

Augen Qi Gong

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Schlie ß en Sie die Augen und lassen Sie sich auf zwei spirituelle Traumreisen ... Das "innere L ä cheln " wird von vielen Meistern des QiGong gelehrt und hat innere Entspannung und Harmonisierung zum ...

Traumzeit 2
Die Autorin Birgit Lichtenau aus Regensburg ist Lehrerin f ü r Feldenkrais, Tai Chi und Qigong. Sie wurde von der International Feldenkrais Federation ausgebildet. Seit 1992 leitet sie zahlreiche Kurse ...

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