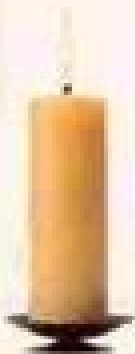




ALTERNATIVE HEILKUNDE

# YOGA



ANNIE JONES



ALTERNATIVE HEILKUNDE

## YOGA



Yoga entstand vor Jahrtausenden in Indien und hat sich heute zu einem der Grundpfeiler der

modernen Alternativmedizin entwickelt. Das Ziel von Yoga ist es, Geist, Körper und Seele mittels bestimmter Leibes- und Atemübungen, Entspannung und Meditation in Einklang zu bringen. Regelmäßig angewandt, kann Yoga einen Beitrag zu geistiger und körperlicher Ausgeglichenheit und damit zu mehr Gesundheit leisten.

# Alternative Heilkunde Yoga

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