



Das Innere Taijiquan: Einführung in den authentischen Yang-Stil für beide Atemtypen (German Edition)

Frieder Anders

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Meister Frieder Anders beschreibt in dieser völlig überarbeiteten Neuauflage die geistesgeschichtlichen Hintergründe und spirituellen Prinzipien des Inneren Taijiquan. Darüber hinaus verdeutlicht er anhand zahlreicher Fotos und detailgenauer Erklärungen die grundlegenden Bewegungsformen des authentischen Yangstils - jetzt in Verbindung mit der im Westen entwickelten Lehre der individuellen Atemtypen (lunare und solare Atemenergetik).

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