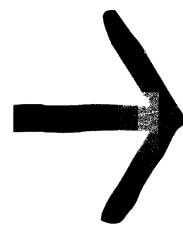


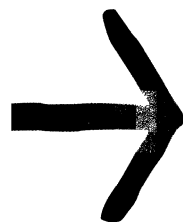
**DAMPF
ABLASSEN**



Alternativen zu Boxsack & Yogamatte

8

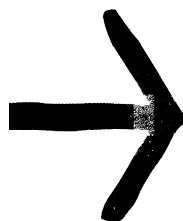
**PLAUDERN
UND GENIEßEN**



Den Tag Revue passieren lassen

70

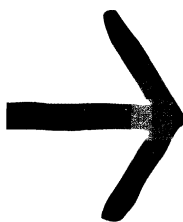
**HORIZONT
ERWEITERN**



Kunst- und Kulturhäppchen

132

**ABENTEUER
IN SICHT**



Mikroabenteuer für alle Tage

194