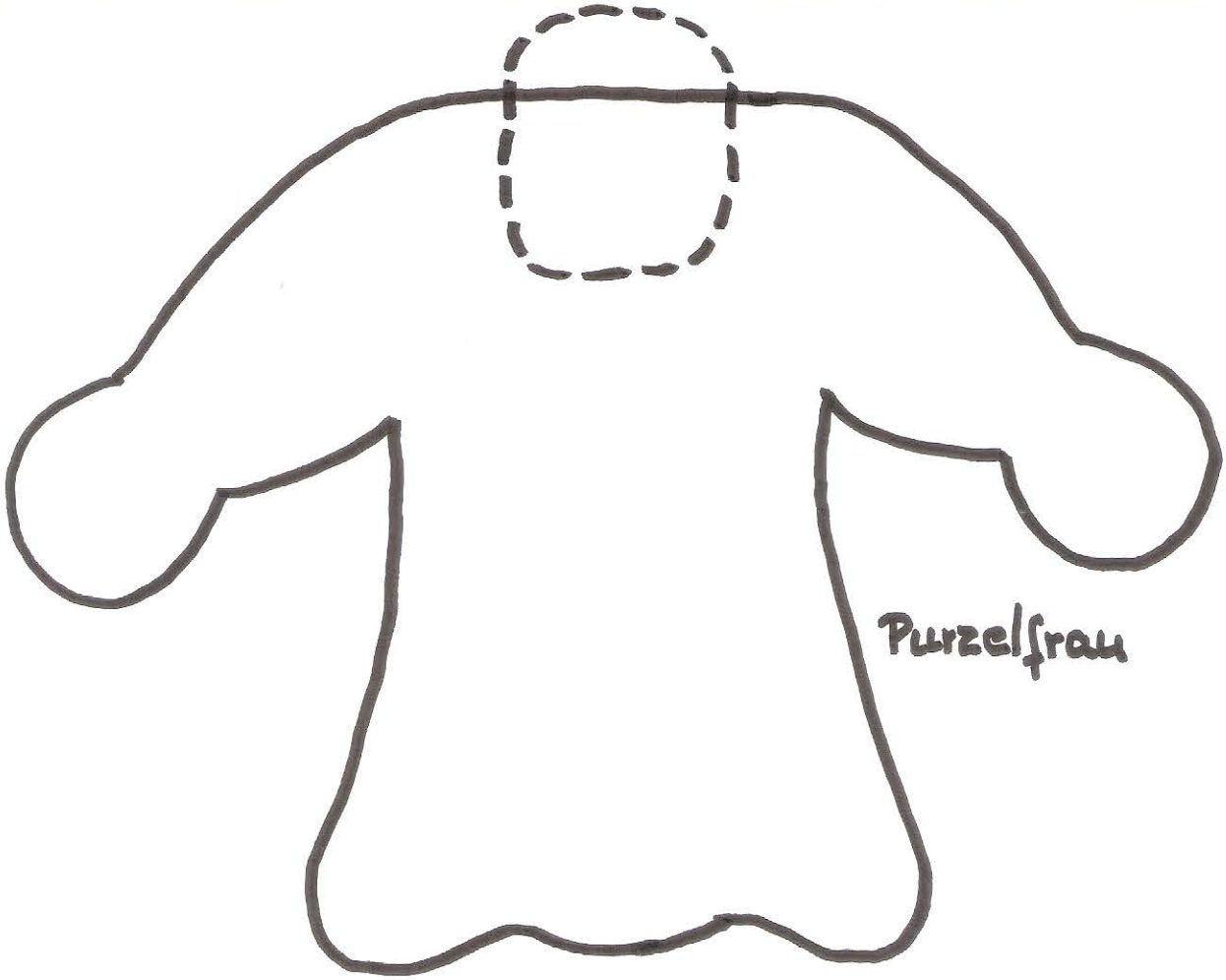


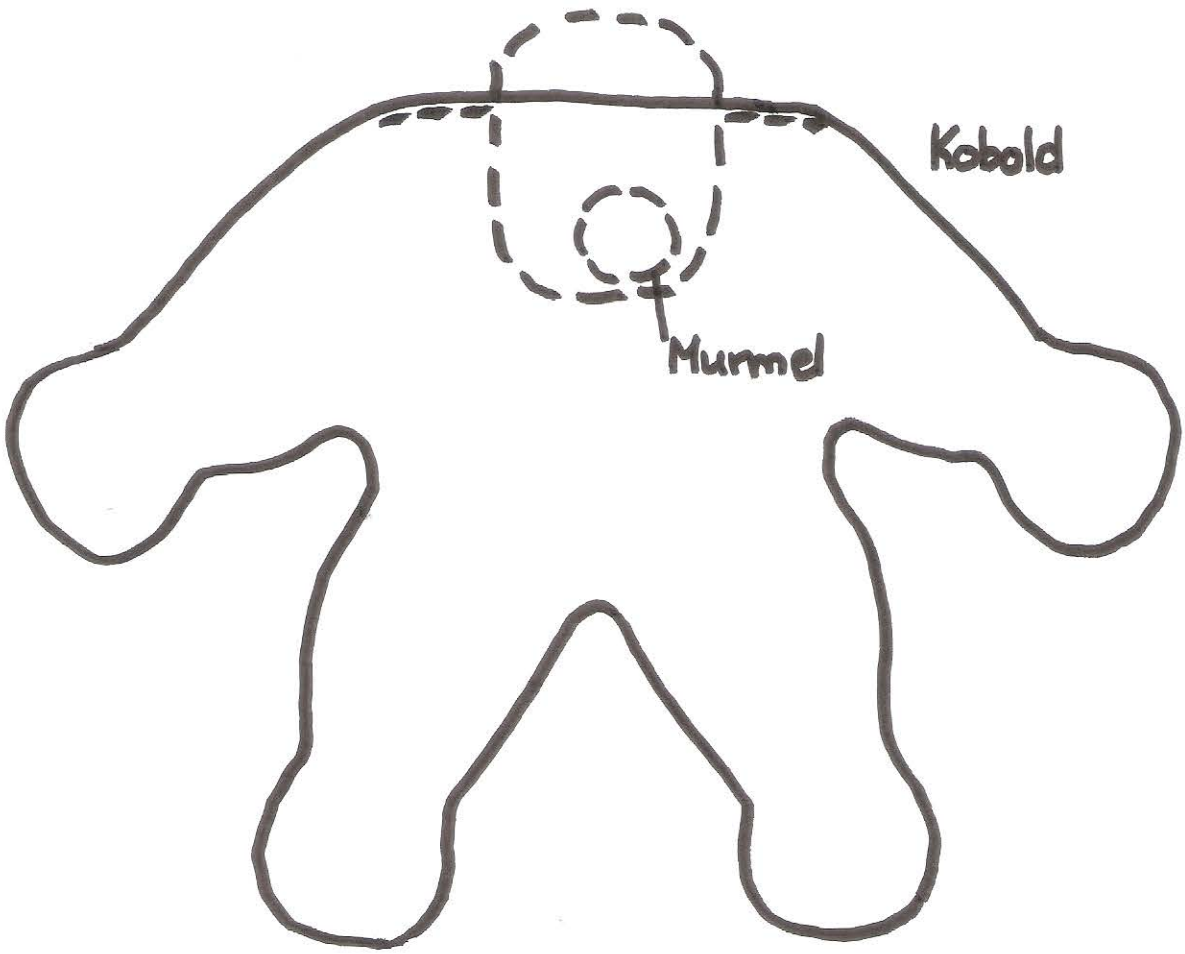
5. 

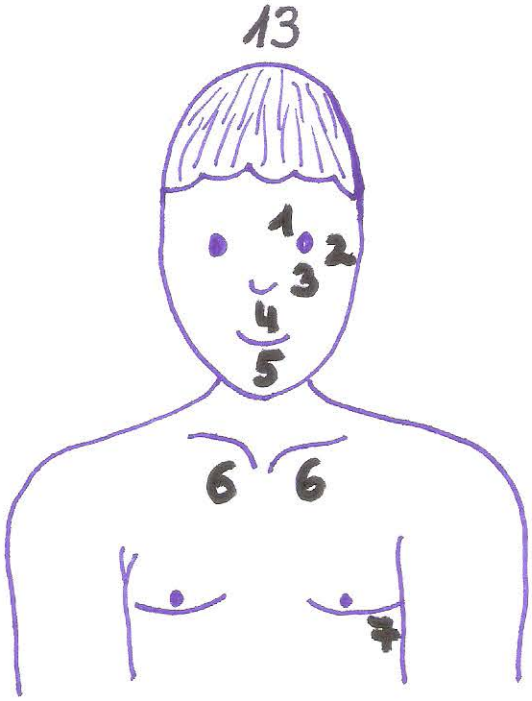
weiter bis zur anderen Außenkante falten.

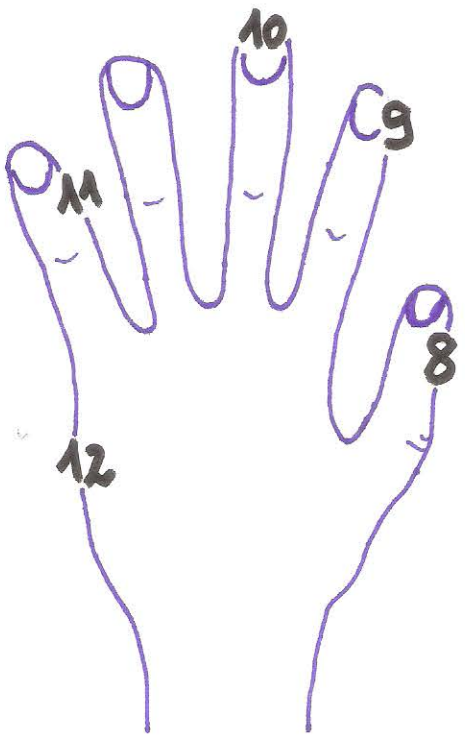
Von der Mitte A schräg bis zum Punkt B schneiden und den Stern auseinander falten.

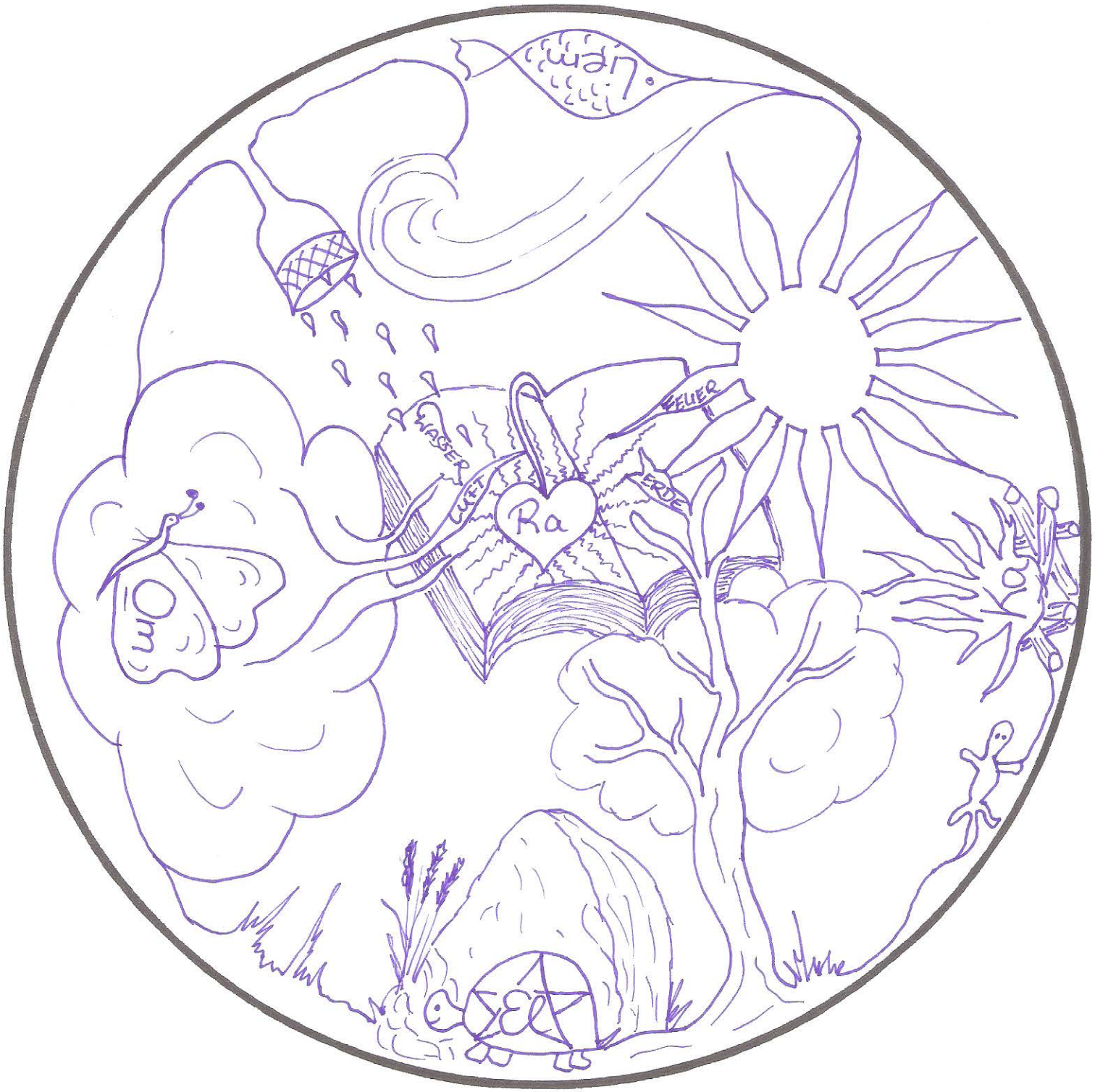

1.
Kletterstangen Schräg
2.
dicke Matte
Stufenbarren und Matten
3.
Bank
Kasten
Matten unterlegen
5.
Tau an Sprossenwand
Kasten
Matten-Wagen
4.
dicke Matte
Schwungtuch
6.
Matten
Hocker
Kasten
Kasten
Kasten


Purzelfrau


Kobold
Murmel


13
1
2
3
4
5
6
6
7

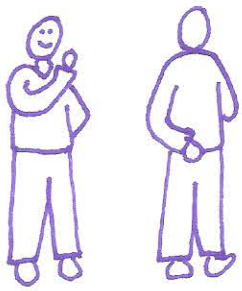

10
9
11
8
12


WASSER
LUFT
FEUER
ERDE
Ra

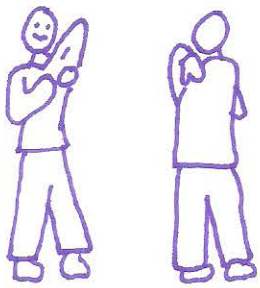
Klopfübungen zur Aktivierung der Meridiane
„Qigong für Frauen" von Liu Yafei

1.

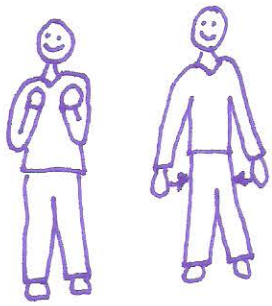
2.



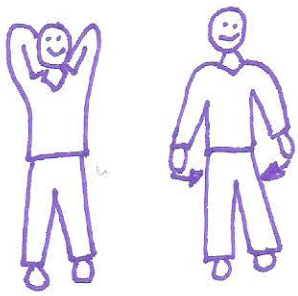
3.



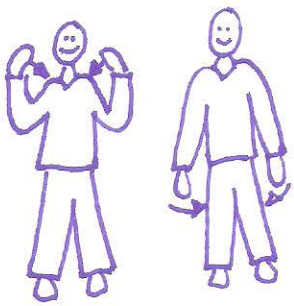
4.1.



4.2.



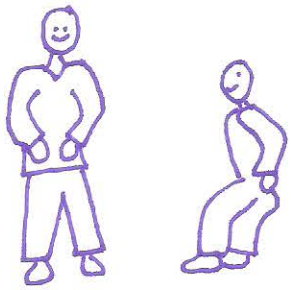
4.3..



5.

6.

7.



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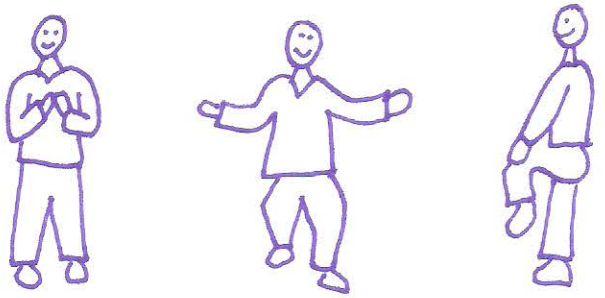
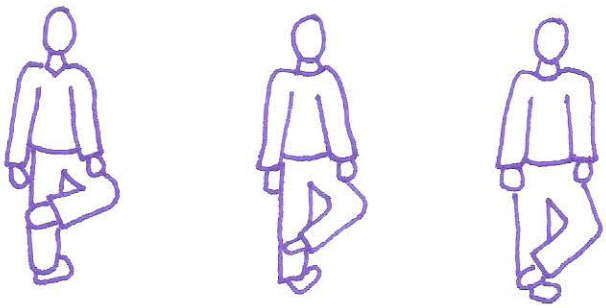


9.



Um diese Übungsfolge abzuschließen, die Hände reiben und mit den warmen Händen sanft die Nieren massieren.
Die Arme so nach vorn führen, als wolle man etwas einsammeln und die Hände auf den Unterbauch ruhen lassen.