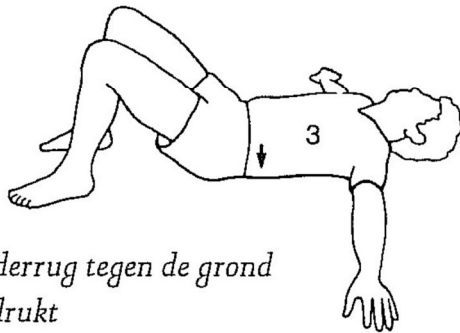
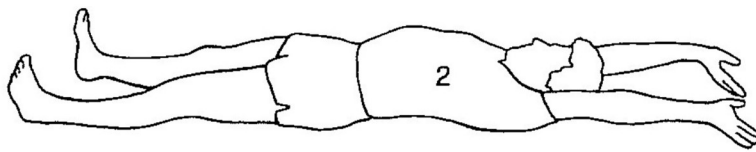
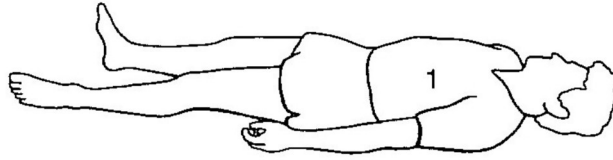




# Mindful bewegen

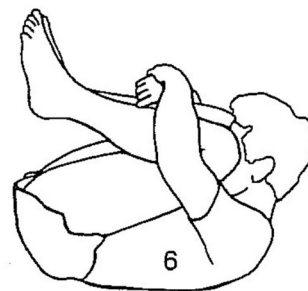
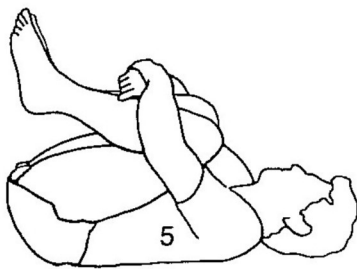
## Liggend



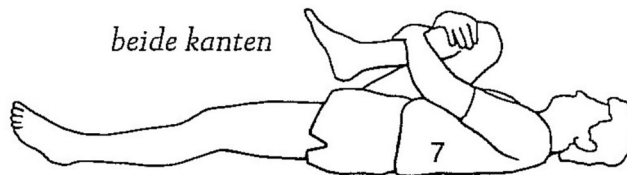
*onderrug tegen de grond  
gedrukt*



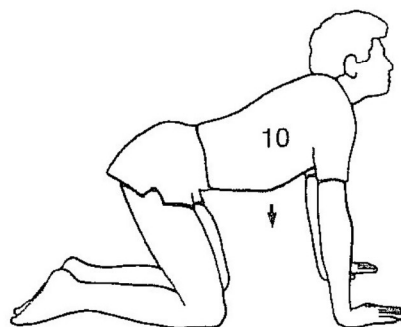
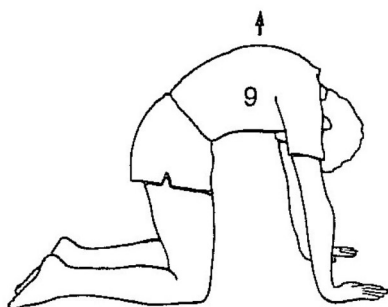
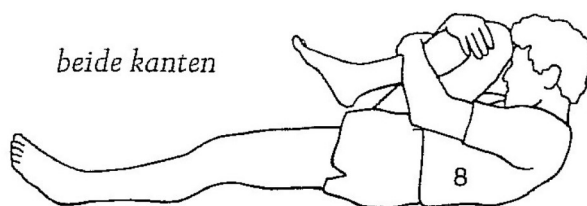
*onderrug hol; bekken  
blijft op de grond*



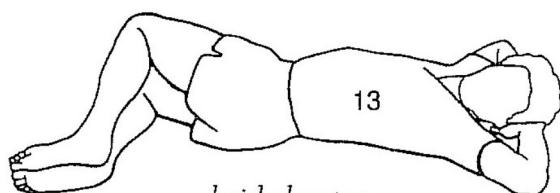
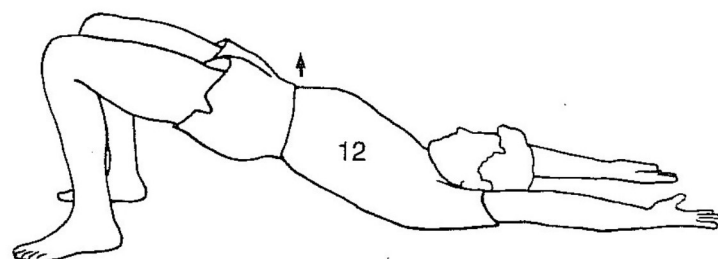
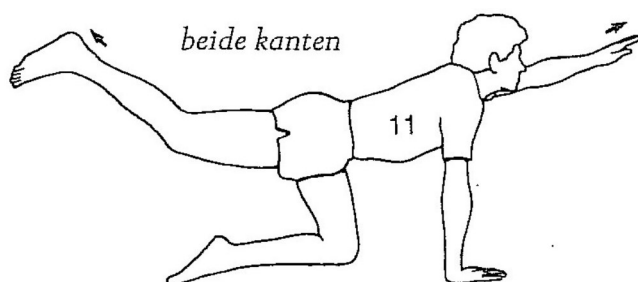
*beide kanten*



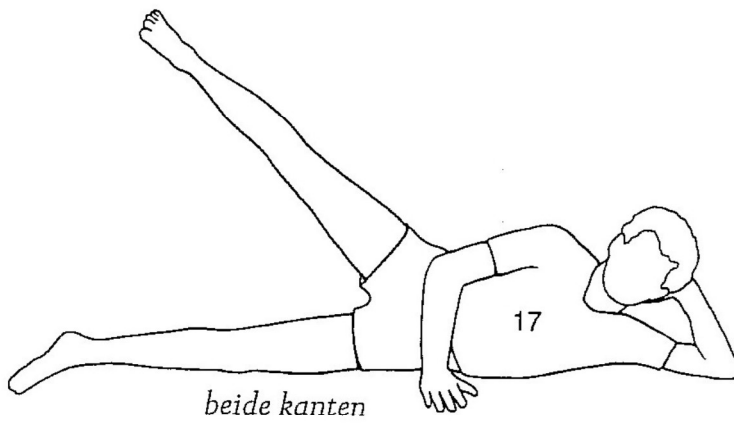
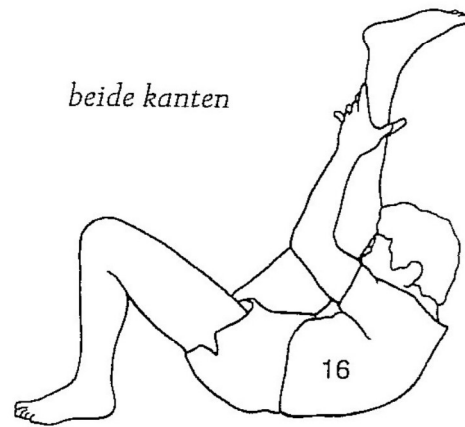
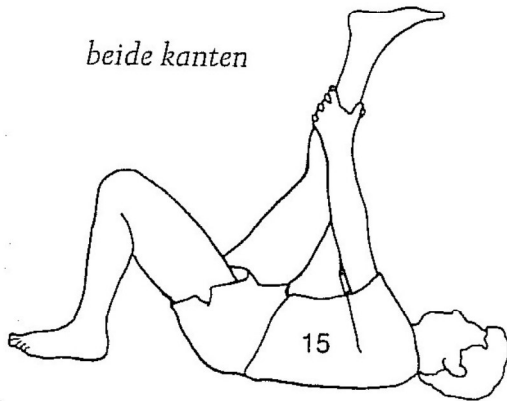
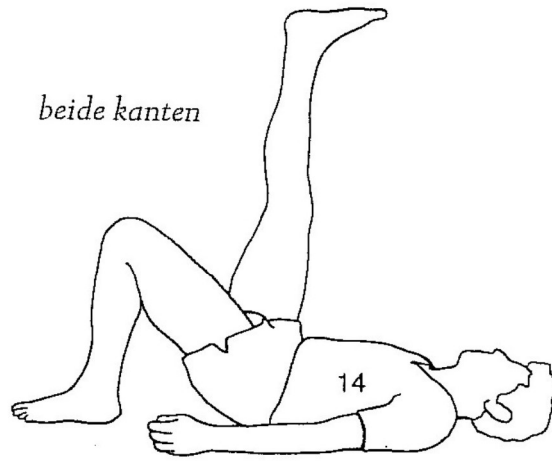
*beide kanten*

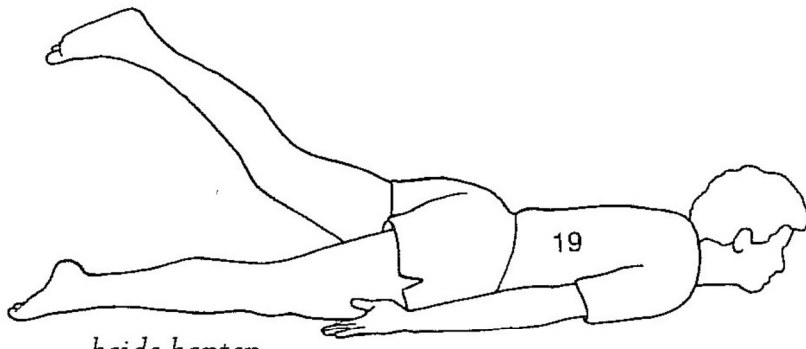


*beide kanten*

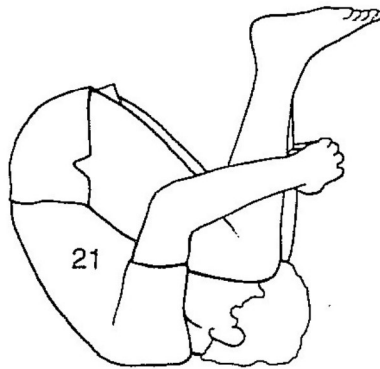
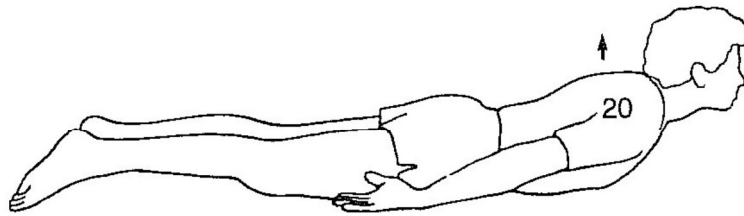


*beide kanten*





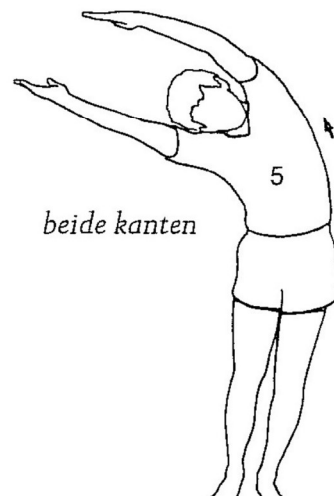
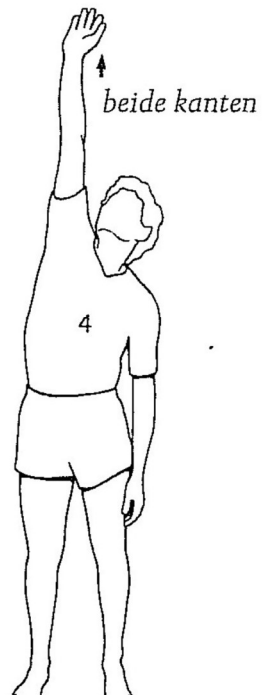
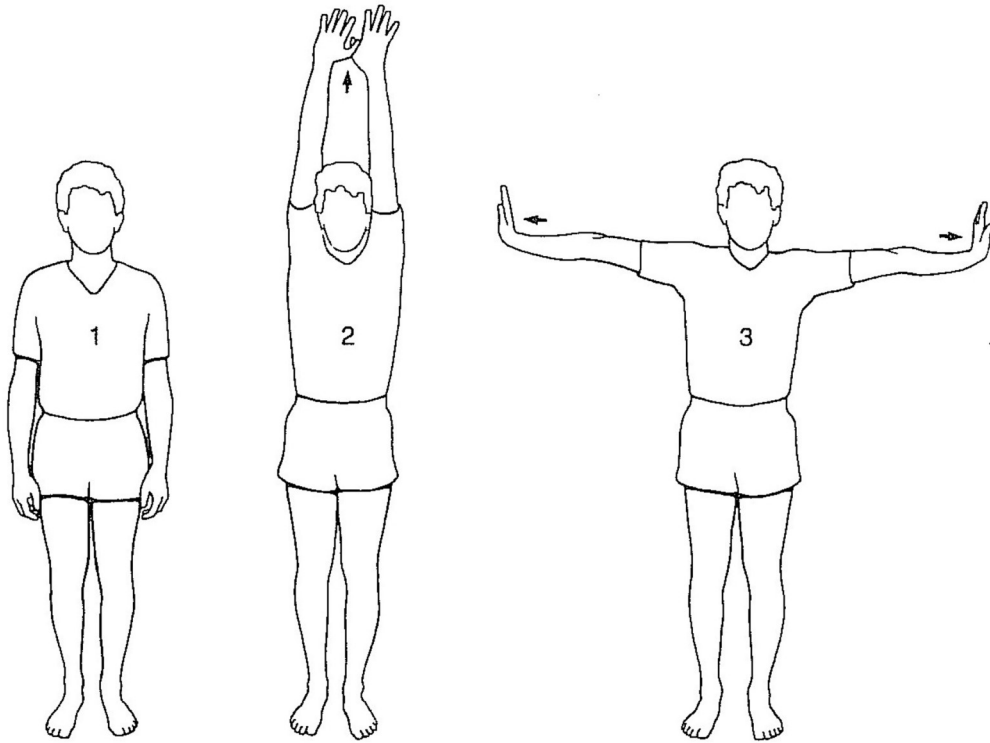
*beide kanten*



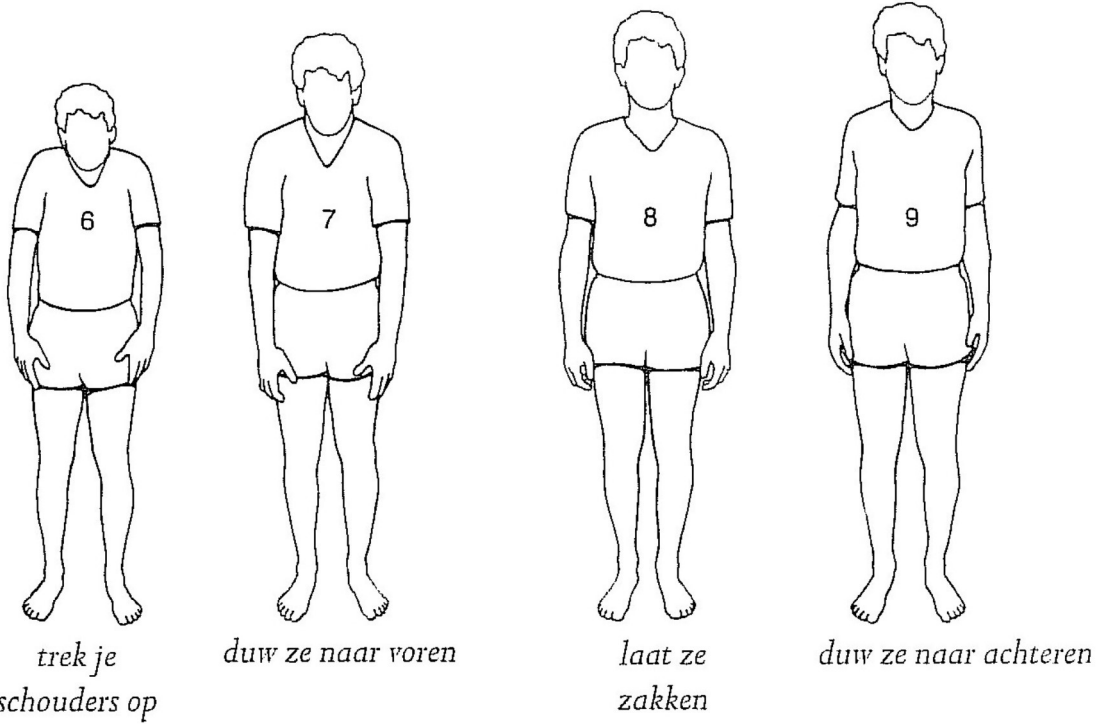


# Mindful bewegen

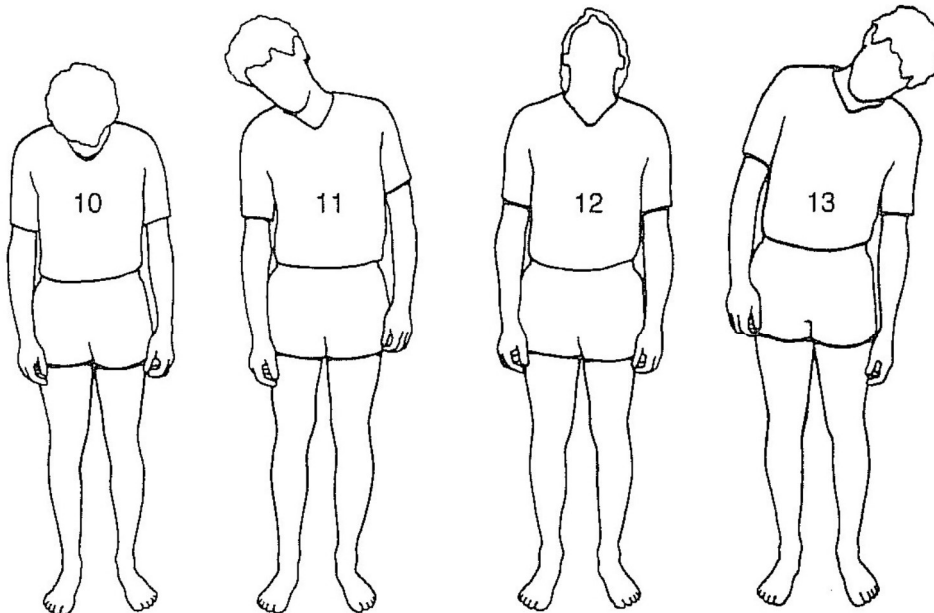
## Staan

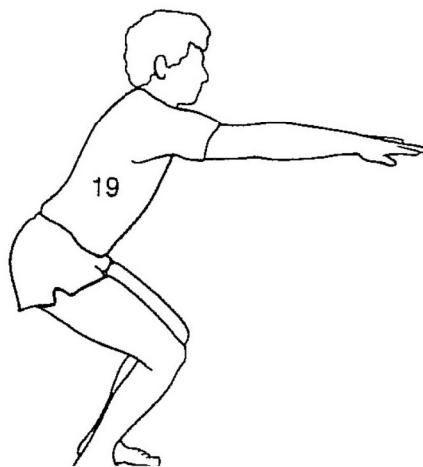
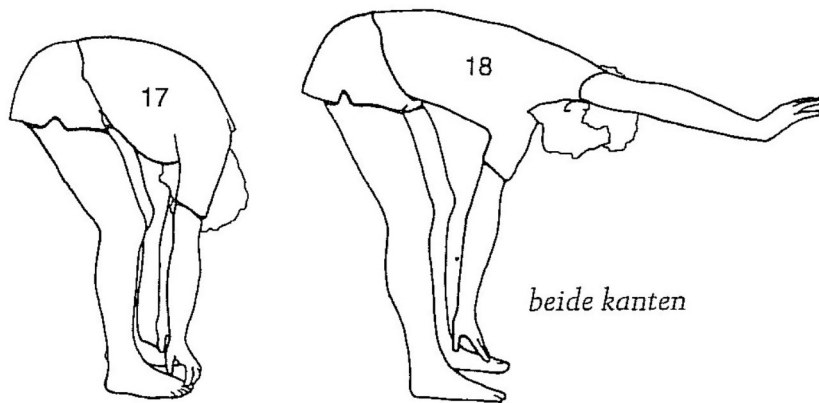
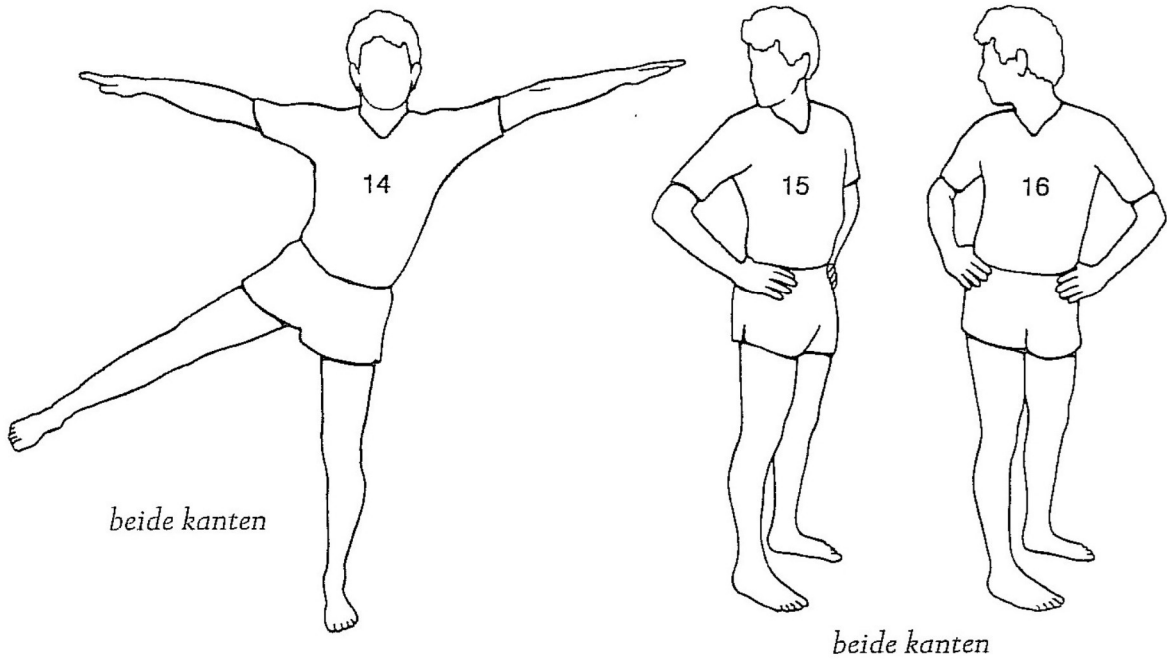


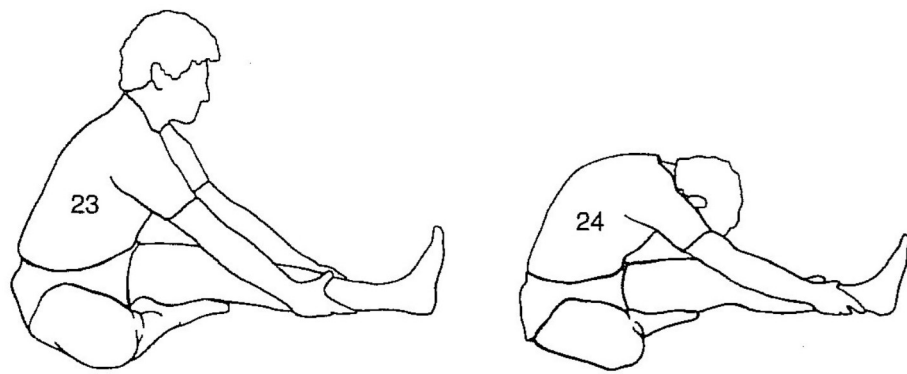
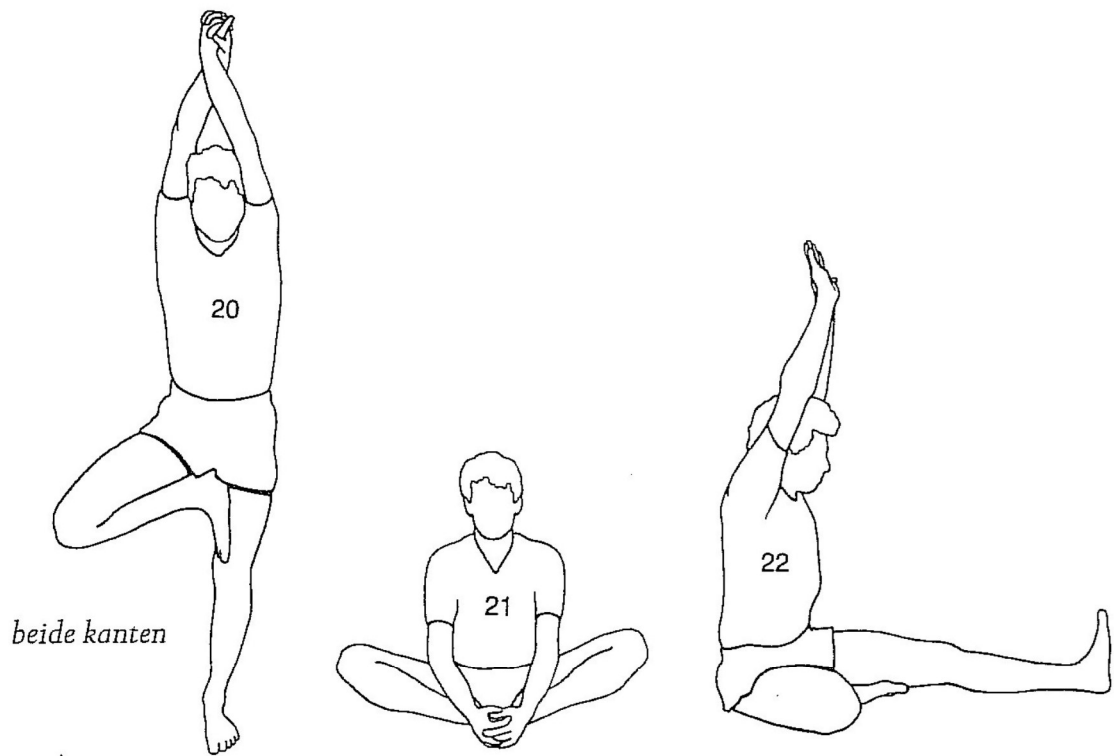
*de schouders laten rollen; eerst naar voren, dan naar achteren*



*de nek laten rollen; eerste de ene kant op, dan de andere*







*herhaal 22 tot en met 24 aan de andere kant*

