

Rights Guide

Yoga 2017

The logo for THESEUS, featuring a stylized circular icon to the left of the word "THESEUS" in a bold, sans-serif font.

weltinnenraum.de

J.Kamphausen | Mediengruppe

New

Yoga- A Life Of Strength And Grace



Publication Date: 2018 (relaunch)

Author: Barbara Noh

Pages: 272

Imprint: Theseus

A Practice Guide For Modern People

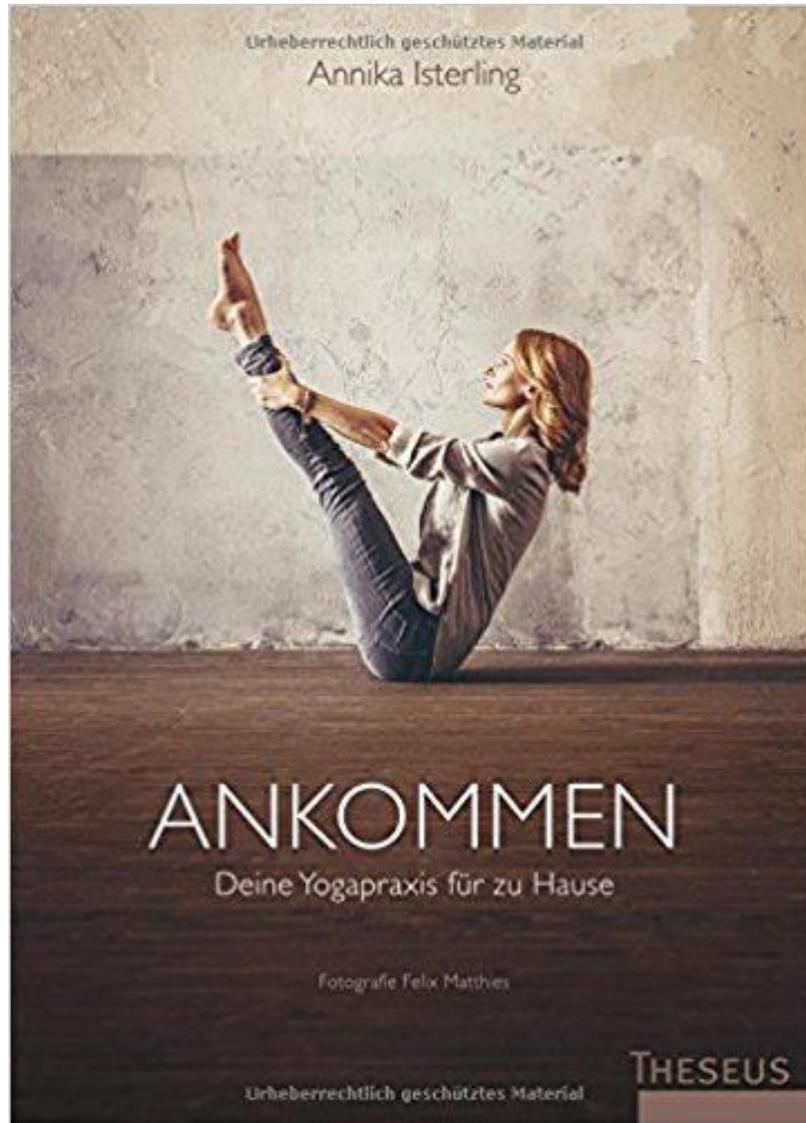
Barbara Noh's book has two unique aspects. The first is the presentation of the philosophical content. She explains yoga philosophy from a personal and very down to earth perspective so that anyone can understand it and apply it to their lives. The second aspect is the technical content relating to alignment. Good alignment takes you deeper while keeping you safe. It allows you to explore the full potential of your body's capacity for movement, making use of what the body is capable of while respecting your own boundaries. Practicing in this way helps to develop healthy postural habits for daily life. You start to walk, sit and stand with more strength, grace and awareness.

English manuscript available!

3 Editions!

New

Arriving



Publication Date: April, 2017

Author: Annika Isterling

Pages: 220, colour illustrations throughout

Imprint: Theseus

Your Yoga Practice At Home

This beautifully designed book inspires and motivates with great photos and clear instructions to practice yoga even at home and to compile for yourself appropriate training sequences according to your needs.

Develop your own yoga practice independently and creatively!



www.annikaisterling.com

Inside.Outside

Publication Date: September, 2016

Authors: E. Lustig & A. Söhnlein

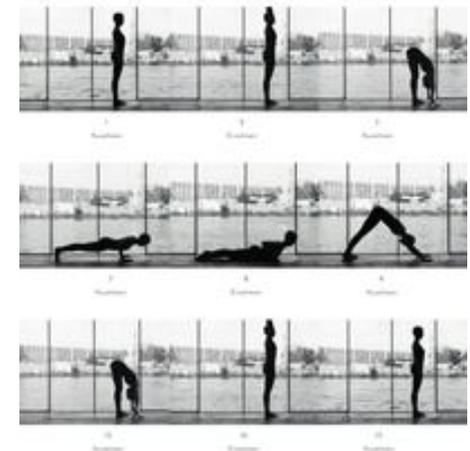
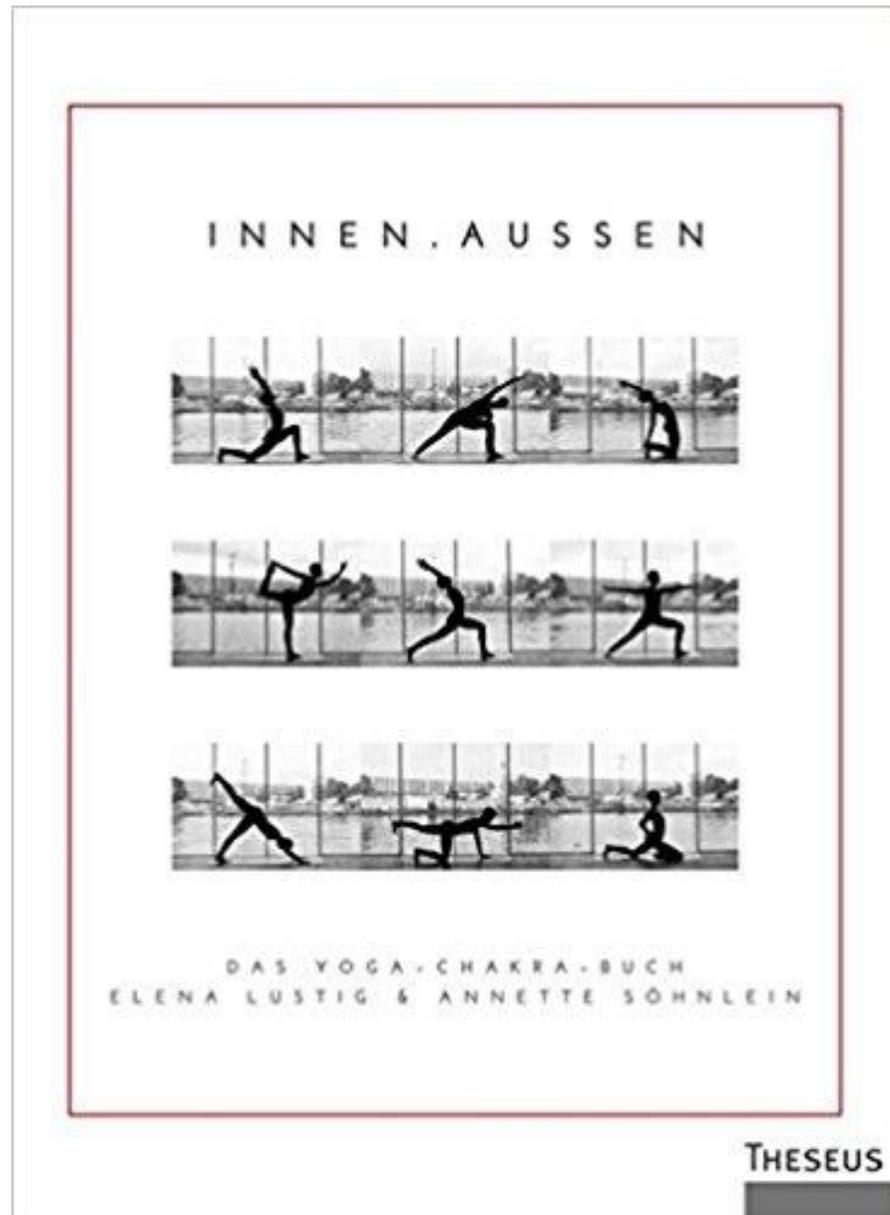
Pages:

Imprint: Theseus

The Yoga-Chakra-Book

This guide shows you how to balance our inner energy system and put it into powerful vibration with chakra yoga. Deprived of all esoteric views, the authors introduce you to yoga sequences for everyday exercises and provide valuable information on the connections between physical, mental and emotional condition.

Because inside and outside belong together! By vibrating and balancing every energy center, old patterns and energy blocks can be solved. We find ourselves renewed and ready for the tasks of our lives!



Yoga

Publication Date: April, 2013

Author: Anna Trökes

Pages: 128

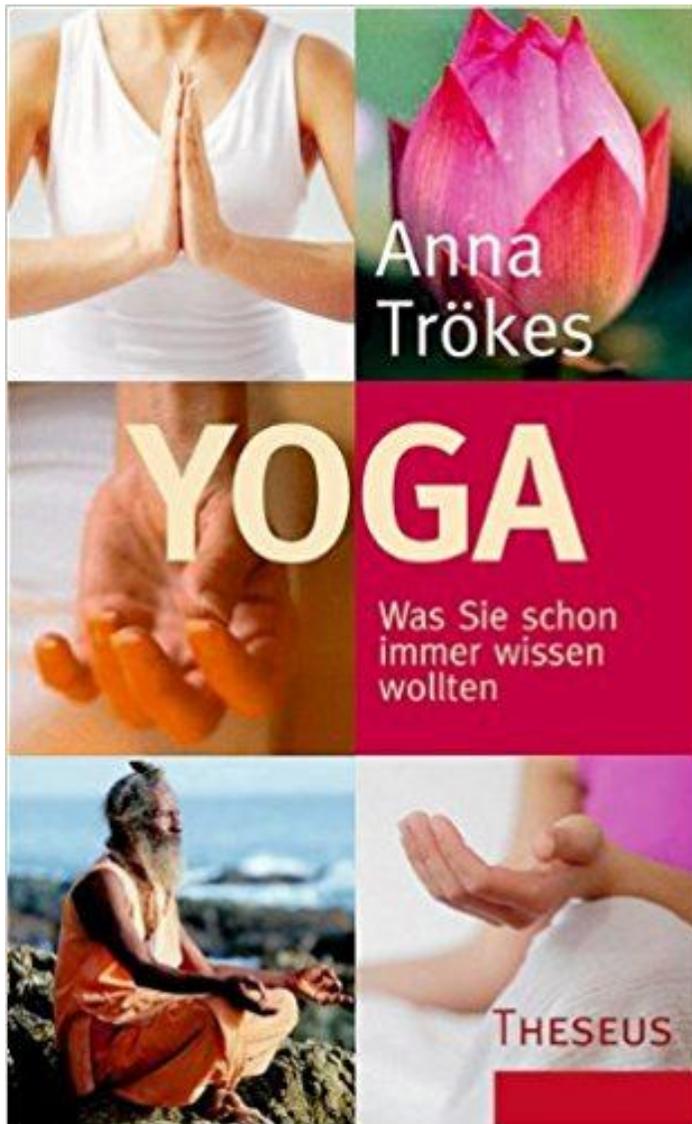
Imprint: Theseus

What You Always Wanted To Know

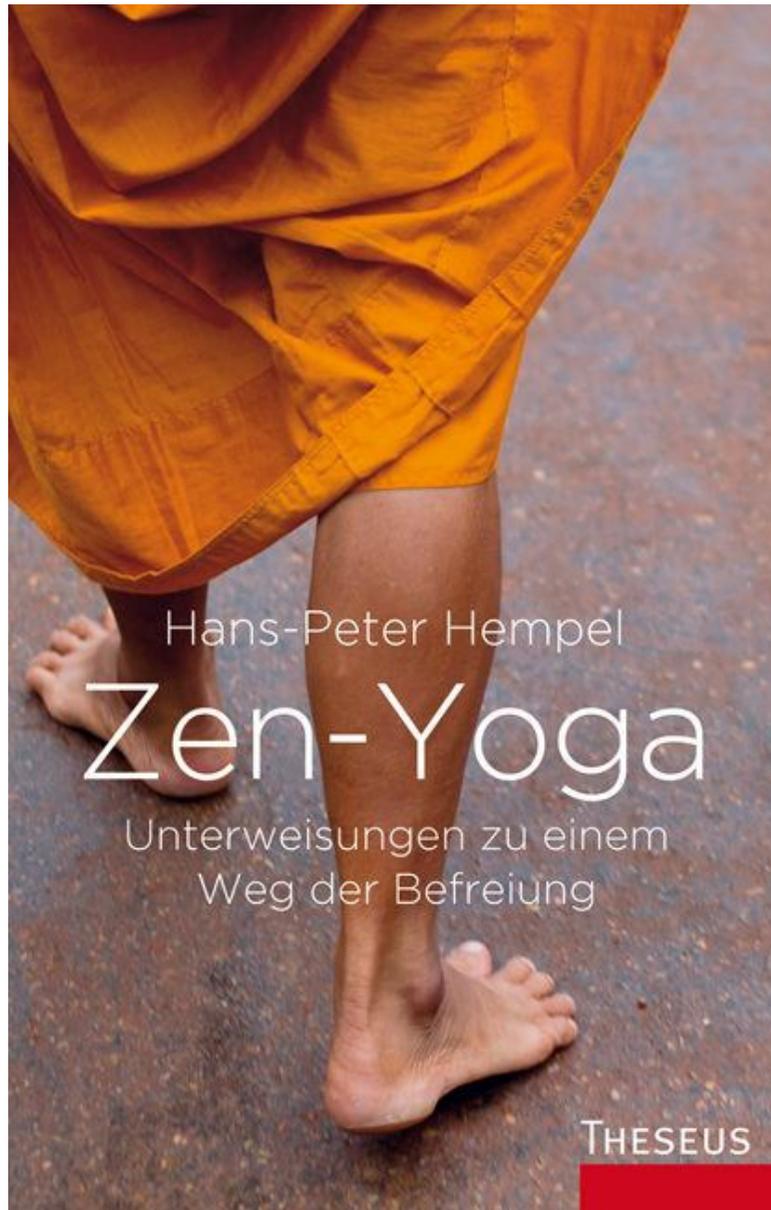
Yoga has long since ceased to be a mysterious, exotic practice of some insiders, but has arrived in the West in health centers, fitness studios, folk high schools or yoga studios. However, yoga has emerged in a different culture and resides in a foreign philosophy. Yoga practitioners usually need answers to the following questions:

Why are there so many forms of yoga? How did yoga come to the West? Can anyone practice yoga? Do you need to be particularly agile to practice yoga?

Anna Trökes has summarized in this book 60 questions about yoga and answers them briefly and concisely. Her book is aimed at both yoga teachers and students .



Zen Yoga



Publication Date: March, 2013

Author: Hans-Peter Hempel

Pages: 280

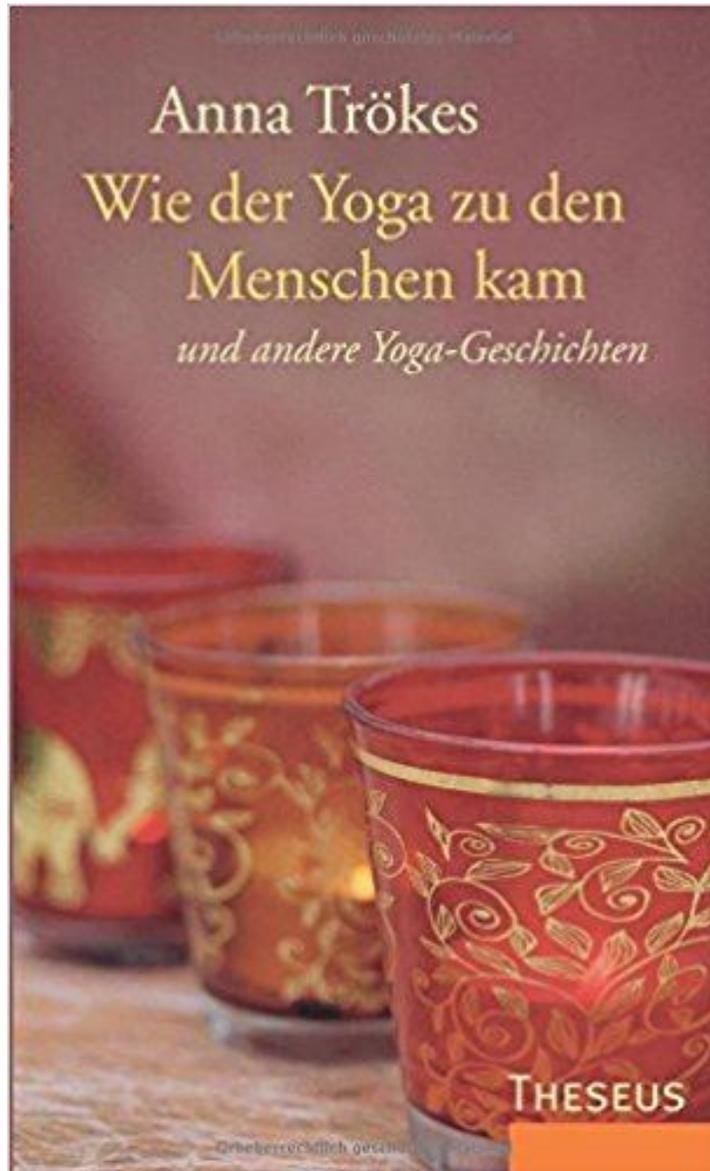
Imprint: Theseus

Instructions To A Way Of Liberation

The experienced Yoga teacher Hans-Peter Hempel shows us in his practical guide how to relax and spread your inner strength to a self-determined way of life, which can reconcile head and body. Because we are already carrying everything within ourselves in order to shape our own life.

Therefore, it is necessary to breathe and say goodbye to the old conditionings. Because our breath is the central part of us and a correct breathing is suitable to solve our existential troubles.

How Yoga Came To The People



Publication Date: April, 2013

Author: Anna Trökes

Pages: 178

Imprint: Theseus

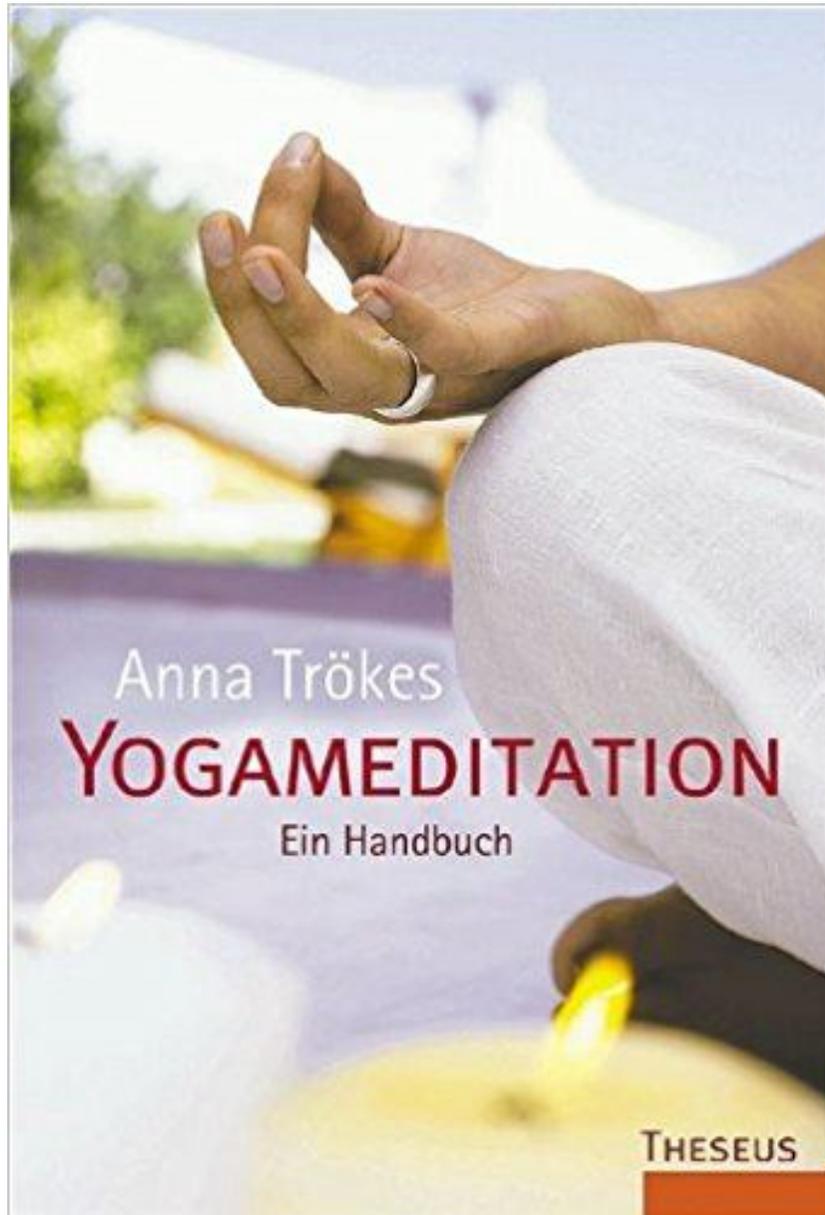
...And Other Stories About Yoga

Yoga is a life-style and philosophy, which long ago found its way into the West. Many of the so-called physical exercises, asanas, have their origin in Indian mythology. It is about "Durga's struggle with the demon Mahaasura," "Visnu's sleep between the world ages", "Nataraja, the Lord of the dance", "Arjuna, the famous archer".

In her book, Anna Trökes tells us stories about the rich treasure of the yoga tradition and the Indian wisdom culture. From her own experience as a yoga teacher, she knows that these stories can contribute to experience yoga exercise and orientation in a deeper way. They call the eternal child in us who likes.

An inspiring book that provides an insight into the Indian culture of yoga in an entertaining way.

Yoga Meditation



Publication Date: January, 2013

Author: Anna Trökers

Pages: 256

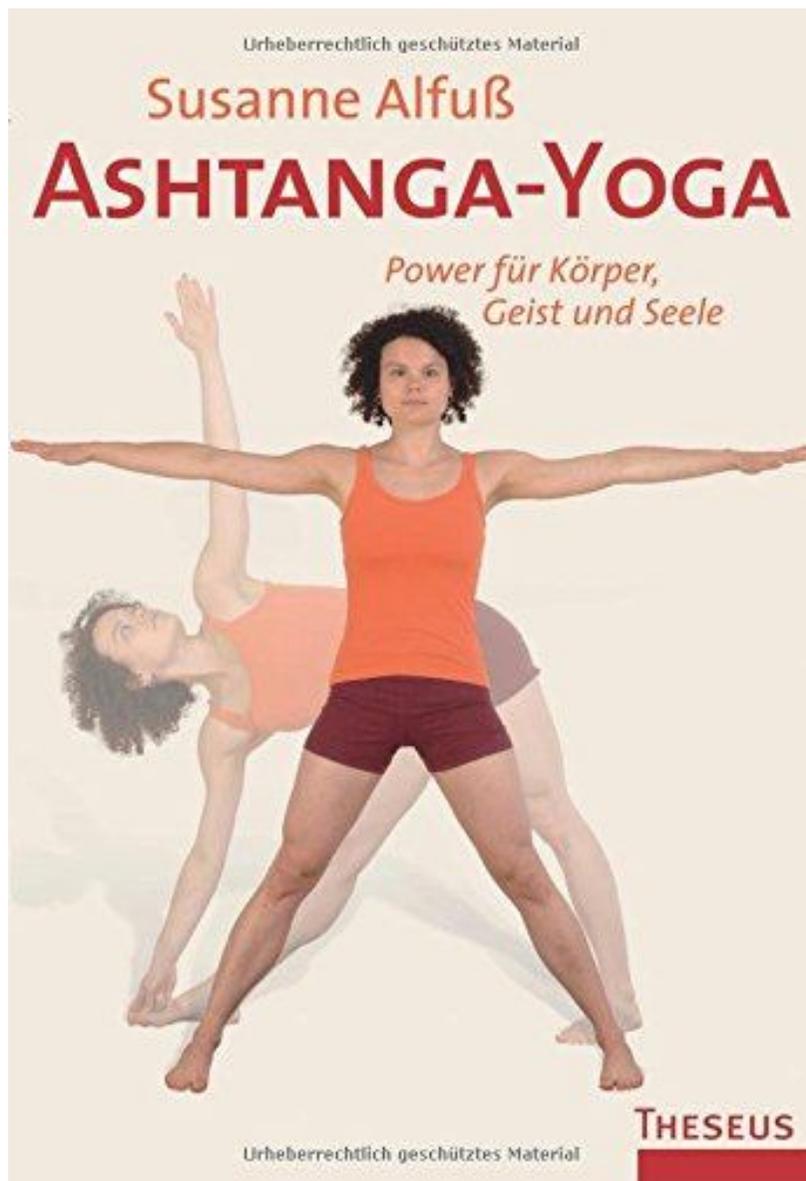
Imprint: Theseus

A Practical Guide

Yoga is appreciated by more and more people as a way to spiritual-physical health and harmony. In addition to yoga exercises that affect the physical level on the mind, also a strong meditative dimension of the mind affects the body while you are practicing yoga.

Renowned yoga teacher Anna Trökes presents in her book the main directions of yoga meditation and its traditional roots and describes a large spectrum of simple as well as complex meditation forms. She shows us in this book how to prepare yourself for meditation, how to meditate and how to avoid possible obstacles.

Ashtanga-Yoga



Publication Date: March, 2012

Author: Susanne Alfuss

Pages: 192

Imprint: Theseus

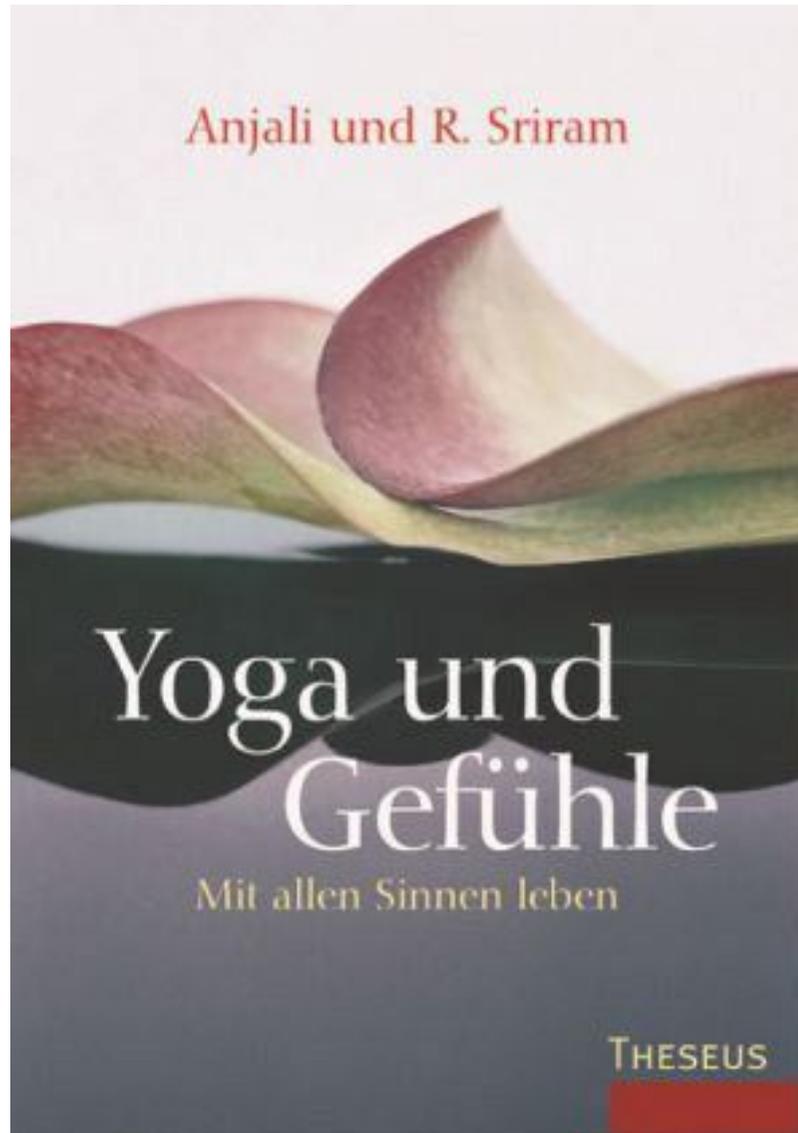
Power For Body and Spirit

Ashtanga is a very dynamic yoga that promotes the interaction of body, mind and breath and is called "dance of the breath with the body".

Also stated as "power yoga" in many fitness studios, Ashtanga Yoga works holistic, supports stress relief, keeps you young and agile and promotes your concentration and vitality.

This book includes several series of exercise sequences with a fixed order and increasing difficulty levels.

Yoga and Emotion



Publication Date: January, 2011

Authors: Anjali and R. Sriram

Pages: 159

Imprint: Theseus

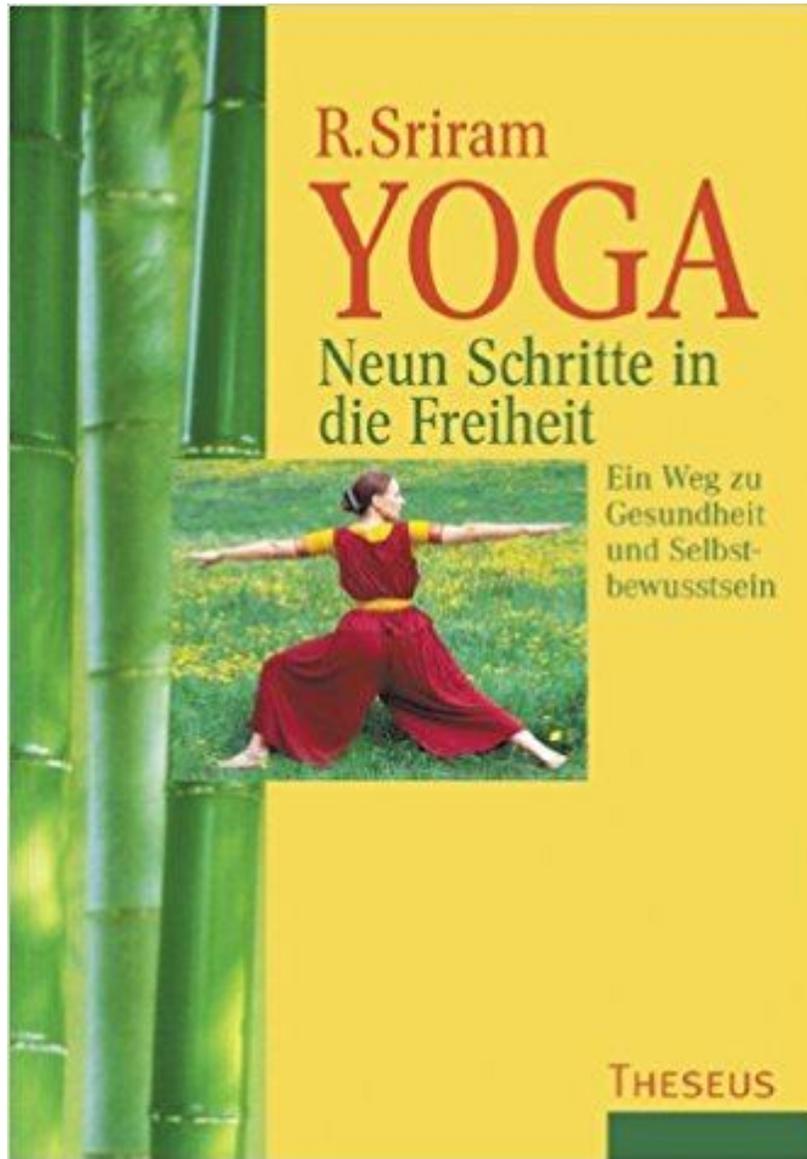
Living With All Your Senses

Emotions have a big influence on our well-being, our health and our spiritual development. Anjali and R. Sriram, from the perspective of yoga, show a new way to a healing treatment of our sensations. Regardless of pleasant feelings like love and sympathy, or unpleasant feelings like anger and grief, we have to face them and learn to integrate them into our lives. Feelings have a spiritual dimension that we should be familiar with.

The authors developed a variety of breathing exercises, meditations and creative visualizations, which stimulate the readers to live their emotions.

Illustrations, stories and episodes from Indian mythology complete the book.

Yoga- Nine Steps To Freedom



Publication Date: November, 2010

Author: R. Sriram

Pages: 239

Imprint: Theseus

A Way To Health And Self-Confidence

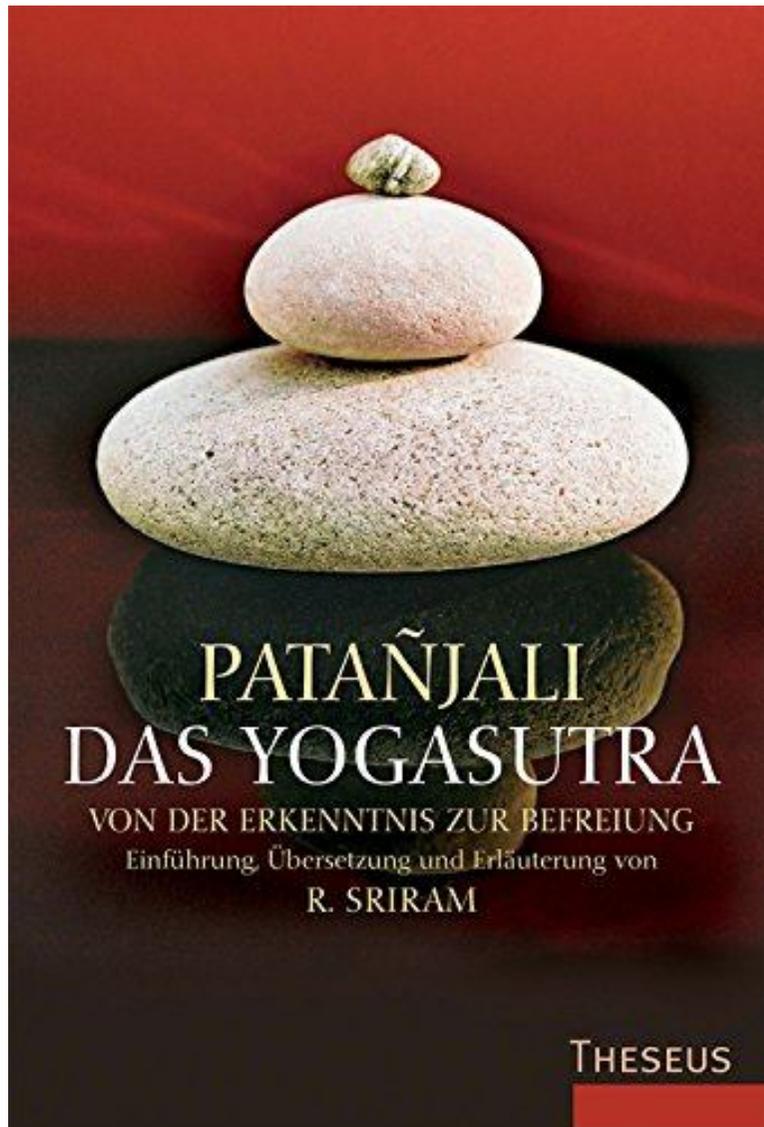
Yoga has profound healing effects on body and mind.

The Indian yoga teacher R. Sriram, shows in his book that yoga involves far more than body techniques to improve our health. Yoga aims in a comprehensive sense to create a free space where our breath can flow and where our mind can rest.

In nine steps, R. Sriram introduces us in his book to the most important concepts of yoga, explaining them through stories from Indian mythology. Each chapter contains a comprehensive exercise in which R. Sriram shows us what is important in the practice, what is happening during practice, and what principles of yoga are acting.

His book inspires both beginners and experienced, being a book that spans life, yogic experience, and Indian wisdom.

Patañjali - Yogasutra



Publication Date: September, 2009

Author: Patanjali

Pages: 287

Imprint: Theseus

From Knowledge To Liberation

The Yogasutra from Patañjali is one of the most important classics of yoga and forms the basis for all modern yoga classes.

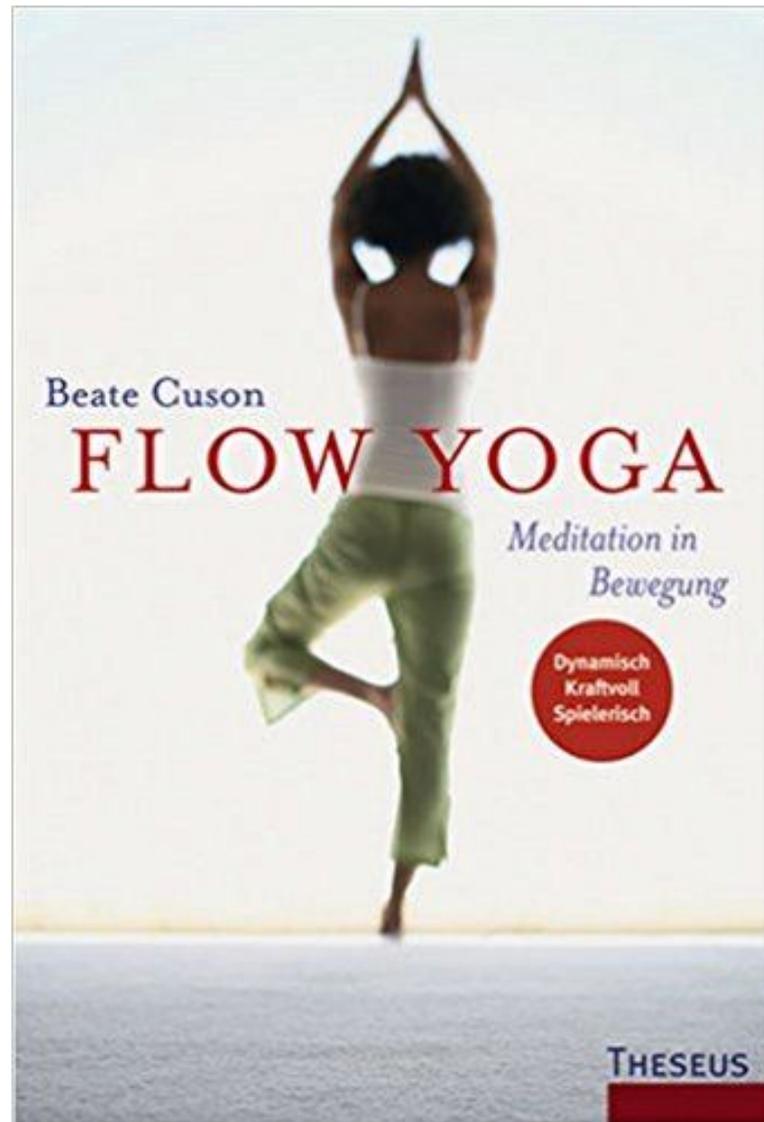
R. Sriram, one of the most renowned yogi teachers in Germany, has been working on this book for many years: He explains in his work that the 2000-year-old doctrine contains many solution models for questions that arise in our modern life.

His clear language and illustrative examples of Yogasutra are comprehensible for everyone.

An indispensable book for yoga practitioners and for those who are interested in the ancient teaching of liberation.

6 Editions!

Flow Yoga



Publication Date: July, 2007

Author: Beate Cuson

Pages: 192

Imprint: Theseus

Meditation in Movement

Flow Yoga is a dynamic and powerful yoga style, in which the external dance of movement is combined with the inner dance of the breath.

Beate Cuson describes in her book the basics of flow yoga, the importance of breathing, the principles of movement and the art of flow. It provides a variety of powerful dynamic and smoothly relaxing flows, as well as those that are especially useful for strengthening or relaxing body areas such as the back, shoulders, neck and hips.

A practical guide with many hints and tips for safe yoga practice.



c/ Pallars 73, 1º 1ª,
08018 Barcelona (Spain),
Tel. +34.629388043

Contact: susanne.theune@stasociados.com

www.stasociados.com