



Yoga: Unterwegs zu mir (German Edition)

Ralf Bauer

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Yoga mit allen Sinnen

Ralf Bauer zählt zu den beliebtesten deutschen Schauspielern. Seine positive Lebenseinstellung verdankt der ausgeprägte Individualist vor allem seiner jahrelangen, intensiven Beschäftigung mit Yoga. Seine Yoga-DVDs sind Bestseller und haben ihm großes Renommee in der Yoga-Szene eingebracht. Für sein Buch hat er sich vier Wochen lang nach Indien zurückgezogen, um mehr über tibetisches Yoga zu erfahren. Seine Tagebuchnotizen und Fotos aus dieser Zeit sind in diesem Buch festgehalten. Zusammen mit den Yoga-Übungen, die ihm am wichtigsten sind, ist ein einmaliges, ganz persönliches Werk entstanden. Mit einem außergewöhnlichen Protagonisten, der durch seine ruhige und unkonventionelle Art beeindruckt.

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