

# STEPH J.

Height **177** / Bust **86** / Waist **68** / Hip **94** / Size **36** / Shoes **39** / Hair **dark blonde** / Eyes **brown-green** /





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**go play**  
4PLAY — MGMT

ZEITSCHRIFT FÜR YOGA & SPIRITUELLE LEBENSWEISHEIT

# yoga

134

aktuell

**PRAXIS**

SONNIGER  
VINYASA-FLOW  
für mehr Weite

Asana Sequenz  
FÜR DEN  
WEIBLICHEN ZYKLUS

Yogatherapie:  
NACKENWOHL

**KARMA-YOGA**  
in der  
Bhagavadgita

**SADHANA**  
Lebe deine  
spirituelle Praxis  
im Alltag!

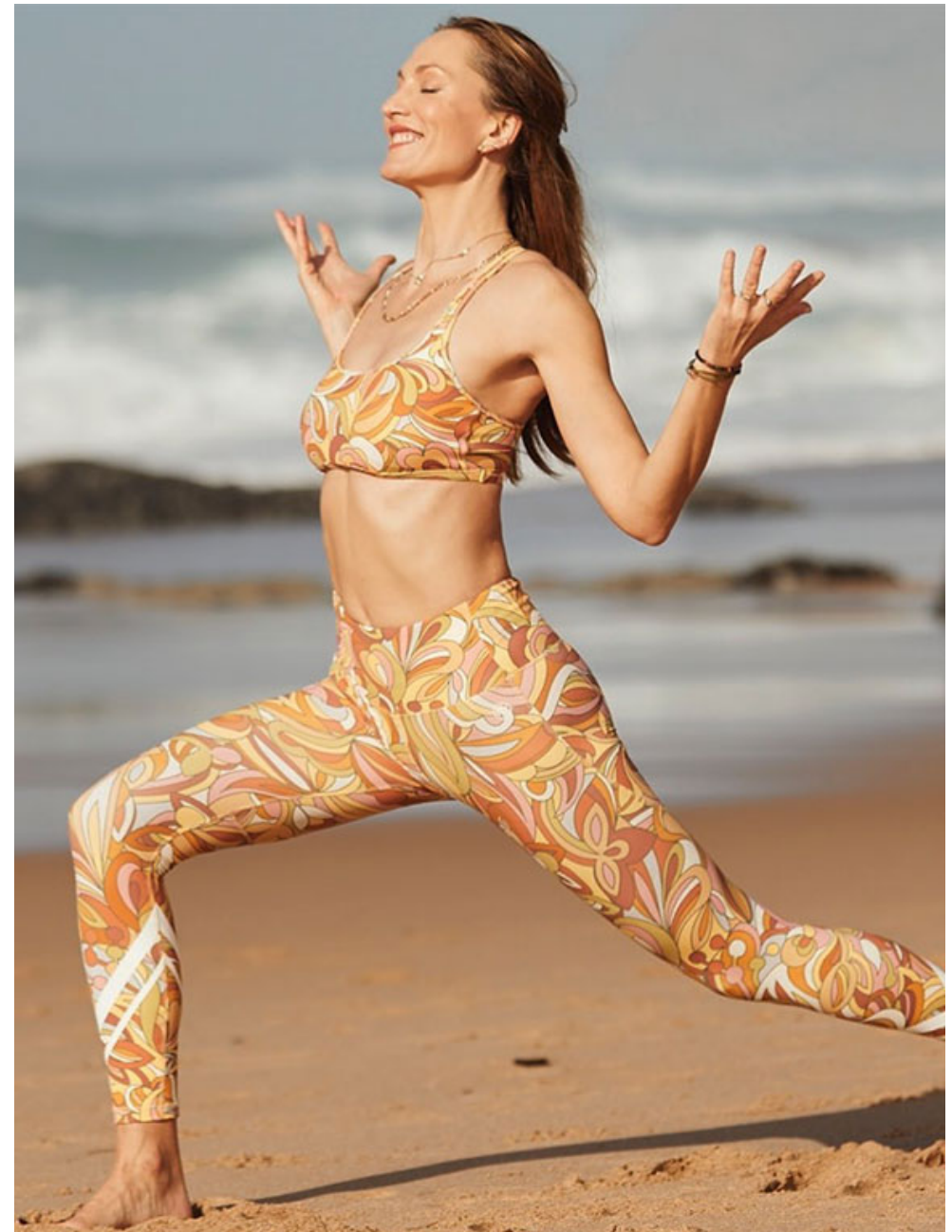
MEDITATION:  
Zen ganz  
praktisch!

**AMMELN & GENIEßEN!**  
Rezepte mit  
heimischen  
Wildblumen

## KUNDALINI- SHAKTI

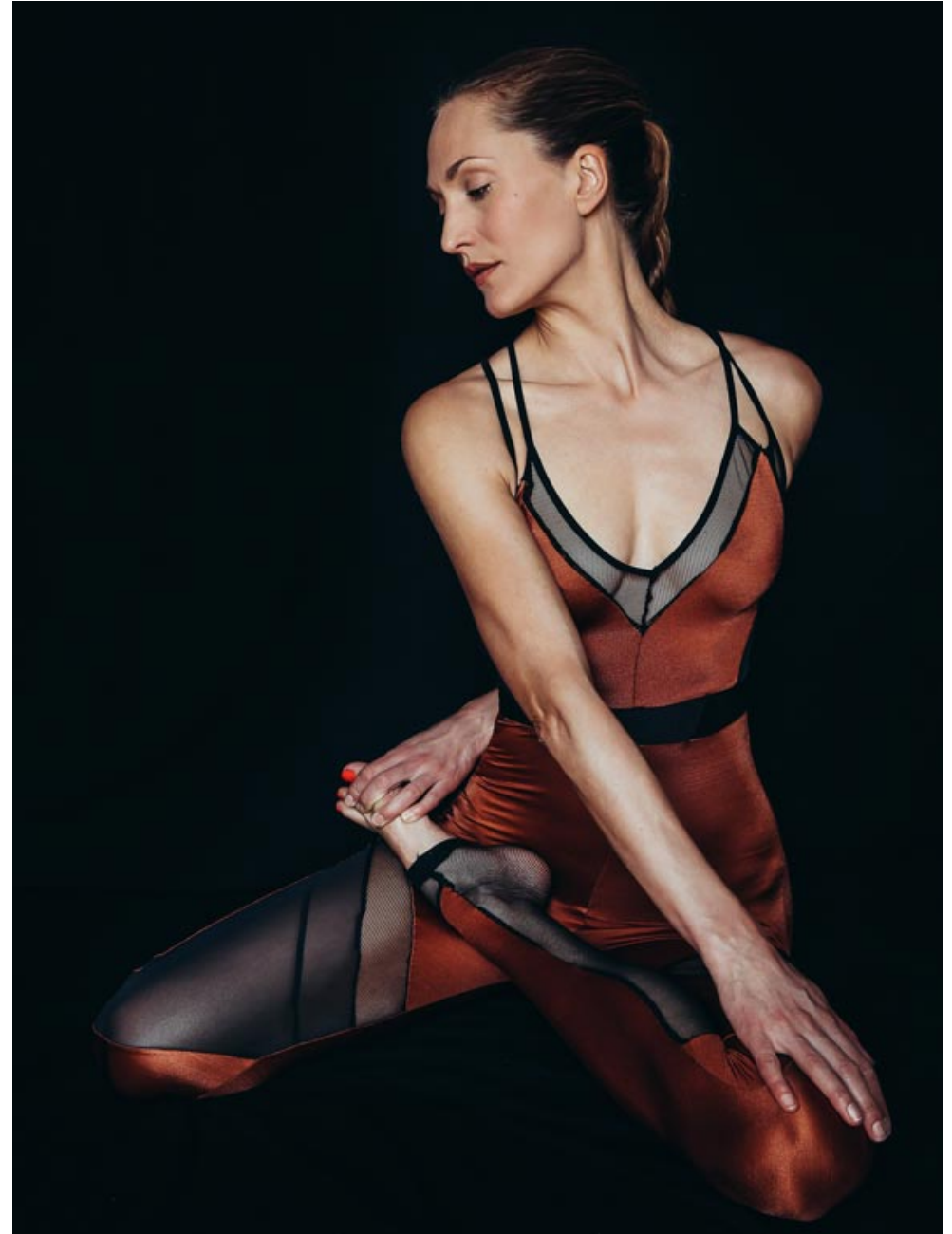
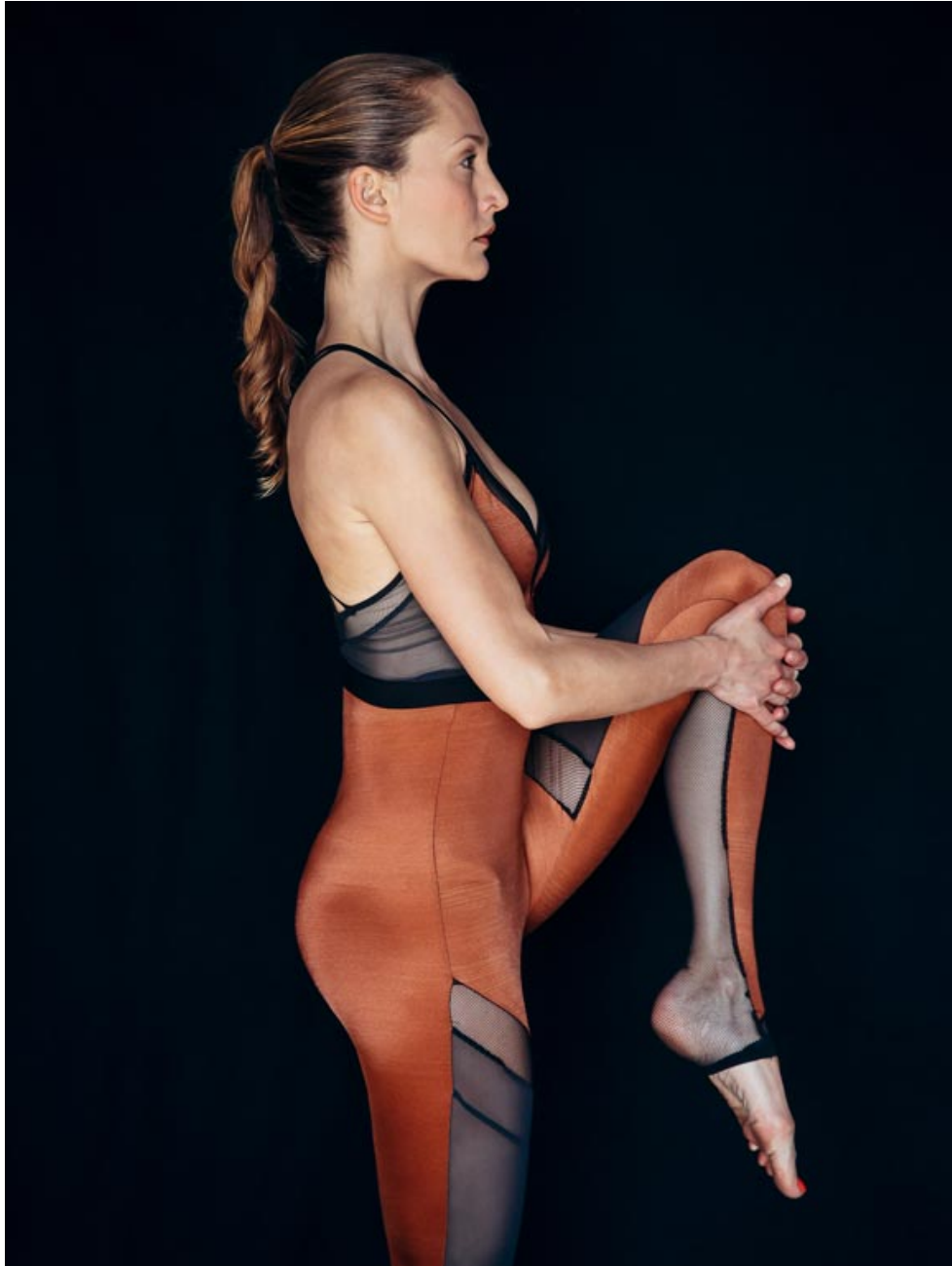
**KOGI:**  
Zurück zur  
ursprünglichen  
Lebendigkeit

Die transformative Kraft  
und ihr Erwachen



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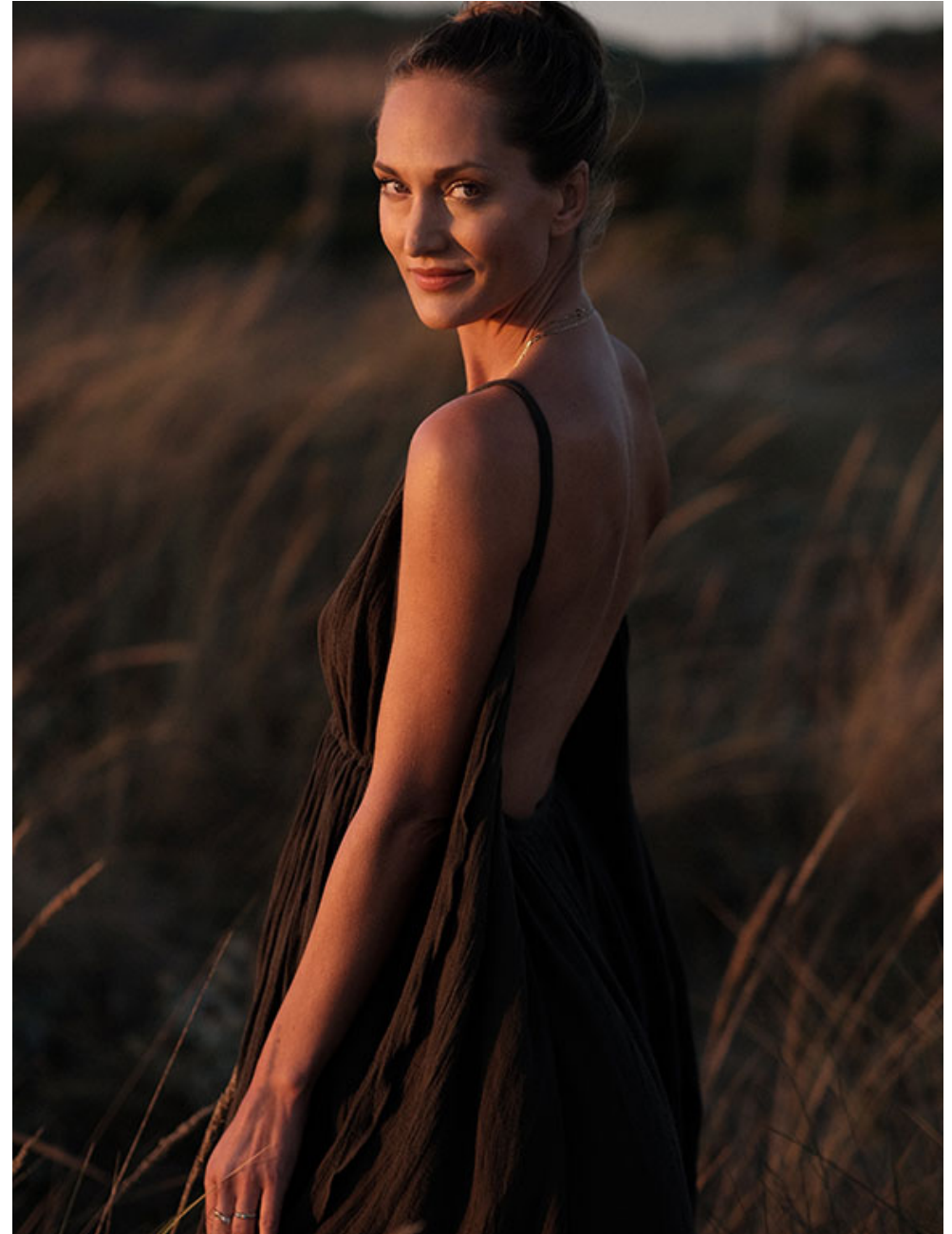
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