



Luna-Yoga: Der sanfte Weg zu Fruchtbarkeit und Lebenskraft (German Edition)

Adelheid Ohlig

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In Harmonie mit dem Körper ganz Frau sein: Hier hilft Luna- Yoga, denn es wirkt ins Zentrum der Weiblichkeit, den Beckenbereich, hinein. Hormone und Durchblutung werden angeregt, die Aufmerksamkeit auf die eigene Mitte gelenkt. Luna-Yoga weckt die Fruchtbarkeit und ermutigt, auf die eigenen Körpersignale zu hören. So hilft es auch beim Wunsch, schwanger zu werden, bei Schwangerschaftsbeschwerden und in den Wechseljahren.

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