



Yoga unlimited: Feiere dein Leben immer und überall (German Edition)

Percy Johannsen

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Wahres Yoga beginnt jenseits der Matte. Denn Yoga ist eine Lebenseinstellung, die unseren Umgang mit anderen Menschen prägt, die Art wie wir denken und fühlen, lachen und lieben und mit unseren Sorgen umgehen. Percy Johannsen lebt diesen Lifestyle unlimited. Nach einem schweren Unfall konnte er sich monatelang kaum bewegen. Bis Yoga sein Leben völlig veränderte – körperlich, geistig und seelisch. Er macht uns bekannt mit dem »Little Guru«, der inneren Stimme, die jeden Menschen zu seinem persönlichen Licht führt. Und gibt uns zahlreiche Asanas, Pranayama-Übungen, Meditationen und Rituale an die Hand, mit denen wir den Yoga-Spirit im Alltag leben können. Ein inspirierendes Buch, vollgepackt mit Geschichten, Fotos und Praxistipps, das uns immer wieder daran erinnert: Alles ist Yoga.

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