

Das Spiel mit der Drachenperle

Renate Sauer

Meditation

Entspannungsgeschichten mit Bildern von Kirsten Weiss

Das Spiel Mit Drachenperle Meditation

Renate Sauer



Das Spiel Mit Drachenperle Meditation:

Das Spiel mit der Drachenperle Renate Sauer, 2015-06-02 In dem vierten Sachbuch der Autorin geht es wieder um die Themen Stress und Entspannung Gedacht ist Das Spiel mit der Drachenperle besonders für Anfänger auf dem Gebiet der Meditation Die Fantasie anregende Geschichten stehen auch hier im Mittelpunkt Methodischen Tipps ausprobiert in der Praxis helfen dabei sich den Problemen des Alltags für eine Weile zu entziehen Während in den anderen Sachbüchern der Körper durch sanfte Bewegungen zur Entspannung kommt bleibt in dem Spiel mit der Drachenperle der Körper in der vom benden gewählten Position sei dies ein Stehen Liegen oder Sitzen Die Bewegung findet in der Ruhe statt Der Geist Yi ist bewegt der Körper nicht Alle Meditationsgeschichten wurden wiederholt mit vielen Gruppen in der Praxis erprobt Dieses Handbuch ist so aufgebaut dass es besonders für Autodidakten eine Hilfe darstellt wenn sie dem Stress des Alltags entfliehen möchten Renate Sauer hat an der FU Berlin Biologie Leibeserziehung und Geographie studiert Sie ist u.a. Schülerin von Frau Li Qi Duan Medizinisches Qigong und Frau Jian Gui Yan Yangstil Sunstil im Taiji Sie hat bisher drei für jedermann verständliche methodische Sachbücher zwei davon für Kinder Themen Taiji und Qigong geschrieben In dem vorliegenden Buch bemüht sich R. Sauer der Meditation den Platz zu verschaffen den sie verdient Nämlich eine Hilfe für alle zu sein www.taiji-qigong-tipps.de Kirsten Weiss ist Malerin mit eigenem Atelier in Berlin Mehr Bilder von Kirsten Weiss finden Sie im Internet www.kirstenweiss.de Das Spiel mit der Drachenperle Renate Sauer, 2015

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