



# Der Königsweg zur Gelassenheit: Yoga-Psychologie für jeden Tag (German Edition)

*Sukadev Volker Bretz, Ulrike Schöber*

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Die uralte Philosophie der Gelassenheit

Wer gelassen bleibt, lebt nicht nur gesünder, sondern auch erfüllter. Im Yoga ist Gelassenheit eine der vier Säulen, die zur Erleuchtung führt. Sukadev Bretz zeigt am Beispiel des Raja-Yoga, wie jeder König über seinen Geist werden kann. Mentale und körperliche Übungen helfen uns, der Hektik des Alltags ruhig und achtsam zu begegnen und emotionale Belastungen als Geschenk anzunehmen. Sie erweisen sich unversehens als wertvolle Begleiter auf dem Weg zur persönlichen Entfaltung.

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