



Yoga mal anders: Übungen für jedermann (German Edition)

Dorothee Haering

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»Yoga mal anders« ist ein Buch für den unkomplizierten Einstieg in die Welt des Yoga: Garantiert frei von spirituellen Glaubenssätzen und Heilsbotschaften, frisch aufbereitet und locker geschrieben mit einem Augenzwinkern für Menschen die unverkrampft an ihrer Körper- und Geisteshaltung arbeiten möchten. So klappt Yoga auch!

Es ist ein praktisches Übungsbuch, auch für Gelegenheits-Yogis oder Menschen die nicht ganz so beweglich sind. Dank einfacher Hilfsmittel wie Gurte, Decken und Blöcke muss niemand auf die Power der Asanas (Haltungen) verzichten und jeder kann den maximalen Nutzen aus Yoga ziehen. Eine sanfte Methode, die aber eine starke Wirkung zeigt - inklusive Schweißtropfen und Fettverbrennung.

Alle Übungen sind leicht nachvollziehbar aufgrund von Fotos und detaillierten Schritt-für-Schritt Anleitungen. Außerdem wird das Programm abgerundet mit Themen wie High-Energy-Atmung und Entspannung, Philosophie des Übens oder Achtsamkeit und Flow.

Das Motto des Buches lautet: Handeln Sie nach Ihrem Gusto und nehmen Sie sich das, was Ihnen Yoga bieten kann.

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