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Der er virkelig mange fantastiske bøger og artikler derude. Sikken en rigdom! Her på siden deler jeg nogle af de titler, som det har været allermest udbytterigt for mig, at komme omkring. De bevæger sig alle sammen indenfor henholdsvis Yoga, Mindfulness og Mindful Coaching. Nogle af titlerne peger samtidig i retning af mit andet fagfelt; organisation, ledelse og [!]

### **Lisestof | Mindful Coaching & Yoga**

Dieser Artikel behandelt Yoga, die indische Lehre geistiger und körperlicher Übungen. Zur gleichnamigen japanischen Malerei westlicher Art siehe Yōga.

### **Yoga Wikipedia**

Name. Der Begriff "Raja Yoga" leitet sich ab aus dem Sanskritwort raja, "König", und bedeutet königlicher Yoga. Die allgemein anerkannte Deutung des Namens besagt, dass derjenige, der seinen Geist bezwingen kann, ein wahrer Herrscher sei. Auch wird gesagt, dass der Raja Yoga alle anderen Yogawege überbire und deshalb als königliche Disziplin betrachtet werden könne.

### **Raja Yoga Wikipedia**

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### **2018 FIFA World Cup - Wikipedia**

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### **Libro - Wikipedia**

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### **Sportverein Wrenlos - News\_2018\_11\_11**

De beoefening van pranayama is volgens vooraanstaande yogi's even belangrijk als de beoefening van asana's (yogahoudingen) en is uitvoerig beschreven door Patanjali in zijn Yogasoetra's, omstreeks de 2e eeuw v.Chr. In dit klassieke document beschreef hij de acht geledingen van de yoga als onderdeel van de raja yoga, ook wel de yoga van de koninklijke weg, waarvan pranayama de vierde en asana ...

### **Pranayama - Wikipedia**

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Benjamin McLane Spock (May 2, 1903 – March 15, 1998) was an American pediatrician whose book *Baby and Child Care* (1946) is one of the best-selling volumes in history. The book's premise to mothers is that "you know more than you think you do." Spock was the first pediatrician to study psychoanalysis to try to understand children's needs and family dynamics.

### **Benjamin Spock - Wikipedia**

«Esperienze mistiche e fenomeni significativi si succedono rapidamente via via che i centri corrispondenti vengono toccati e che l'energia kuá†á, •alin» invade tutta la persona dello yogin.

### **Chakra - Wikipedia**

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