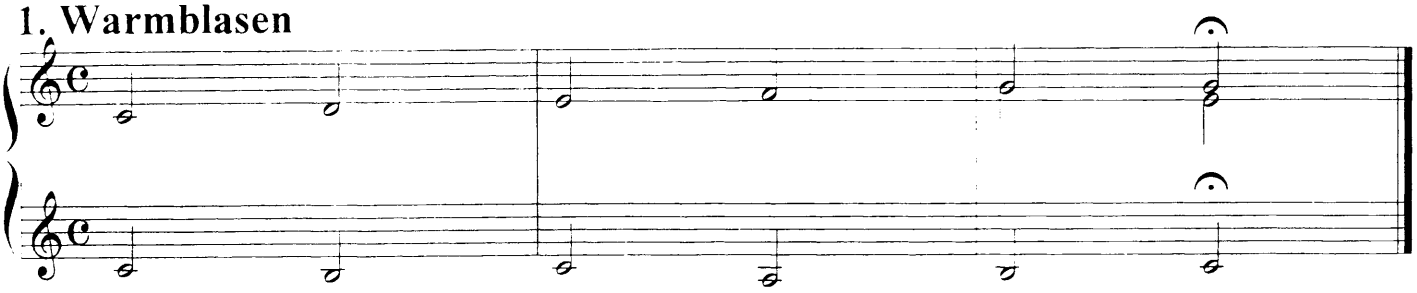
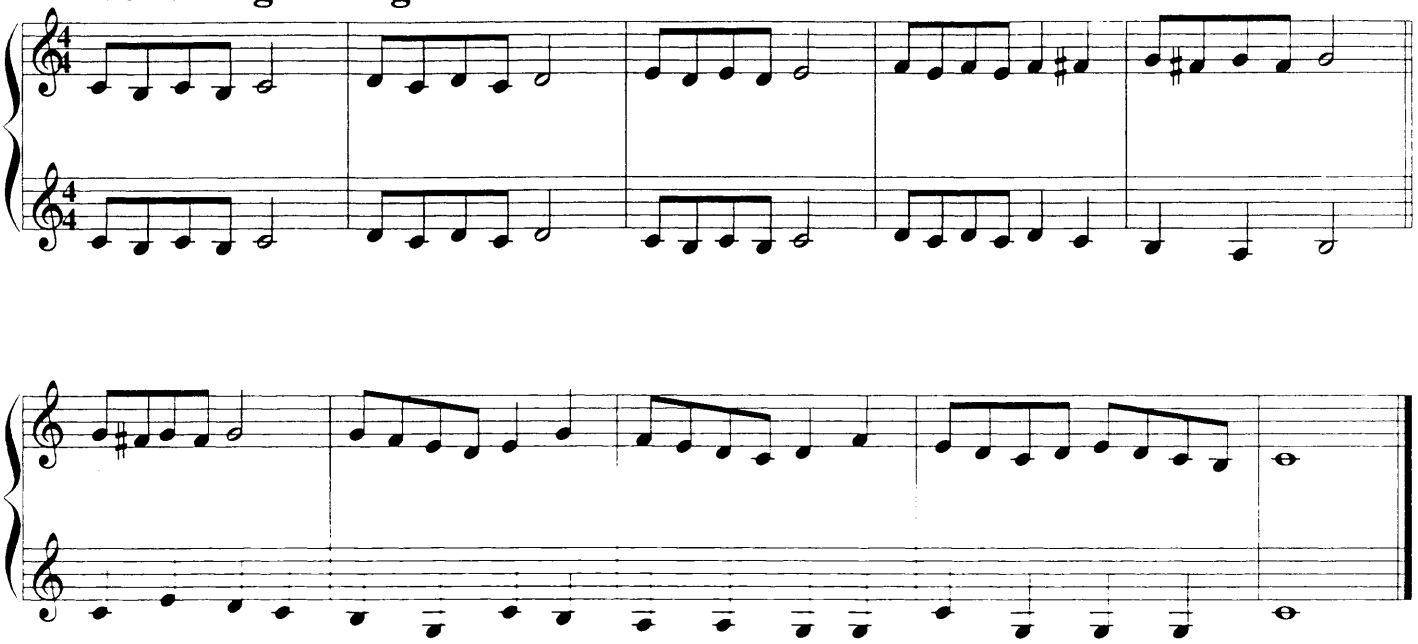
Teil I: Beginner-Spots

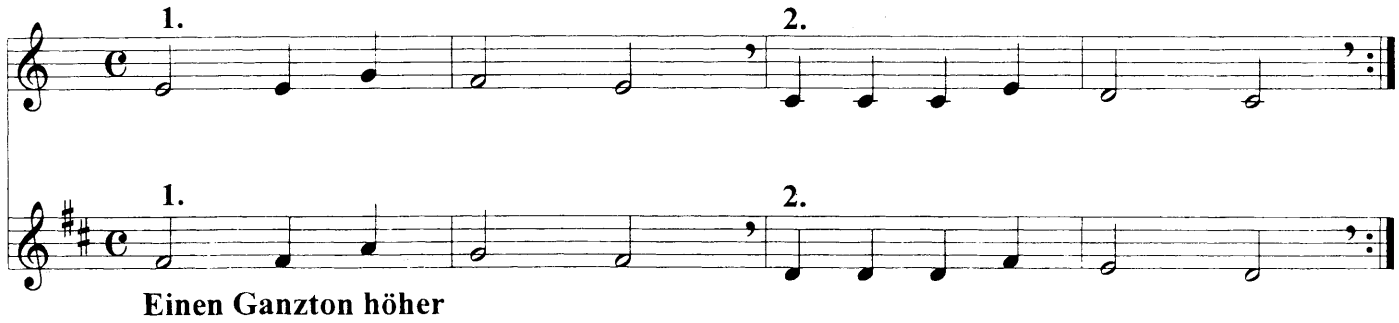
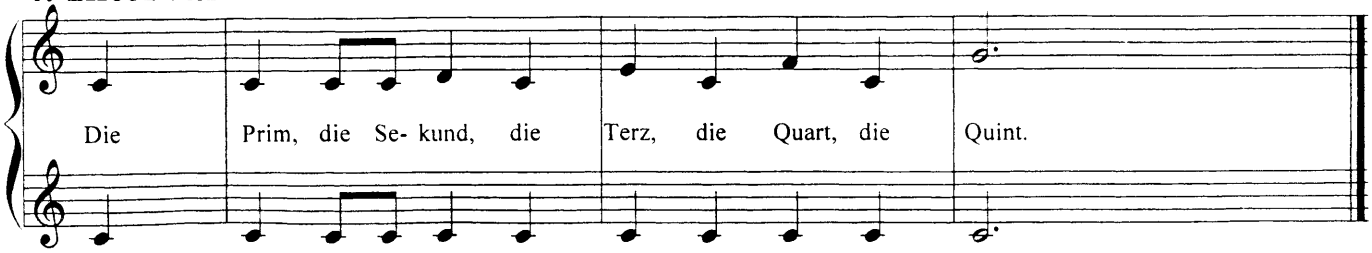
1. Warmblasen



2. Lockerungsübung



3. Harmonie-Kanon



4. Intervalle