

Entspann dich!

A person is shown in silhouette, performing a yoga pose on a beach at sunset. The person is in a standing position with their feet together, arms raised, and hands clasped above their head. The background features a bright sun low on the horizon, casting a warm glow over the scene. The ocean waves are visible in the distance, and the person's reflection is clearly visible in the wet sand in the foreground.

Was? Ein Mix aus Entspannung, Yoga & Spaß

Wann? Dienstags in der 9. Stunde

Wo? Im Klassensaal der Fa

Wer? Mit Frau Böse