

Osnamotion – Handouts

Andi Goller:

- Osnamotion – WSG Fokus Becken
- Osnamotion – Dynamic Stretch
- Osnamotion – Core XXL

Ann-Kathrin Jeda:

- Handout Yoga für den Ruecken
- Handout Intensive Yoga

Julia Matus:

Matus, Julia Handout Osnamotion 2023 – Functional Pilates –
Pilates meets HIIT

Sebastian Piateck:

- Sebastian_Osnamotion 2023