



Die Yoga-Diat (German Edition)

Anand Gupta

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Yoga kann Ihre Fitness und Ihre Sinnesscharfe verbessern, Ihnen inneren Frieden liefern und sogar als sehr gutes Mittel gegen Stress dienen - trotzdem ist das für umfassenden Erfolg beim Yoga nur die halbe Miete. Erst yogische Ernährung bzw. die Art, gemäss den Yoga-Prinzipien zu essen, wird den Yoga betreibenden auf die nächste Stufe bringen - denn dadurch werden die tollen Vorteile des Yoga auf die Ernährungsebene und darüber hinaus gebracht. Dieser kleine Ratgeber bringt alles auf den Punkt, was Sie über yogische Ernährung wissen müssen. Es geht darum, was Sie essen sollten und was nicht, wie Sie dieses Essverhalten und die dazugehörigen Philosophien in Ihren Alltag integrieren können - und wie Ihnen das schon heute helfen kann. Neben den Ernährungsempfehlungen werden Ihnen ebenfalls 12 hilfreiche Asanas (Yogastellungen) nahegebracht. Diese Stellungen wurden sorgfältig ausgewählt und sind leicht verständlich beschrieben. Mit diesen Asanas werden Sie Ihre Organe und Ihren Geist stimulieren können - und zwar auf eine Art, mit der Sie wirklich alle Vorteile der yogischen Ernährung in Anspruch nehmen können."

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