



# Beim ersten Om wird alles anders (German Edition)

*Rainer Dresen*

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Die Yogawelt - aus männlicher Sicht und ironisch betrachtet

Jahrzehntlang hat der Autor über Yoga und Frauen, die Yoga praktizieren, gelächelt. Als er aber immer mehr Menschen traf, die spürbar in sich ruhten und als Grund dafür ihre regelmäßige Yogapraxis angaben, wurde er neugierig und startete den Selbstversuch. Mittlerweile vermisst er etwas, wenn er nicht mindestens einmal pro Woche seine Matte ausrollen und Asanas machen kann. Selbstironisch und äußerst amüsant beschreibt Rainer Dresen seine Karriere als Yogi: Angefangen vom Kauf der rosa Yogamatte über die Teilnahme am Yoga-Seminar mit Kirtan-Singen bis hin zur Zusammenkunft mit dem Guru persönlich. Lesevergnügen pur! Illustriert wird sein Weg zur inneren Ruhe und Gelassenheit von Christian Moser.

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