

Blasensprung



- und jetzt?

A black and white photograph of a person's back and hands, with a white text box overlaid. The person's back is visible on the left side, and their hands are at the bottom, appearing to be in a relaxed or resting position. The text box is a large, white rectangle with a thin black border, centered on the right side of the image. The text inside the box is in a bold, orange-red font.

**als erstes:
entspannt
bleiben!**