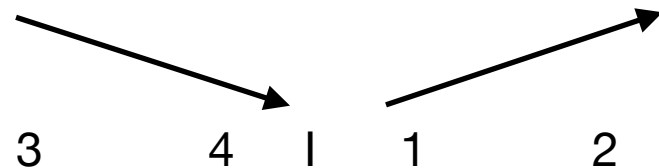


ÜBUNG ‚WELLE‘

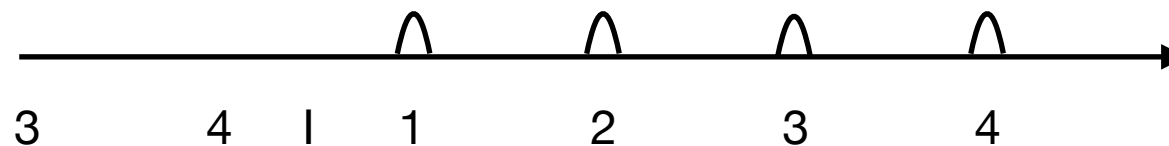
1. Teil

Ausatmen

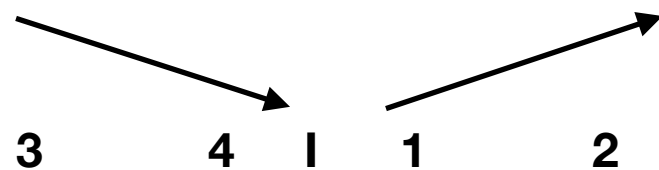
Einatmen



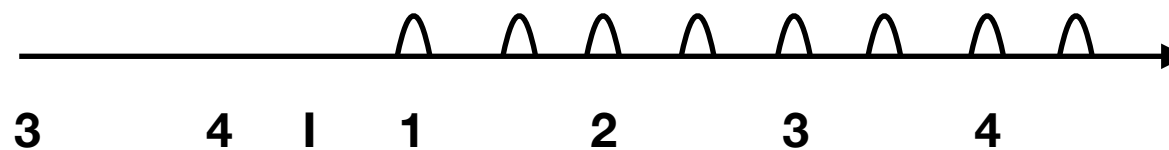
‚S‘ ansetzen und halten Impulse oben drauf gesetzt



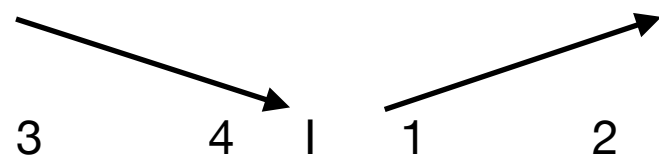
2. Teil



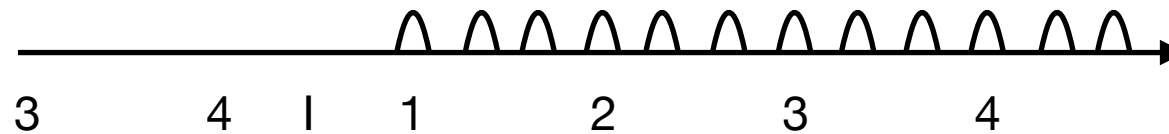
Achtel-Impulse!



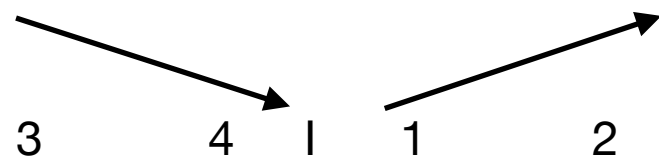
3. Teil



Triolen-Impulse!



4. Teil



Sechszentel-Impulse!

