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**Jiyuan Zhang**



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web was wie für wen im kahiryanur yoga lernt man anhand von gesundheitsförderlichen körperhaltungen āsana s sowie  
kontrollierten konzentrations und atemübungen ein verbessertes körpergefühl zu erhalten und lebensenergie im körper zu  
spüren und einzusetzen alle Übungen werden auf die bedürfnisse der teilnehmenden

