



Beim ersten Om wird alles anders (German Edition)

Rainer Dresen

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Die Yogawelt - aus männlicher Sicht und ironisch betrachtet

Jahrzehntlang hat der Autor über Yoga und Frauen, die Yoga praktizieren, gelächelt. Als er aber immer mehr Menschen traf, die spürbar in sich ruhten und als Grund dafür ihre regelmäßige Yogapraxis angaben, wurde er neugierig und startete den Selbstversuch. Mittlerweile vermisst er etwas, wenn er nicht mindestens einmal pro Woche seine Matte ausrollen und Asanas machen kann. Selbstironisch und äußerst amüsant beschreibt Rainer Dresen seine Karriere als Yogi: Angefangen vom Kauf der rosa Yogamatte über die Teilnahme am Yoga-Seminar mit Kirtan-Singen bis hin zur Zusammenkunft mit dem Guru persönlich. Lesevergnügen pur! Illustriert wird sein Weg zur inneren Ruhe und Gelassenheit von Christian Moser.

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Luis Gonzalez:

What is your hobby? Have you heard which question when you got students? We believe that that question was given by teacher to their students. Many kinds of hobby, Every person has different hobby. And you also know that little person including reading or as reading become their hobby. You need to know that reading is very important and book as to be the matter. Book is important thing to provide you knowledge, except your current teacher or lecturer. You will find good news or update concerning something by book. Many kinds of books that can you decide to try be your object. One of them is this Beim ersten Om wird alles anders (German Edition).

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