Theseus

Frankfurt Book Fair 2021

Rights Guide

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New

Breath Is Conneting

Publication Date: September, 2021
Author: Annika Isterling
Pages: 220
Imprint: Theseus

The 21-day program

PRACTICAL GUIDE TO MORE CONSCIOUS BREATHING WITH A CLEAR EXERCISE PROGRAM FOR EACH DAY; FOR BETTER HEALTH BY STRENGTHENING THE IMMUNE SYSTEM, GREATER MENTAL CLARITY, AND RELEASE OF STRESS AND DISTRESSING EMOTIONS.

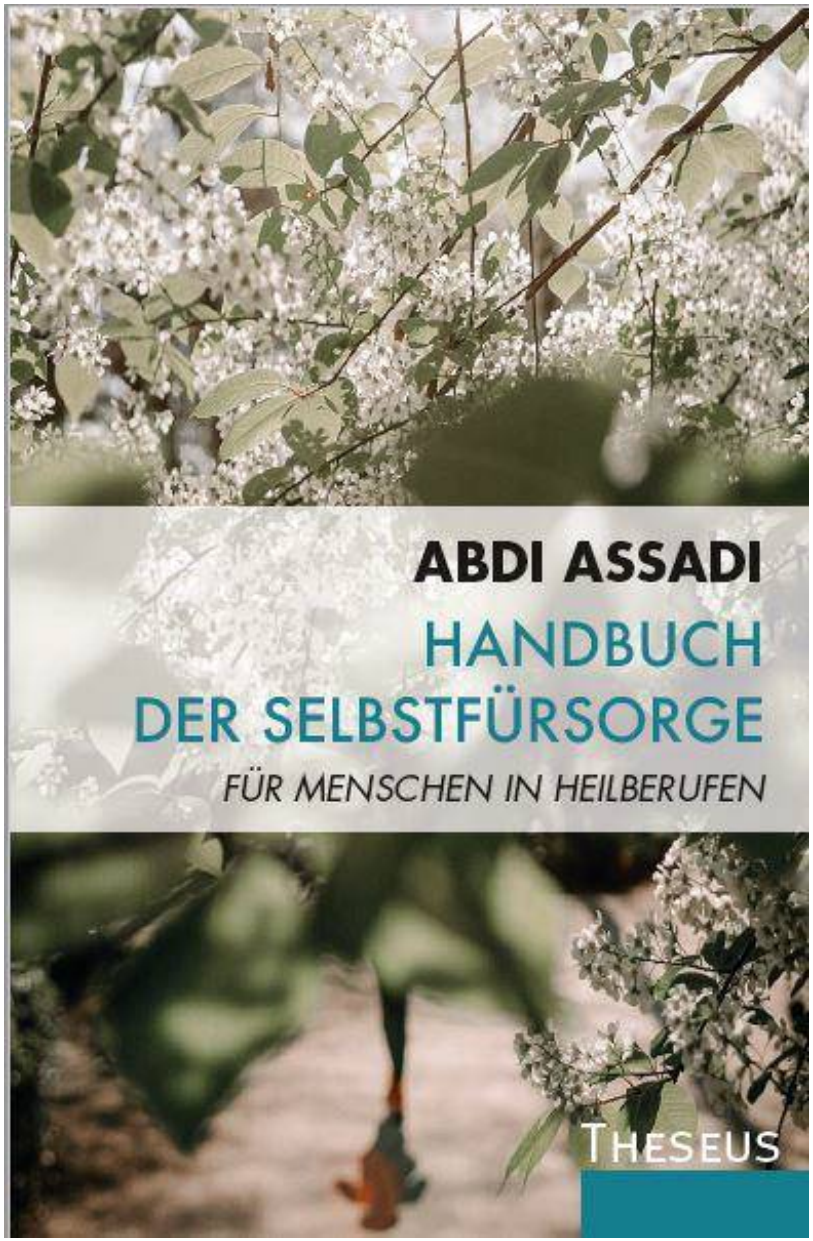
Practical book with a 21-day program to strengthen our health and better deal with stress and stressful emotions through breathing training, breathing mindfulness and targeted breathing techniques.
After a short theory section on how the breath works, a breath test, and preparation for the breathing exercises (through short yoga sequences), there follows a three-week program with daily exercise suggestions. The author also addresses obstacles and stumbling blocks to engaging with the breath and provides helpful tips to easily apply the breathing practice in everyday life. Yoga videos and exercise instructions can be accessed via QR codes.

ANNIKA ISTERLING has been working as a model since she was 19 years old, in New York and Paris, as well as other places. She founded the first Ansuara yoga studio in the north of Germany in 2005. At present, she is writing articles for magazines and blogs, teaching yoga classes and private lessons, holding teacher trainings and offering worldwide retreats. The author is the mother of two children and knows about the challenge of integrating yoga practice at home.

www.annikaisterling.com

New

Self-Care Handbook



Publication Date: September, 2021
Author: Abdi Assadi
Pages: 120
Imprint: Theseus

For people in the healing professions

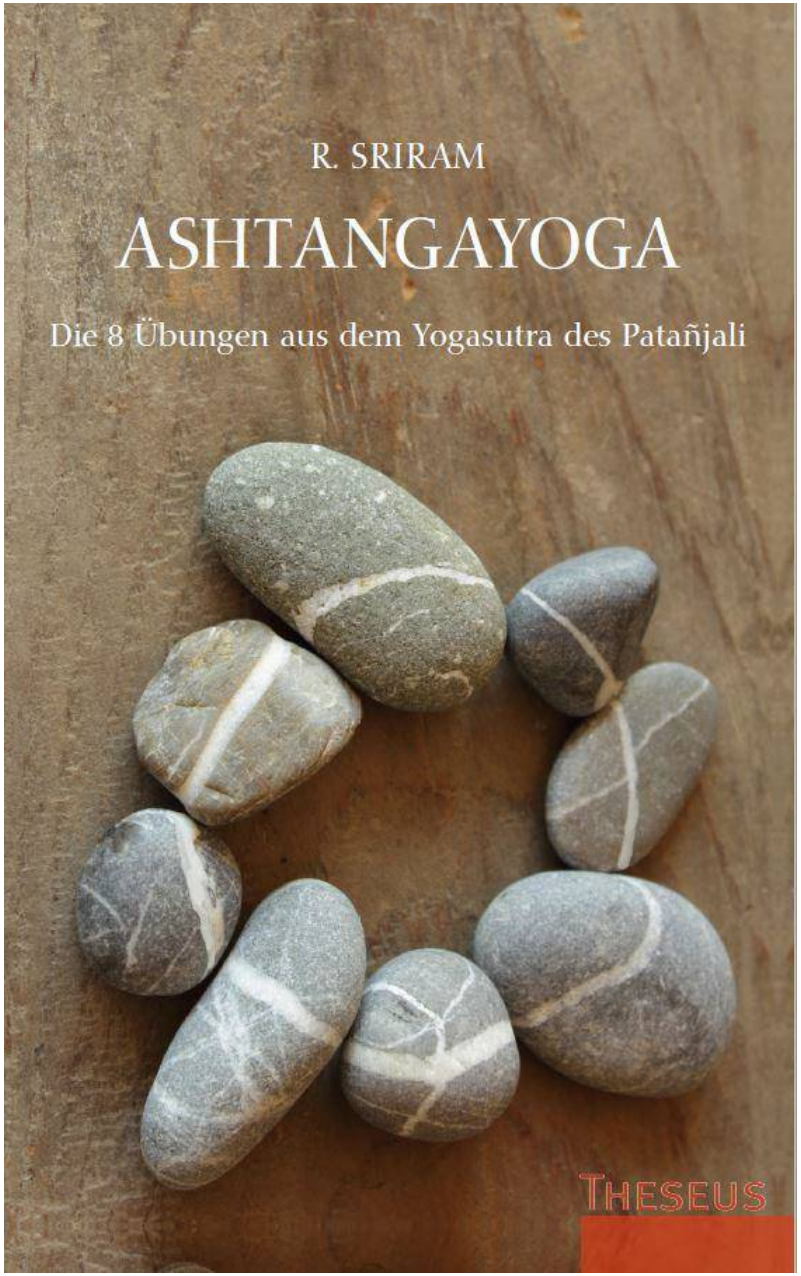
This small "manual for healing hands" is not about specific methods, but about what people in the healing professions can (and should) do for themselves in terms of self-care, self-knowledge and self-assessment. Assadi uses his own experiences to make clear how important it is to learn to set clear boundaries, to assess oneself and one's own abilities realistically, and to seek support when needed. Topics such as appreciating one's own work or how to energetically clean practice rooms are also discussed. He sees this reflection on one's own needs, strengths and weaknesses as essential in order to have a healing effect in this profession in the long run.
The book is aimed at all those who feel called to healing work and are active in the field of healing and counselling, primarily alternative practitioners. The book is also aimed at people who are professionally involved in alternative healing methods, acupuncture, Taiji and yoga, but also at therapists and coaches of all kinds.

- People in the healing professions care for their own health
- Help through years of professional experience
- The needs of alternative practitioners

ABDI ASSADI is an acupuncturist, spiritual counsellor and healer with over 35 years of professional experience. Through his decades of practice, primarily in his own practice in New York City, he has learned that integrating the human shadow - all that is denied or repressed - points the way to lasting healing. He has studied Chinese, Japanese and Vietnamese acupuncture and body-centred psychotherapy.

New

Ashtangayoga



Publication Date: March, 2021
Author: R. Sriram
Pages: 160
Imprint: Theseus

The yoga path to liberation

For yoga teachers and anyone who enjoys taking a closer look at the philosophy of yoga and its implementation in everyday life.

The Yogasutra of Patañjali deals with the subject of suffering as the driving force of all human actions and thoughts and shows a path to liberation.
The path is divided into 8 steps. In this follow-up volume to his successful Yogasutra commentary, R. Sriram goes into more detail about this eight-step path of practice. He explains in a contemporary way and with vivid examples how these developmental steps can look like for people of today and how we can find support from these source texts of yoga for any kind of problem or challenge. The eight limbs of the path of practice are: the rules of interpersonal behavior (Yama), personal discipline (Niyama), postures (Asana), regulation of breath (Pranayama), awareness of the senses (Pratyahara), ability to concentrate (Dharana), silent reflection (Dhyanam), and perfect knowledge (Samadhi). At each stage is about disciplining, but always a discipline is meant that helps us to become free.

Follow-up to the successful longseller

• from one of the most renowned yoga teachers in the German-speaking world

• Yoga wisdom explained in a contemporary way

R. Sriram, born in Mayuram, India, taught for several years at the Krishnamacharya Yoga Mandiram in Chennai (Madras). Since 1987 he lives and teaches in Germany of the philosophical source texts of yoga is one of his main focuses. Sriram has been leading training courses for yoga teachers and also offers private lessons, seminars and has published several successful yoga books.to-implement ways to good sleep.

Living Yoga

Publication Date: September, 2020
Authors: Christina Lobe & Maren Brand
Pages: 260
Imprint: Theseus

The art of growing as a yoga instructor

DEEPENING OF YOGA CLASSES ON ALL LEVELS

The title conveys deepening and extending information as well as support for the yoga teacher's life and the yoga business. Beyond the art of creating a yoga class, yoga teachers find important tools for planning regular classes, private lessons, workshops and retreats, but also pranayama and meditation. In addition, yoga teachers learn not only about their body language work, but also to perfect their own, authentic expression. The book is rounded off with practical information on Marketing, development of the own portfolio and Higher Selfcare.

Christina Lobe has been teaching Anusara Yoga® since 2005, is certified Anusara Yoga® teacher and registered yoga teacher eRYT-500 Yoga Alliance. Her basis is an alignment-based yoga style, which she supplemented with teachings from Tantric philosophy. She offers workshops, retreats, Anusara Immersions and Anusara Teacher Trainings in the German speaking area. **Maren Brand** teaches classical Hatha Yoga, inspired by Anusara Yoga, and is happy to be able to pass all this on, what she was taught by numerous international teachers from different yoga traditions in the last 15 years.

The Power Of Dignity

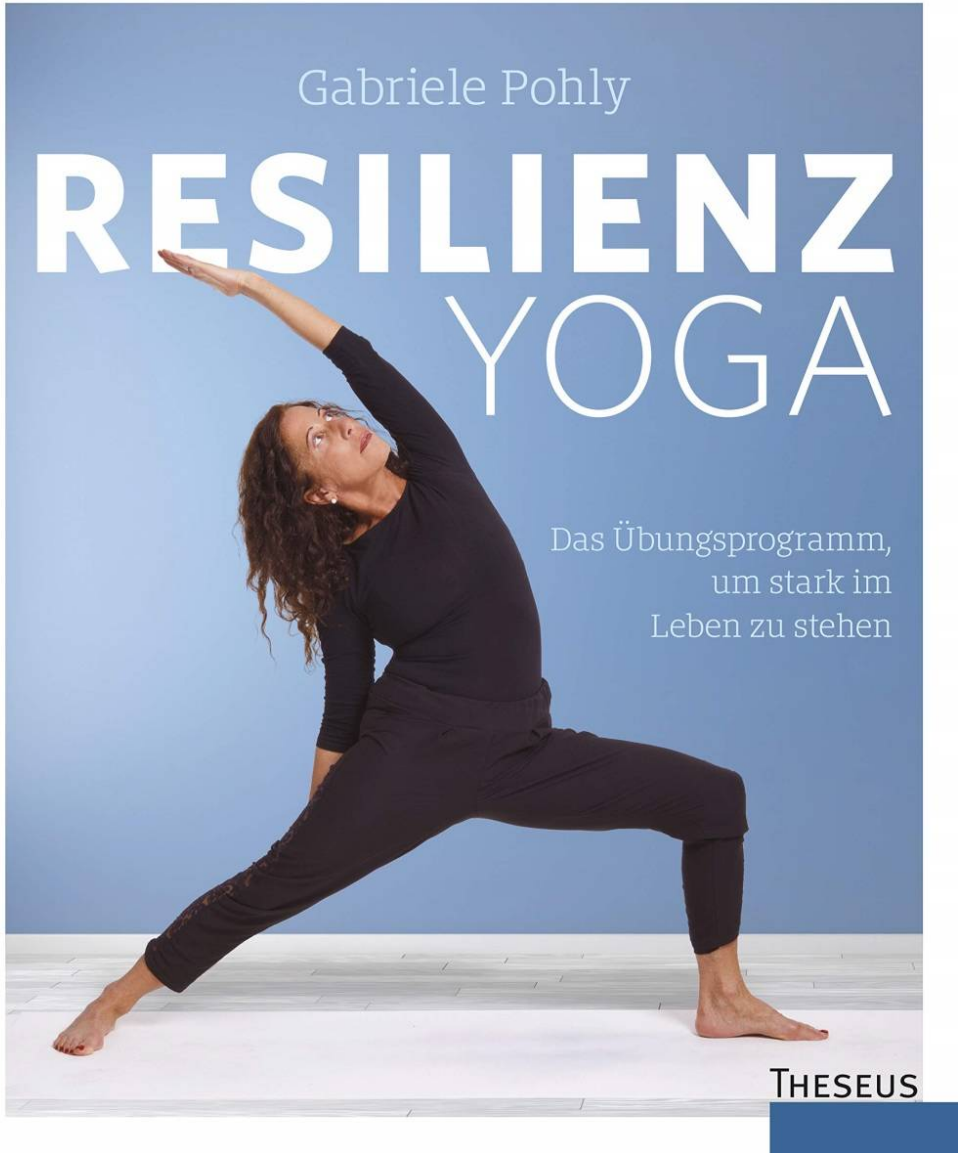
Publication Date: September, 2020
Author: Dr. Phil. Anna Gamma
Pages: 208
Imprint: Theseus

How women can change partnership culture

Anna Gamma is convinced that women and men can find real partnership. But for this it is essential that women connect with their roots and stand by their femininity and power. On an inner and outer research journey to what genuine femininity means today, Anna Gamma lets us share her own experience, conversations with women, her preoccupation with ancient myths and stories, and her journeys to places of original female power. Numerous exercises make it possible to explore the themes of sexuality, female power, dignity, connectedness and partnership in our own experience.

Anna Gamma, Dr. phil., psychologist, Zen master, member of the Katharina-Werk, was director of the Lassalle-Institut from 2000 to 2012. In 2003, she received the Zen teaching authorization from Niklaus Brantschen and Pia Gyger in the Glassman-Lassalle Zen Lineage and was appointed Zen Master in 2013. Anna Gamma is a sought-after seminar leader, executive coach, management consultant, speaker, author and supports women in their self-discovery process.

Resilience Yoga



Publication Date: February, 2020
Author: Gabriele Pohly
Pages: 240
Imprint: Theseus

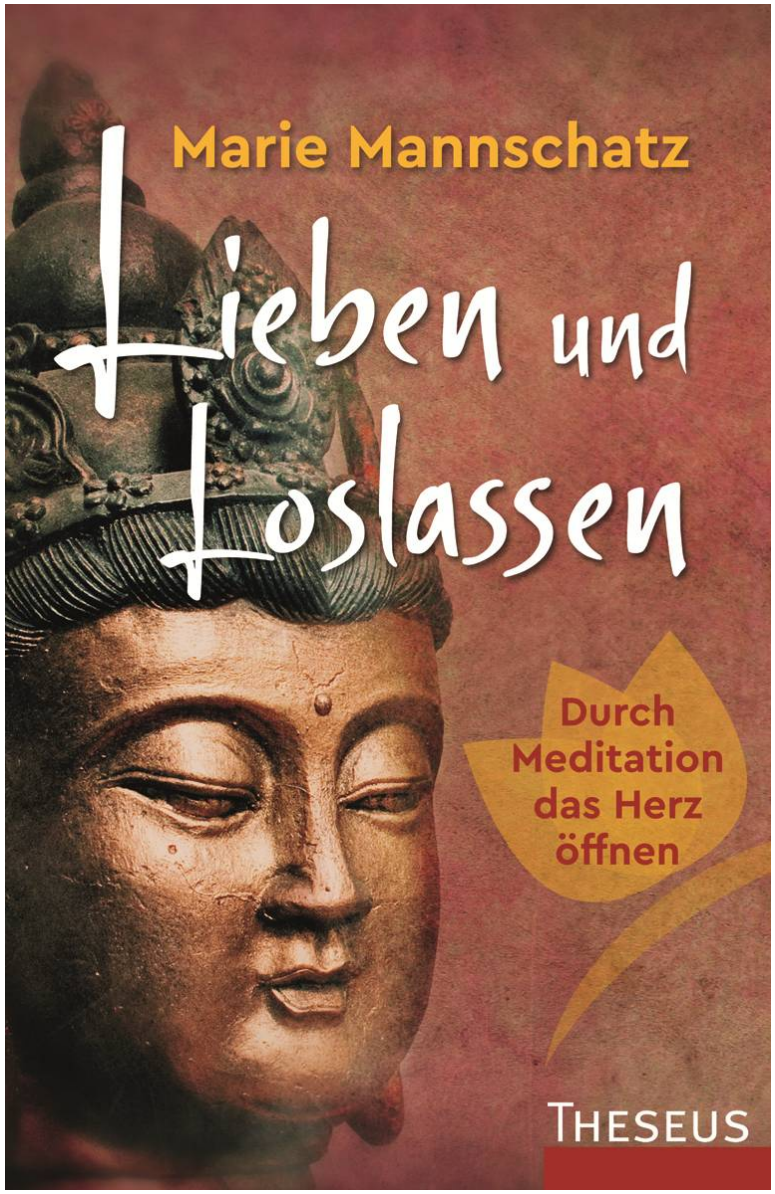
The exercise programme to stand strong in life

This exercise book shows practical ways to become a resilient human being. We get to know the eight key competences of resilience, which have been proven to help to cope better with stressful living conditions and even to emerge stronger from crises. Practical yoga exercises help us to strengthen our mental and spiritual resilience in each of these key areas.

- Teaches the eight key skills of resilience
- Effective yoga practice for more strength and joy of life
- To bring more vitality, balance and joie de vievre into life

Gabriele Pohly has been leading yoga and meditation seminars for many years. She has developed yoga-based resilience training to promote the personal growth of her seminar participants. In this book she presents her yoga practice series on the well-known key competences of resilience to a broad public for the first time.

Love And Let Go



Publication Date: January, 2020
Author: Marie Mannschatz
Pages: 224
Imprint: Theseus

Open your heart through meditation

Love is often understood as a feeling that breaks over us humans, if we are only lucky. Rarely is it seen that love requires determined intent and active action. In her book, meditation teacher Marie Mannschatz shows that we can fulfill our longing for love if we make decisions about loving action and feeling on a daily basis. We can support this process through Buddhist metta meditation, a meditation of opening the heart.

The author has translated the traditional exercise instructions into a contemporary language and describes how Metta Meditation leads us to a new understanding of love, compassion and warmth of heart and gives us the strength to let go.

Her book - an introduction to the practice of living love - contains a large number of practical instructions as well as very personal comments and examples of how beneficial it is to take responsibility for your own happiness and to develop your own ability to love.

Pro Age Yoga

Publication Date: September, 2019
Author: Elena Lustig
Pages: 220
Imprint: Theseus

Getting older confidently

Yoga teacher Elena Lustig has developed ProAgeYoga, a program to experience the process of aging as enriching. With methods from coaching and yoga you learn to use the processes of change for yourself and to keep your body and mind awake for everything that is and for everything that comes. Getting older means accumulating experience and wisdom, and yoga helps you to live authentically and fulfillingly. The goal of ProAgeYoga is to recognize the good in us through the training of body and mind and to meet aging with self-respect and self-acceptance.

Elena Lustig teaches Yoga since 2010 and is Certified-Anusara®-Teacher since 2017. Together with Annette Söhnlein she has already published the exceptionally beautifully designed book "Innen.Außen - Das Yoga-Chakra-Buch". In her life she combines Buddhist wisdom with the teachings of yoga. With ProAgeYoga® she shares her experiences and supports people to live authentically and fulfilled.

The Basics Of Relationships

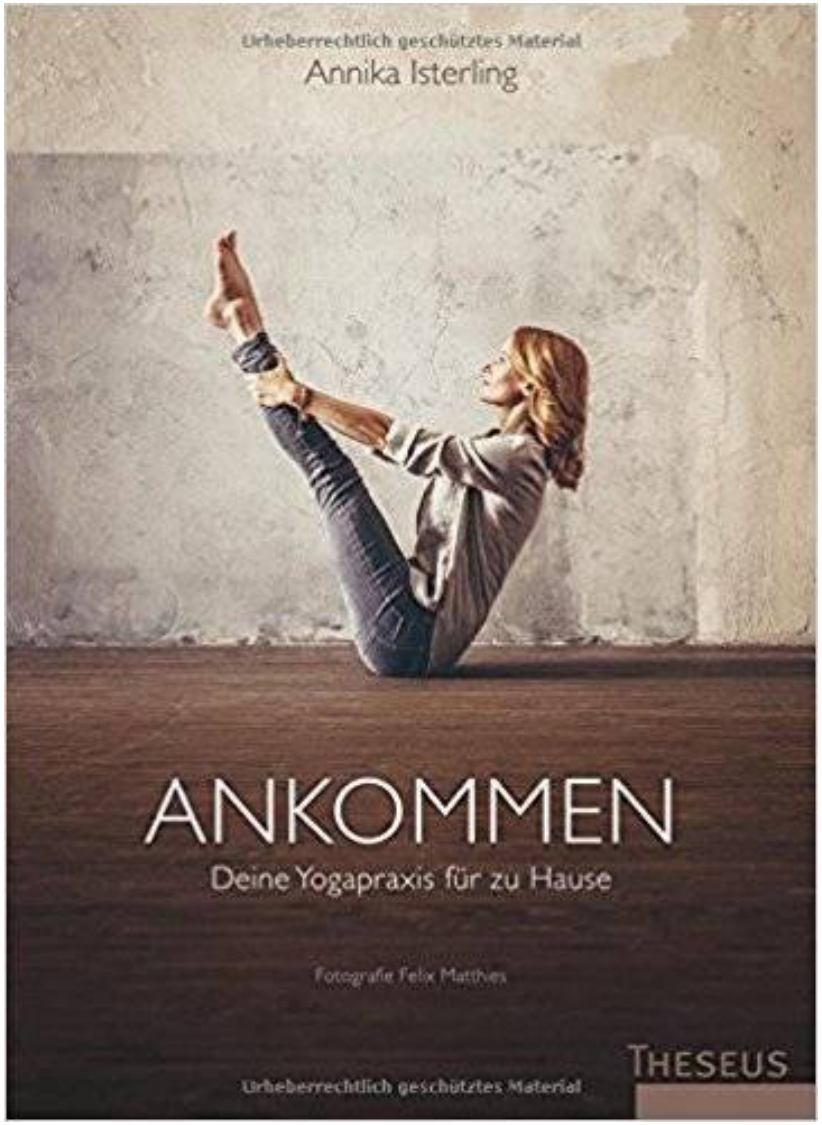
Publication Date: September, 2017
Author: Jessica Winkler
Pages: 144
Imprint: Theseus

About Balance And Fair Solutions

Jessica Wilker narrates in her book stories about ordinary people and shows that successful relationships need a balance and can not be a one-sided matter. This is why we need to respect both sides and to find fair solutions for our problems.

This humorous guide suggests how to find more self-confidence and self-responsibility and thus also more generosity and tolerance in our relationships.

Arriving



Publication Date: April, 2017
Author: Annika Isterling
Pages: 220, colour illustrations throughout
Imprint: Theseus

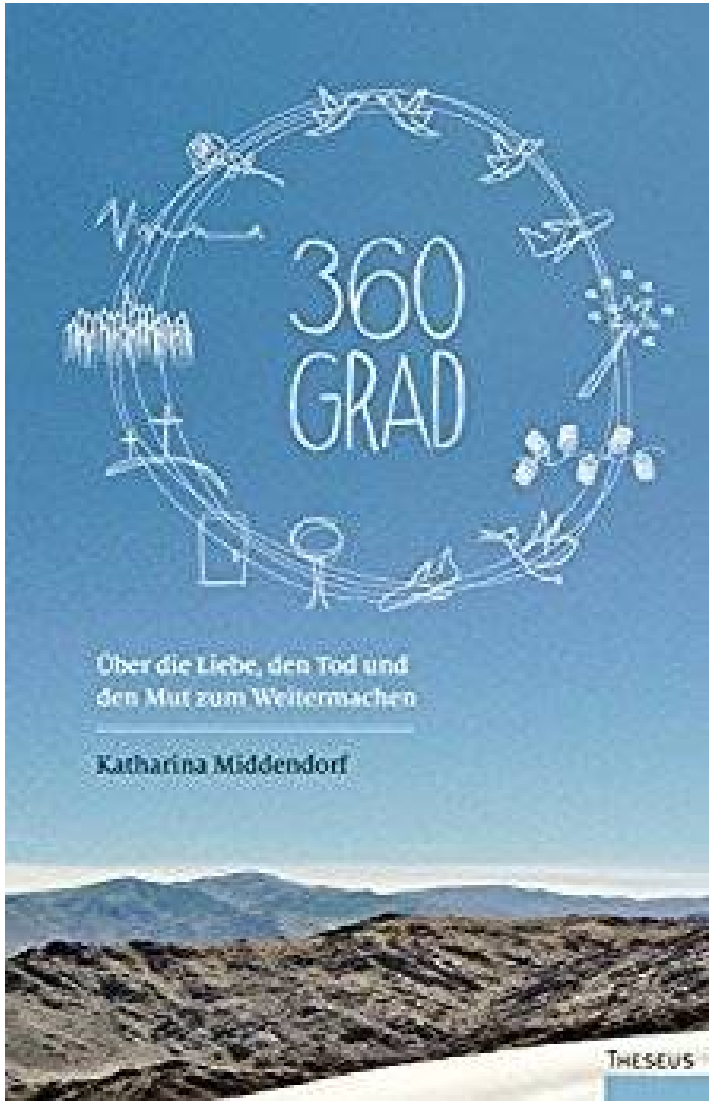
Your Yoga Practice At Home

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

360 Degrees



Publication Date: January, 2017
Author: Katharina Middendort
Pages:
Imprint: Theseus

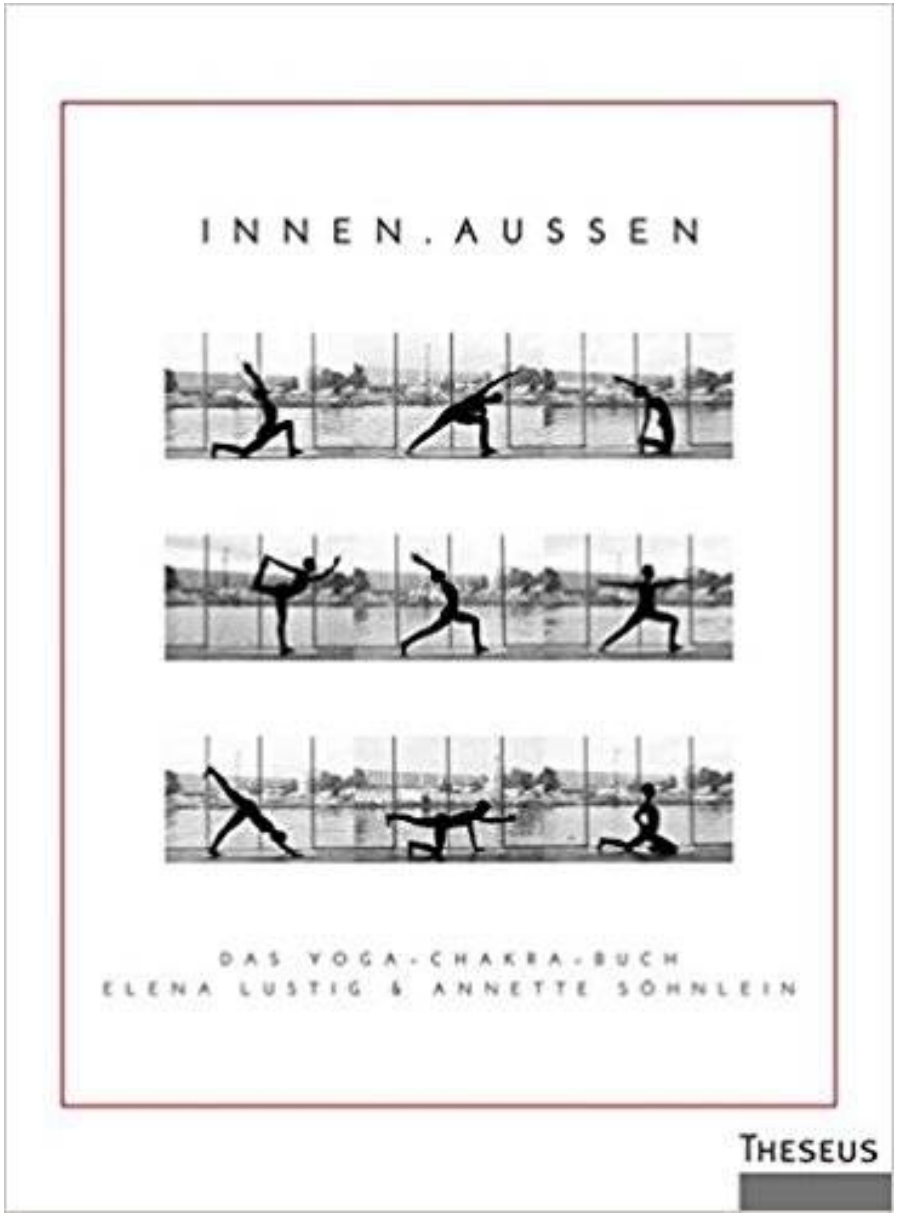
About Love, Death, And The Courage To Continue

This is the autobiographic story of a young woman about love, death and the question of where to get your strength when a fate hits you.

A moving example of taking life into your own hands - even and especially in difficult times.

www.nivata.de

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!

The Path Has No Name

Publication Date: March, 2016
Author: Annette Kaiser
Pages:
Imprint: Theseus

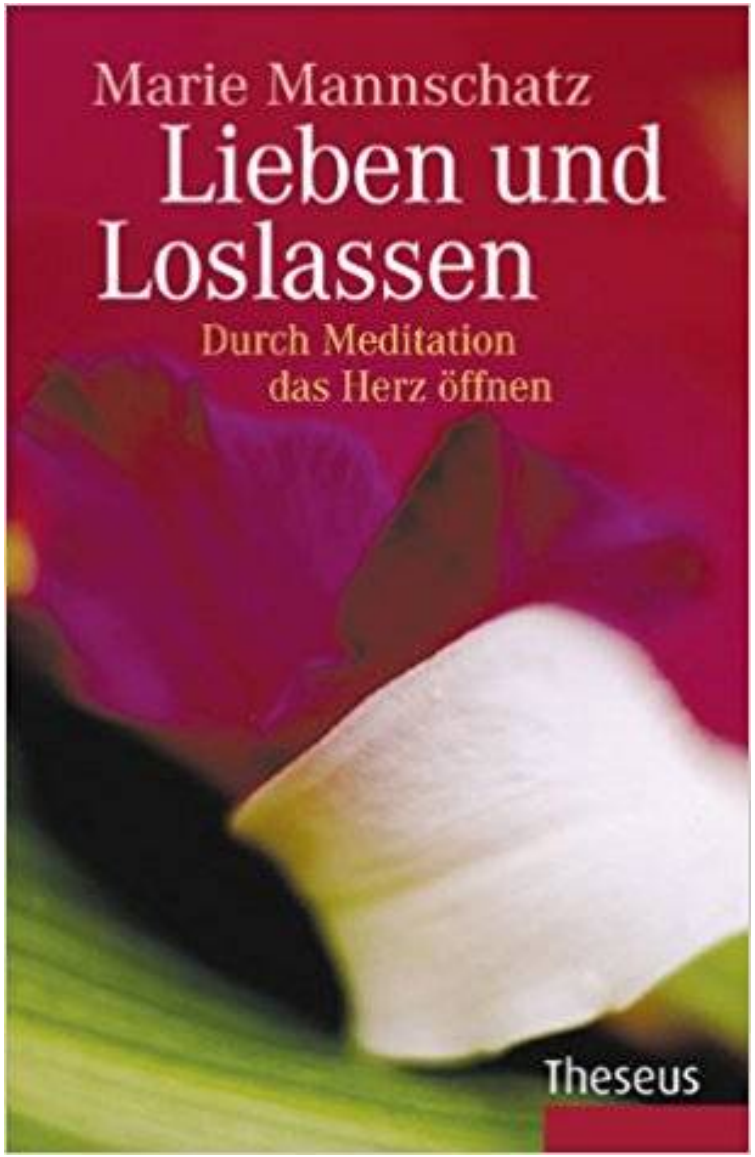
Life And Vision Of A Sufi Teacher

This book is the fascinating description of a life in search for spiritual truthfulness.

Able to lead a spiritual life, standing in the middle of the world, working and with two children, Annette Kaiser fulfilled this longing after having met Sufi teacher Irina Tweedie.

Annette Kaiser shows us in her book that the Sufi path as a path of love does not demand a getaway from the world, but an active existence in the world. Because Sufi is neither philosophy nor religion, but a way of life that can lead us to the true dimensions of our humanity.

Love And Release



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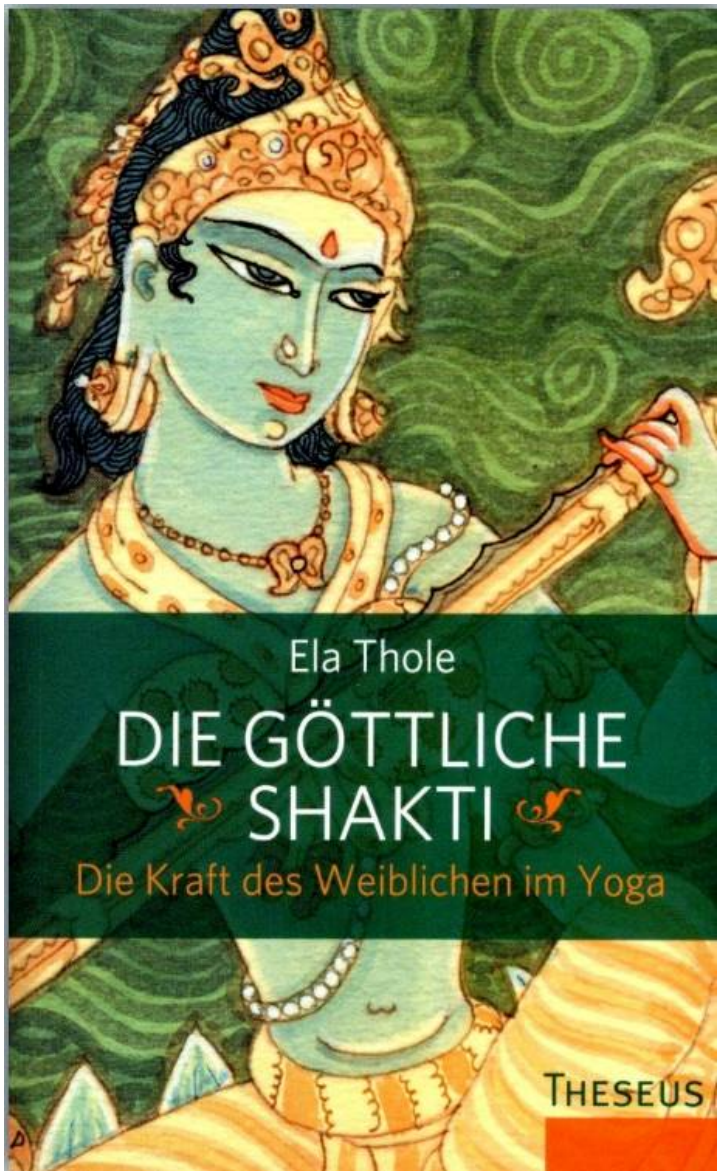
We can encourage this process through metta meditation, a meditation of loving-kindness. The author “translates” traditional exercises into a contemporary language and describes how metta meditation leads us to a new understanding of love, compassion and heart warmth and gives us the strength to release.

Her book contains a variety of practical exercises.

Divine Shakti



Publication Date: September, 2015
Author: Ela Thola
Pages:
Imprint: Theseus

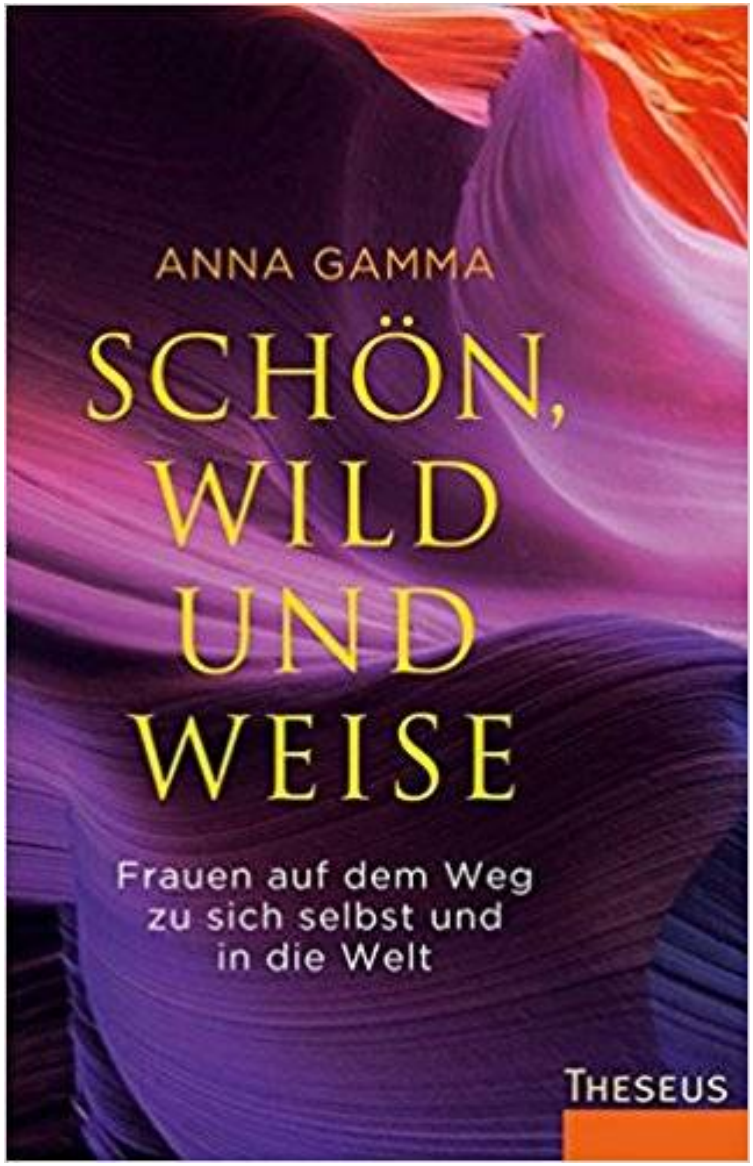
The Power Of The Female In Yoga

Energy or force is the essence of India's goddess Shakti when we get in touch with her.

In this book, the author describes different levels and forms of the Shakti force and gives insights into the importance of Shakti in Tantric and Integral Yoga.

A selection of mythological stories and legends about Shakti introduces the reader into the fascinating variety of the Indian world of gods.

Beautiful, Wild And Wise



Publication Date: March, 2015
Author: Anna Gamma
Pages: 208
Imprint: Theseus

Women On Their Way To Themselves

The power of a joyful life - In many people the longing for an equal partnership between woman and man in private and public life has awaken. And this desire also involves an awakening and strengthening of the wild beauty and profound wisdom that is slumbering in all women. After an intensive study of important female characters from the Jewish Christian mythology and other mythological sources, the author develops the fascinating and lively vision of a strong, wild and wise femininity - the feminine archetype of the heroine, whose power and devotion is so much missing today.

“Every woman becomes beautiful, wild and wise, when she is ready to share generously with others the inner wealth which she has gained on the long journey of her personality development.”

4 Editions!

Manifest Of Love

Publication Date: December, 2014
Author: Annette Kaiser
Pages:
Imprint: Theseus

Meditations And Contemplations

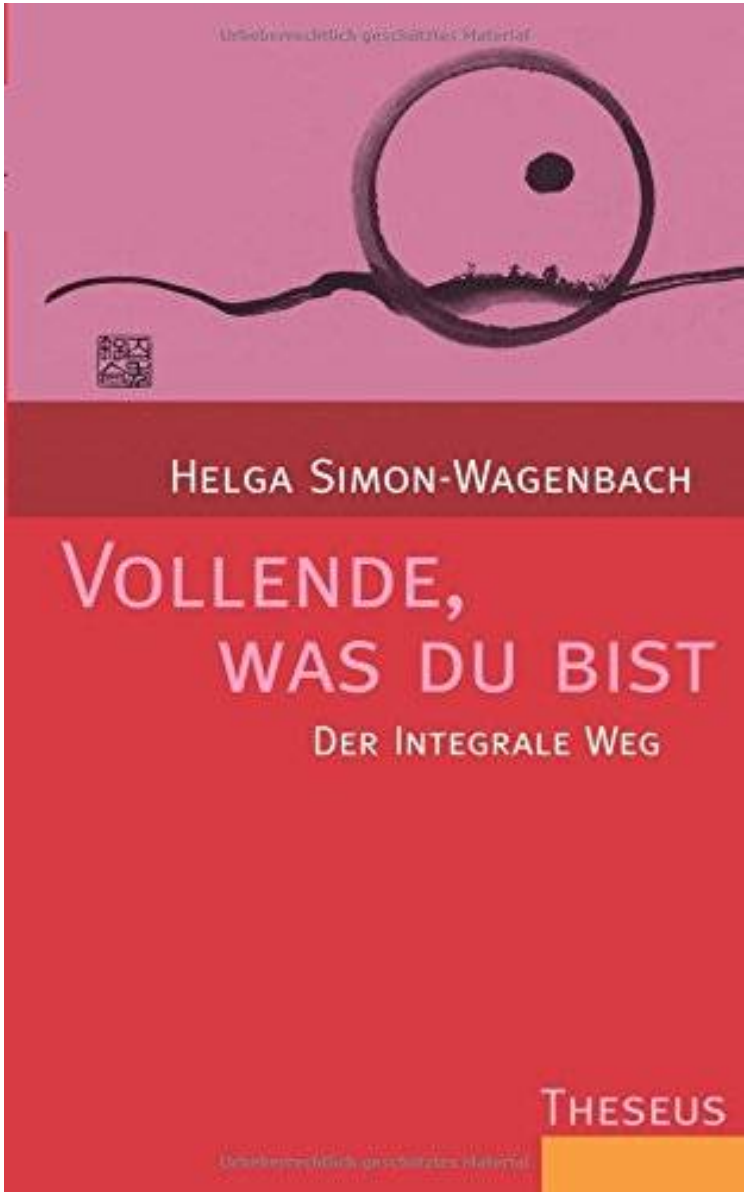
Through poetry about the essence of existence and the dynamics of love, Annette Kaiser offers us in this book orientation and inspiration for a spiritual life beyond the traditional paths . She combines in a mystical way the smallest little with the greatest greatness.

Her aphorisms invite the reader to meditate and to open new perspectives and perspectives.

Her texts allow a transparency, which directly affect our inner.

Pictures taken by photographer Janne Peters illustrate the texts in their own way.

Complete What You Are



Publication Date: December, 2014
Author: Helga Simon-Wagenbach
Pages: 200
Imprint: Theseus

The Integral Way

Yoga and Zen teacher Helga Simon-Wagenbach describes in her book the Integral Way as an energetic, cross-traditional spiritual approach. This way leads people in their individual peculiarity to the whole and enables profound and lasting changes.

Simple and effective exercises from yoga and Zen are important components of this process and enable the body, the breath and the mind to be seen as one unit.

Knowledge of integral spirituality helps to classify the experience and to experience the physical, mental and spiritual energies as a living stream. The author shows how this path can permeate our everyday life and change it in a positive way.

How I Learned To Ride The Dragon

- Personal insights in the development as a man and Taiji master
- Steering one's strength into a certain direction
- Interesting combination of western psychoanalysis and eastern wisdom

Publication Date: September, 2014
Author: Frieder Anders
Pages: 280
Imprint: Theseus

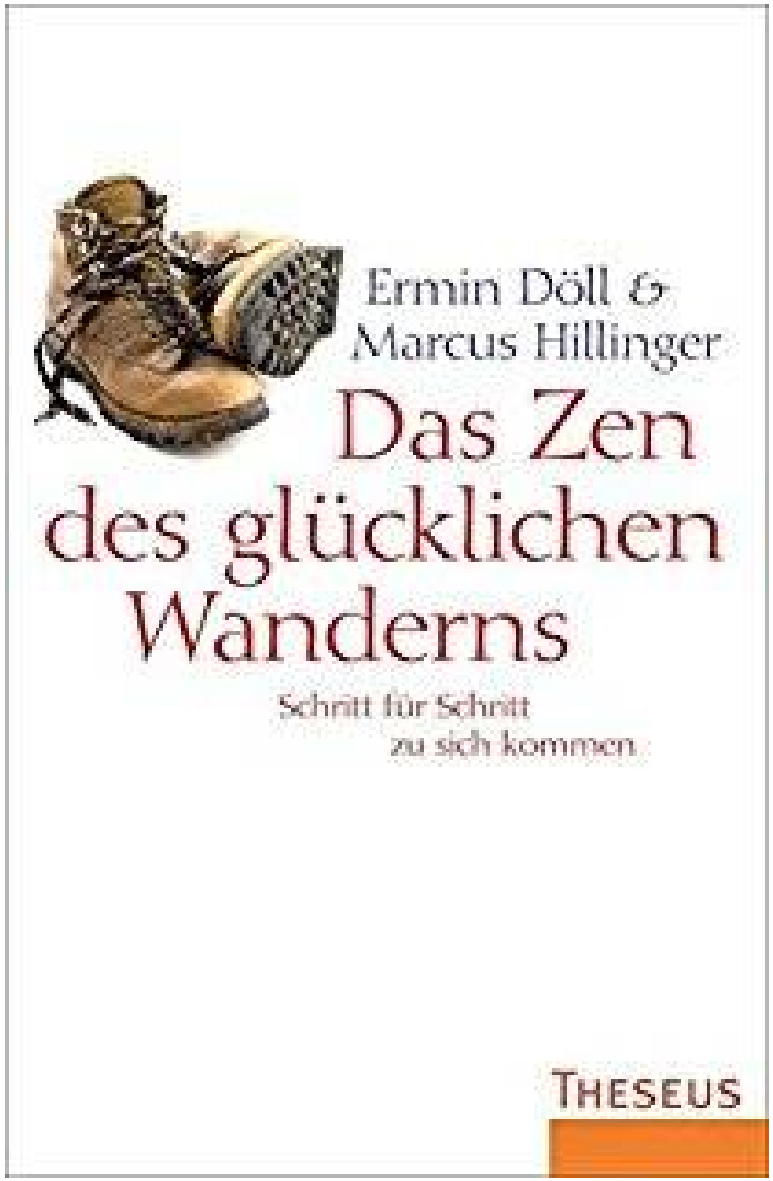
The Journey Of A Taiji Master In East And West

A HERO'S JOURNEY TO HIS OWN VITALITY AND POWER OF LOVE

This book tells the impressive and exciting life story of a Taiji master between east and west and how he became a man, a teacher, a master, and finally a lover.
His development is marked by encounters with the dragon: a figure that, in the west, embodies all existential human fears. In eastern understanding, however, the dragon is a symbol of inner strength which has to be found and controlled.

Taiji Master Frieder Anders teaches and practices Tajiquan since four decades and counts as an expert in this field. In 1980 he opened the first professional Taijiquan-school in Germany. He is the author of many books (and DVDs) about Taiji and teaches at the Taiji Academy in Frankfurt, Germany.

The Zen Of Happy Hiking



Publication Date: August, 2014
Authors: E. Döll & M. Hillinger
Pages:
Imprint: Theseus

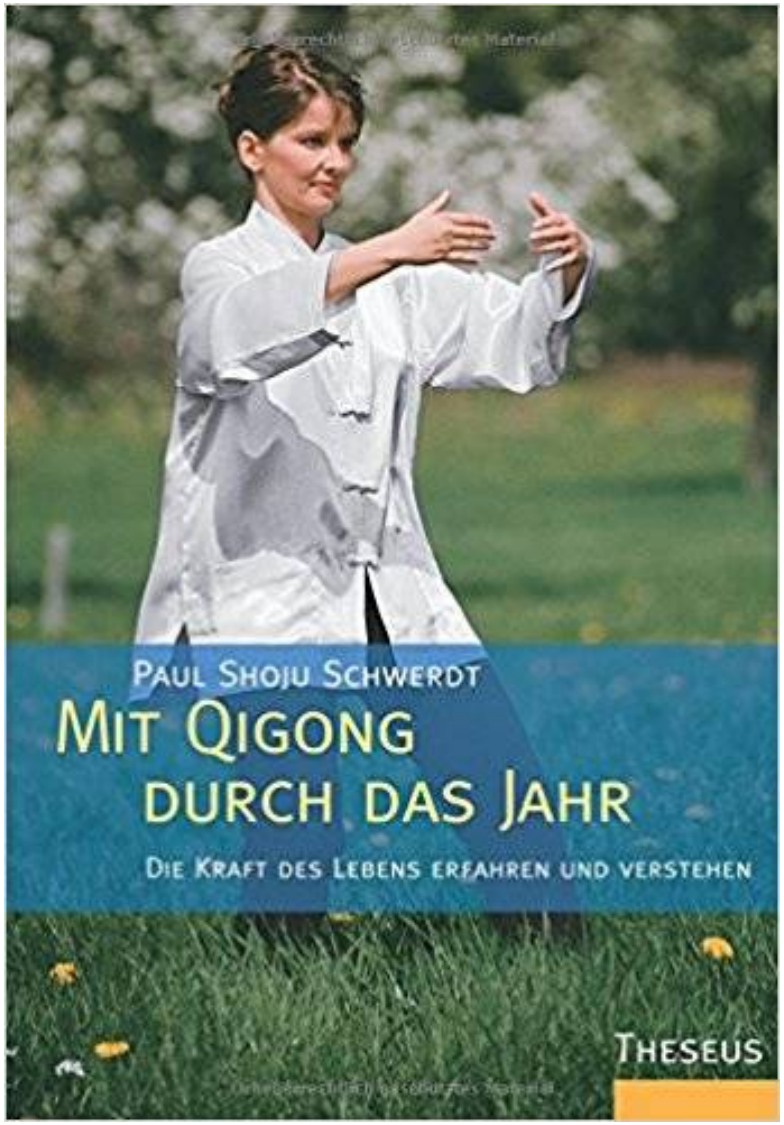
Recover Step By Step

Through simple exercises for meditative walking and hiking, two experienced meditation and hiking instructors inspire us with this book through twelve contemplative chapters.

The authors show that hiking as a meditation in walking leads us to leisure, mindfulness and inner peace and to experience the healing power of walking in nature .

This guide includes short introductions and selected photos for meditative attunement.

Qigong Throughout The Year



Publication Date: May, 2014
Author: Paul Shoju Schwerdt
Pages: 206
Imprint: Theseus

Experience And Understand The Power Of Life

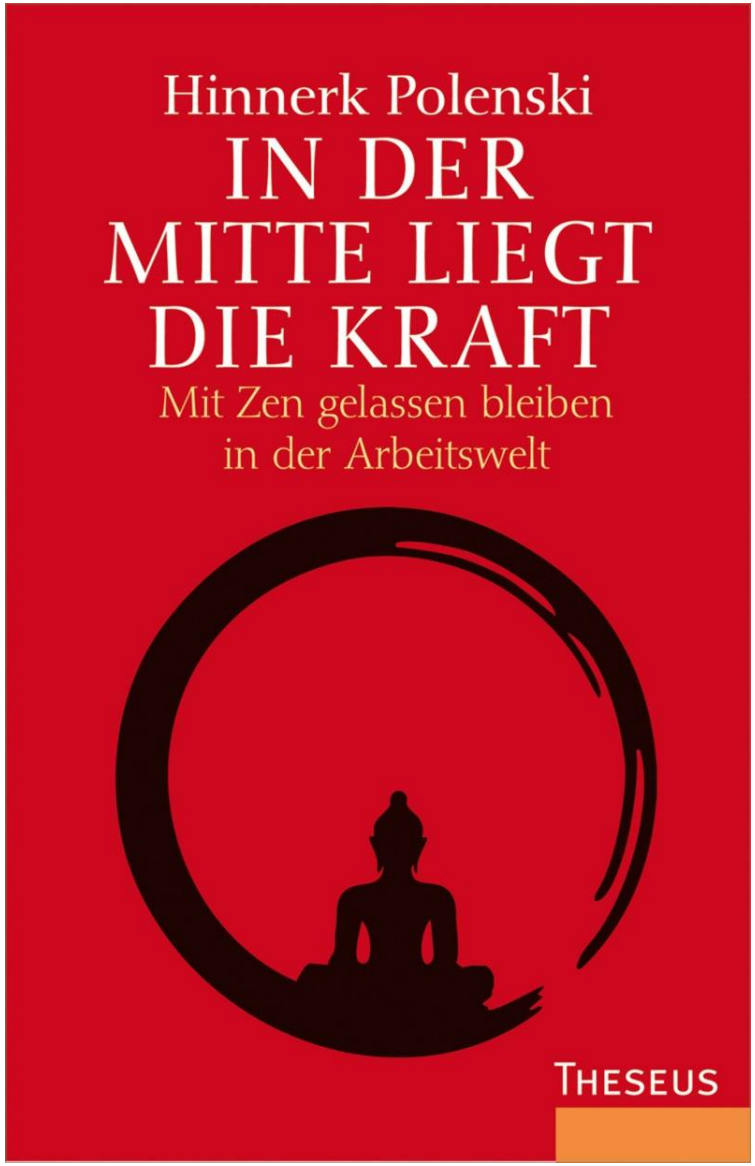
The seasons form a cycle, which we go through every year. Each season has its own appearance and its own energy. Every season offers us different possibilities and challenges.

Qigong is a very effective method of adjusting to the seasons and using the specific energies of each seasons.

Paul Shoju Schwerdt has developed an easy-to-follow exercise program which care for the peculiarities and effects of the respective seasons on body and mind.

The book also contains nutrition tips and other suggestions for everyday life as a help to a better life in accordance with the seasons.

The Force Stands In The Middle



Publication Date: March, 2014
Author: Hinnerk Polenski
Pages: 240
Imprint: Theseus

How To Relax At Work With Zen

This book is a valuable help for people who lead others in their profession and want to see and experience their work as a vocation.

Zen-Master Hinnerk Polenski shows how we can balance our energies and keep them out of the day, remain calm and unfold our creativity.

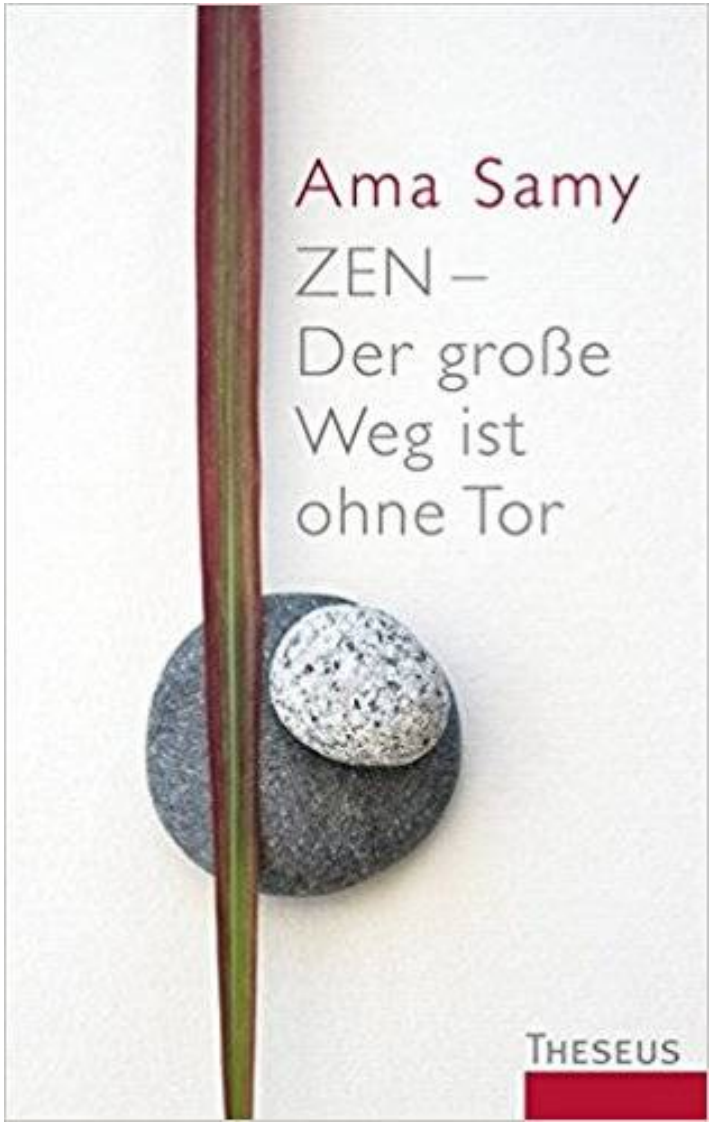
Simple meditation and sports exercises help you to experience the power of Zen. Key elements in this clearly structured guide are:

In silence, energy arises and the energy of or individual life grows.

A motivated team emerges through respect, clarity and harmony.

Creative power achieve opportunities for a peaceful and joyful world.

Zen –The Large Path Has No Gate



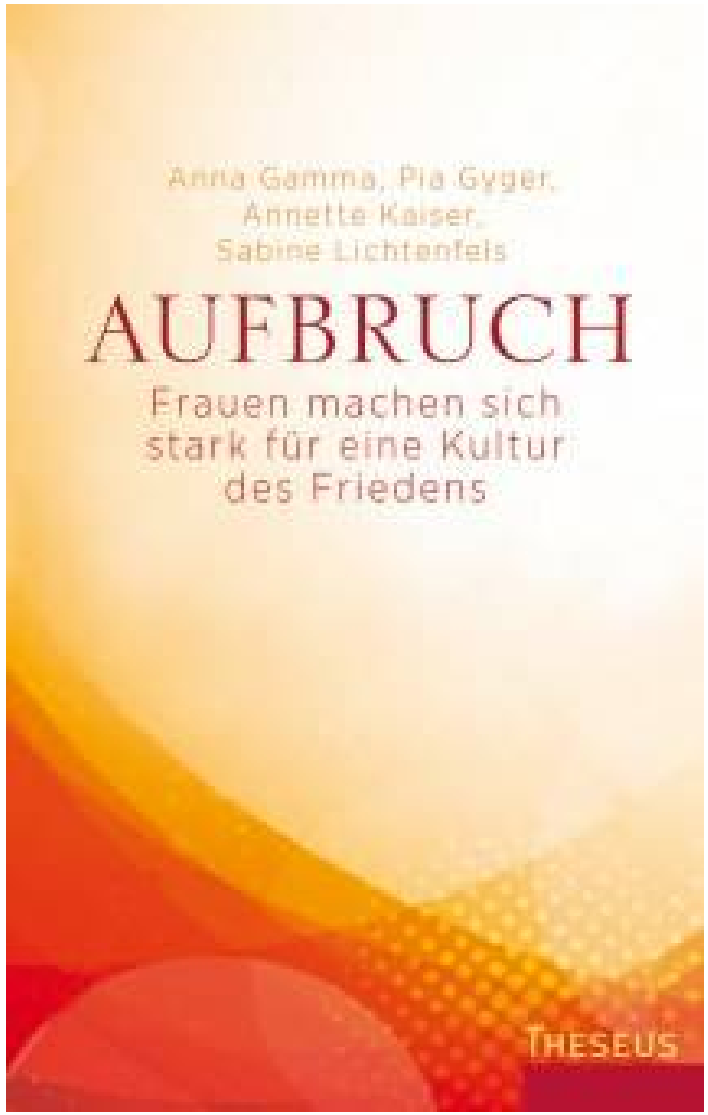
Publication Date: April, 2014
Author: Ama Samy
Pages: 240
Imprint: Theseus

Zen Master Ama Samy has found exciting answers, perhaps because he is sitting between all chairs. He is an Indian and grew up in Burma. His family is Hindu and his grandfather was a student of a Muslim master. He attended a Catholic school, became a Jesuit and a Catholic priest and received his authorization as the first, and so far the only, Zen teacher in India from a Japanese Roshi, who included many Christians from all over the world as his disciples.

In these new Zen lectures (teishos), Ama Samy explains his way of teaching and practicing zen, adding illuminating zen stories and koans.

New perspectives and nuances of Zen, especially in the dialogue between Buddhism and the Christian tradition, give us valuable inspiration to follow our own spiritual path in openness and inner freedom.

Departure



Publication Date: March, 2014
Authors: Gamma/Gyger/Kaiser/Lichtenfels
Pages: 176
Imprint: Theseus

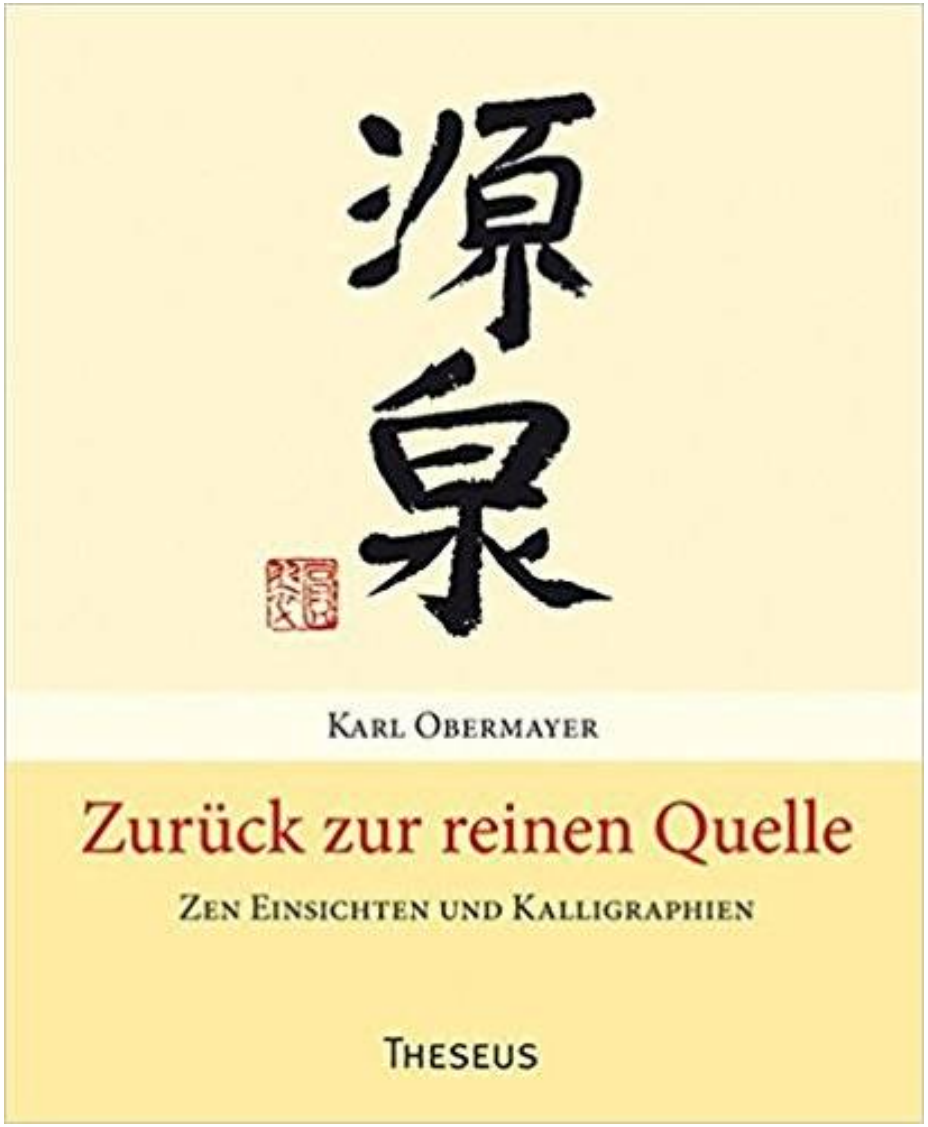
Women Strongly Committed To A Culture Of Peace

No one is too small or unimportant to participate in the global project of peace. Whenever we engage in a relationship for more fairness, solidarity, authenticity, and equality, we emerge from impotence and work on a new global civilization.

The authors describe in this book a fundamental change in shape, an expression of love and determination of cooperation and tolerance. This can reconcile what is separated, and heal what is wounded.

Inspire and motivate yourself by the testimonies of the four authors of this book.

Back To The Pure Source



Publication Date: December, 2013
Author: Karl Obermayer
Pages: 93
Imprint: Theseus

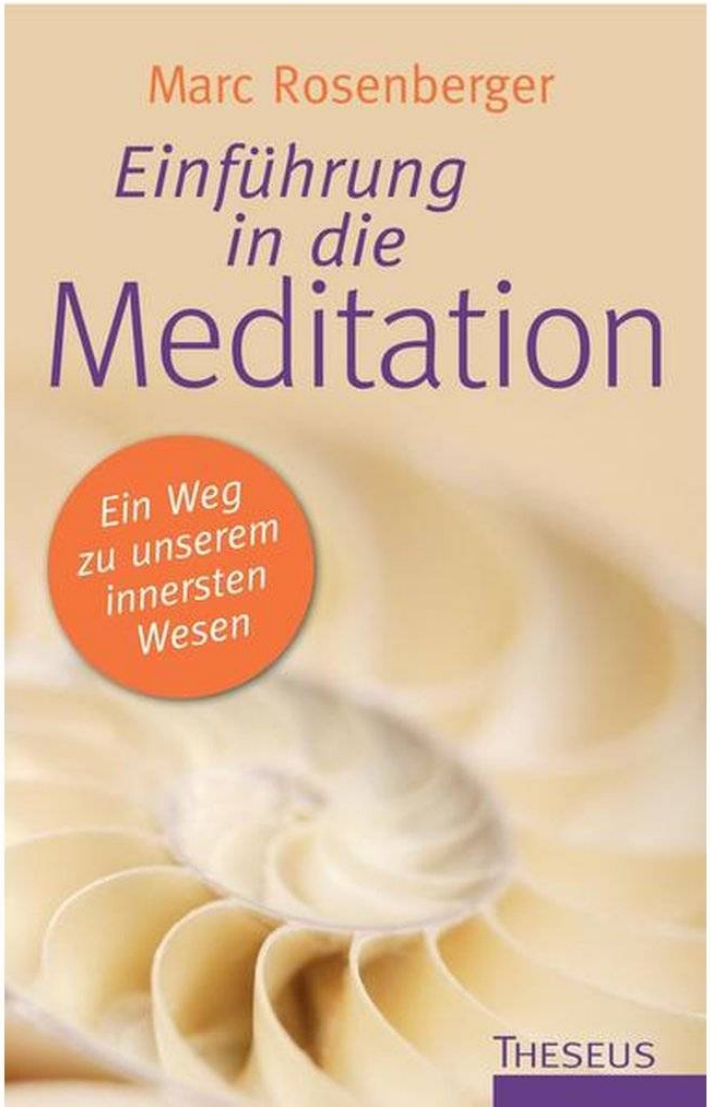
Zen-Insights And Calligraphies

"Back to the pure source" unites central Zen insights with the expressive calligraphies by the Catholic priest and Zen teacher Karl Obermayer

Zen is always about the last questions of our human existence. The answers are not sought in this spiritual tradition on the rational level; they are revealed directly in experience. If you allow yourself to live this experience, you will touch the spirit of all religions.

The author also spent many years with studying the art of calligraphy as an art of Zen and his book contains not only fundamental considerations about the Zen Path but includes a variety of calligraphies, which illustrate his words in an aesthetically convincing manner.

Introduccion To Meditation



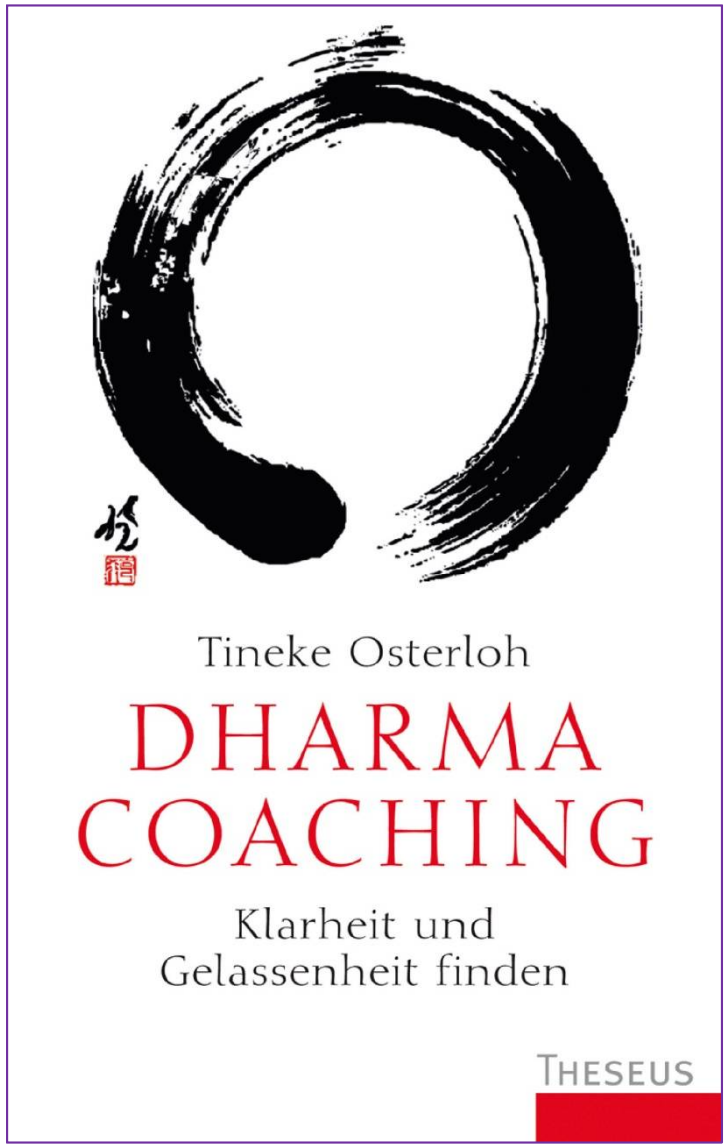
Publication Date: December, 2013
Author: Marc Rosenberger
Pages: 138
Imprint: Theseus

A Way To Our Innermost Being

Meditation has a beneficial effect on our physical and physical well-being. In order to master our most demanding everyday life and to enjoy moments of silence, we need time for our inner intimacy. But although we think about how to calm our mind, our intellect has only limited possibilities and we need other tools to liberate our fears and resistances and sometimes overpowering.

Meditation teacher Marc Rosenberger offers in this book a helpful guide, which also gives beginners the opportunity to practice themselves in thought and concentration and to fathom their own awareness. The author explains the meaning and the necessity of meditation for starting with our everyday routines. Like his teacher Willigis Jäger, he draws both from Eastern Zen and Western Christian mysticism and shows us the way to an extremely exciting journey to ourselves.

Dharma Coaching



Publication Date: November, 2013
Author: Tineke Osterloh
Pages: 160
Imprint: Theseus

How To Find Clarity And Serenity

What encourage happiness and well-being? How can we lead our life in a way that we do not create unnecessarily suffering for ourselves or for others? How can we orient ourselves?

All these questions are about ethical self-management. From a Buddhist perspective, ethical integrity has little to do with regulations, obedience, or rituals. However, it is indispensable that we train our consciousness.

As an experienced meditation teacher and coach, Tineke Osterloh applies Buddhist wisdom to our daily lives and shows how we can develop an inner ethical compass in a natural way.

Maturing Through Crisis

Publication Date: June, 2013
Author: Regine Leisner
Pages: 259
Imprint: Theseus

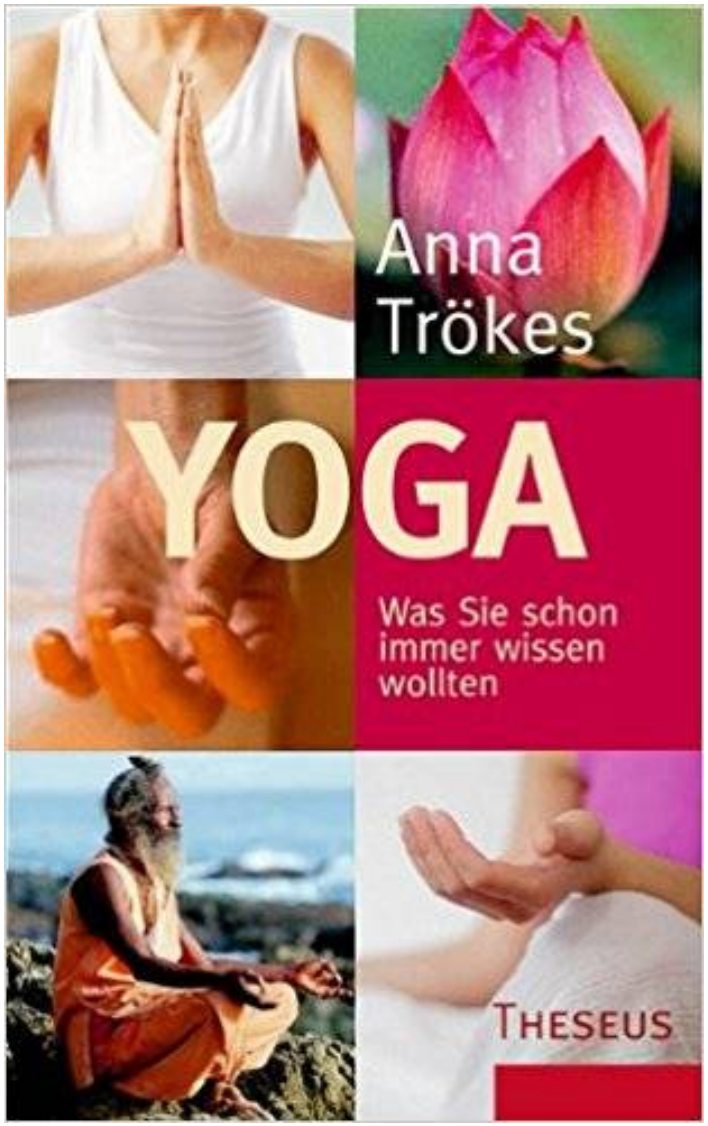
Buddhist Perspectives For Difficult Times

Crises, professional or private ones - the loss of a job, the end of a relationship, an illness - are often triggers to rethink our previous life and to develop liberating perspectives.

Inspired by the teachings of Buddhism, Regine Leisner has developed a five-step program for a creative approach to crises.

She offers an abundance of stimulation and exercises that encourage us not only to overcome our next crises, but to use them for ourselves, and to grow and mature in a personal and new way.

Yoga



Publication Date: April, 2013
Author: Anna Trökers
Pages: 128
Imprint: Theseus

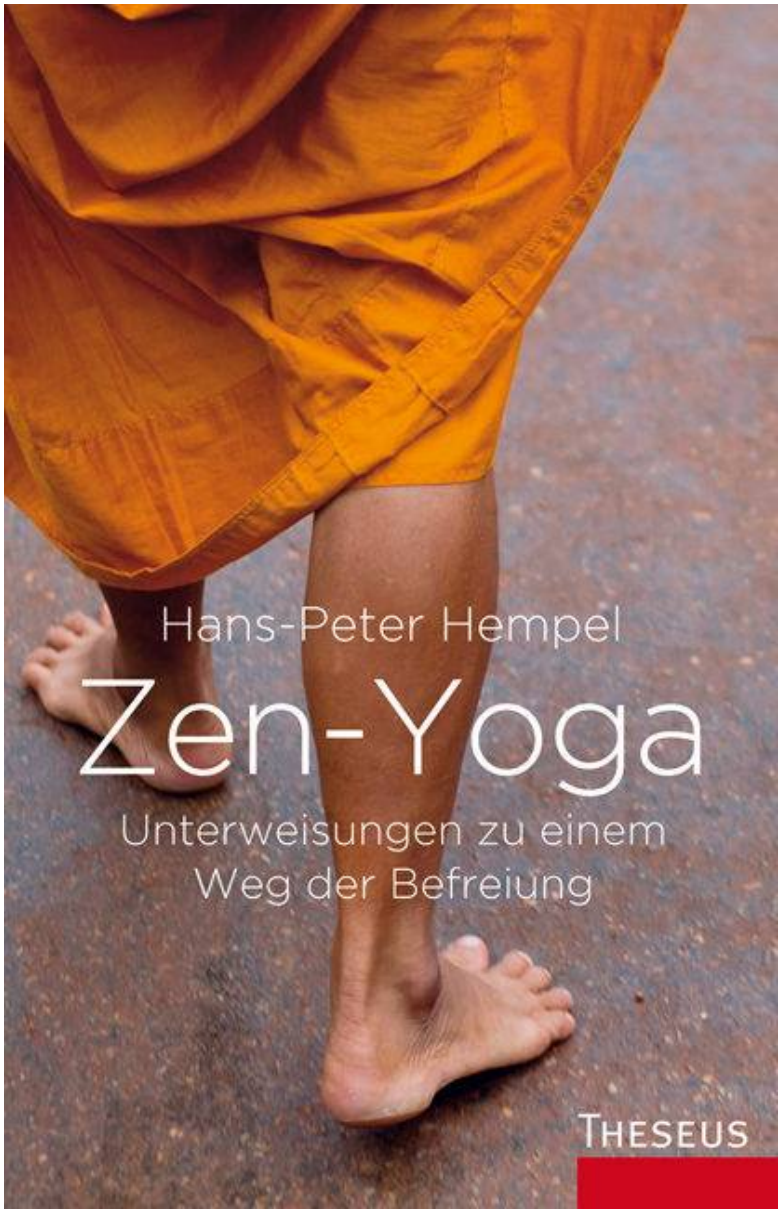
What You Always Wanted To Know

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



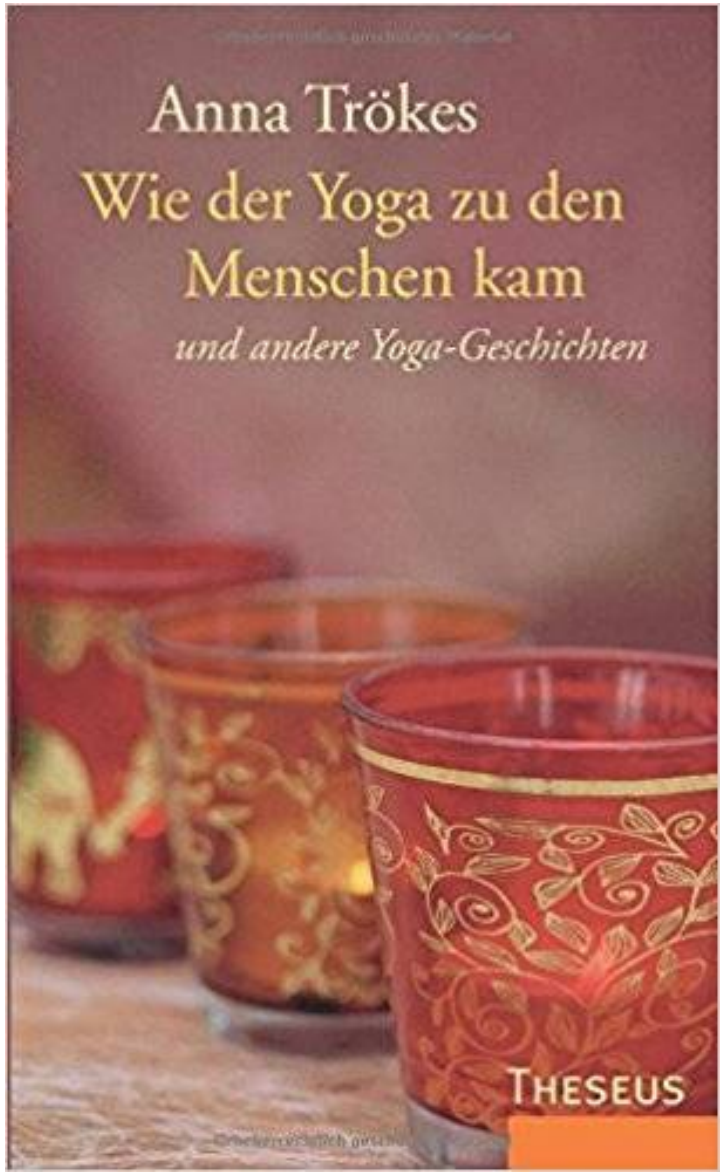
Publication Date: March, 2013
Author: Hans-Peter Hempel
Pages: 280
Imprint: Theseus

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 Trökers
Pages: 178
Imprint: Theseus

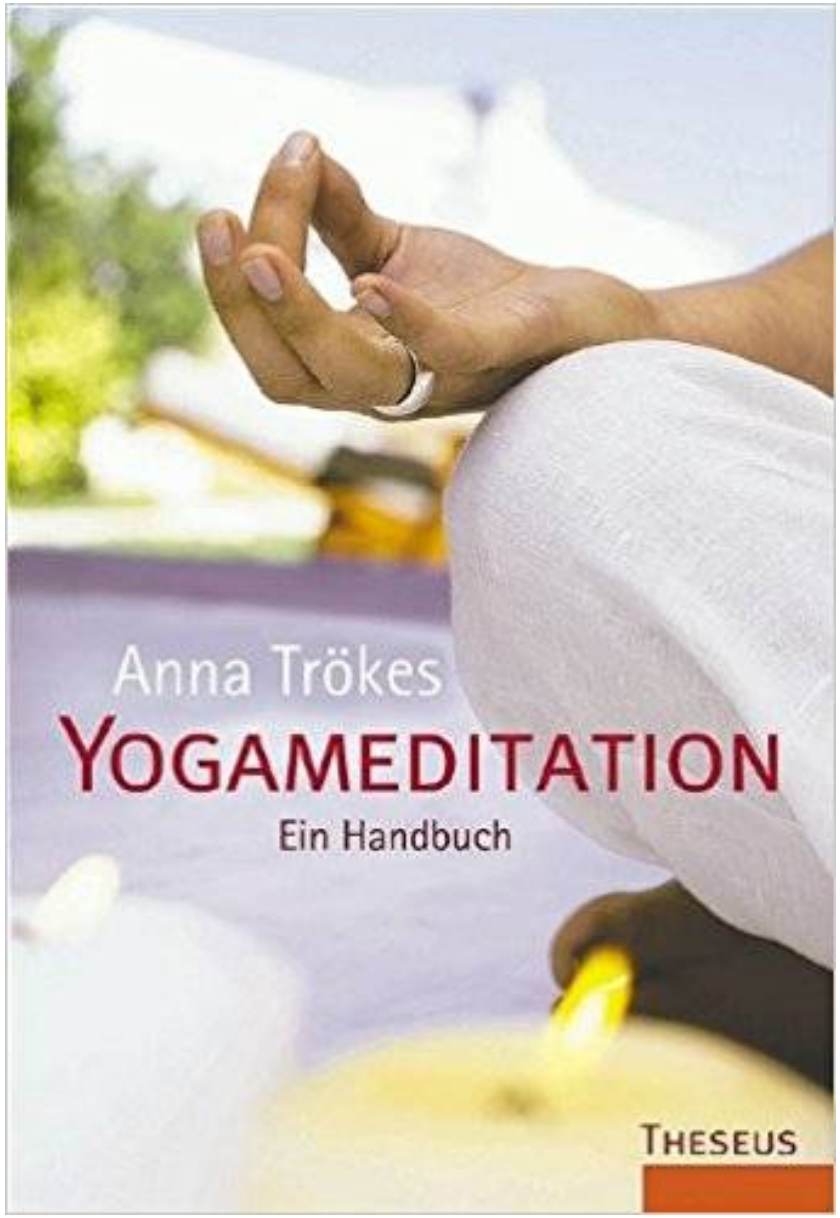
...And Other Stories About Yoga

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



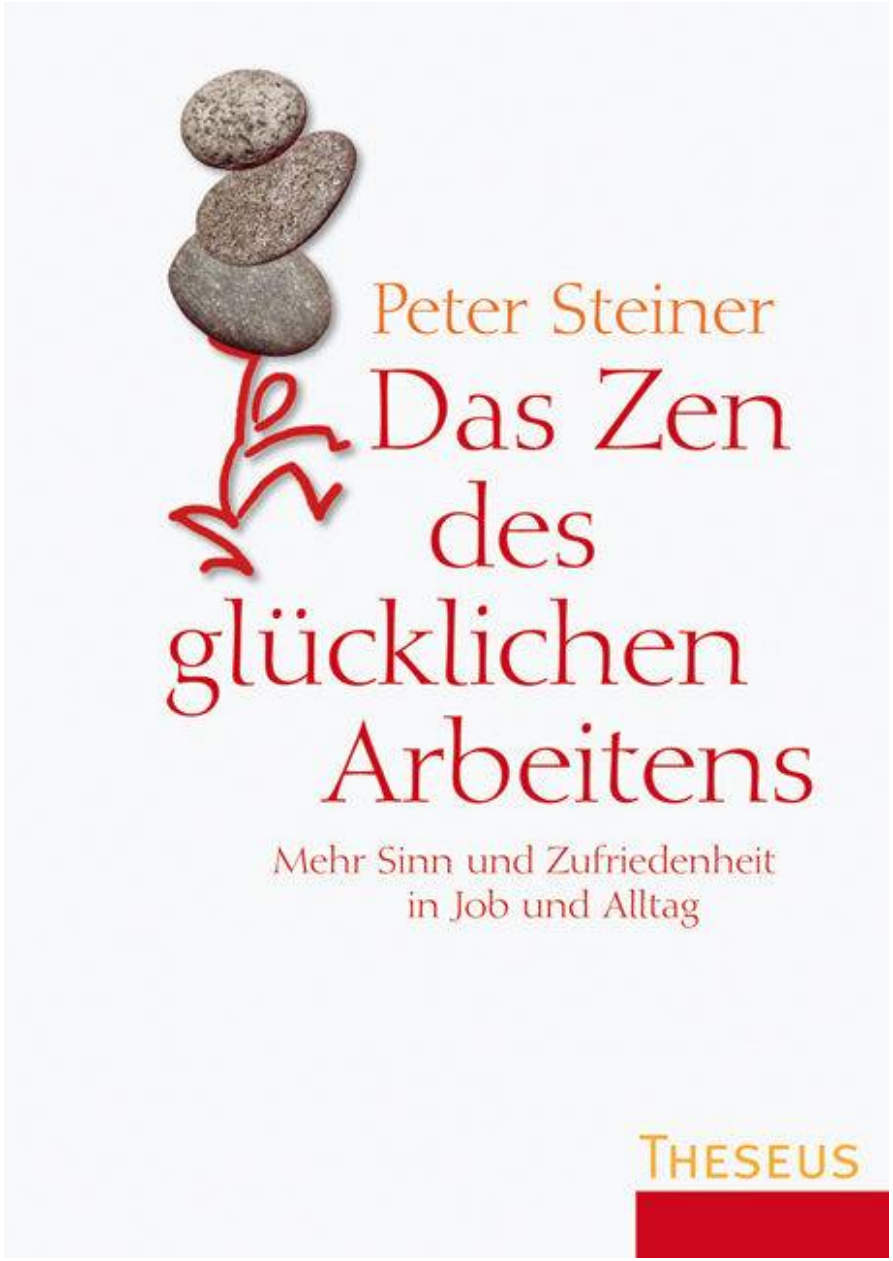
Publication Date: January, 2013
Author: Anna Trökers
Pages: 256
Imprint: Theseus

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.

The Zen Of Happy Working



Publication Date: September, 2012
Author: Peter Steiner
Pages: 192
Imprint: Theseus

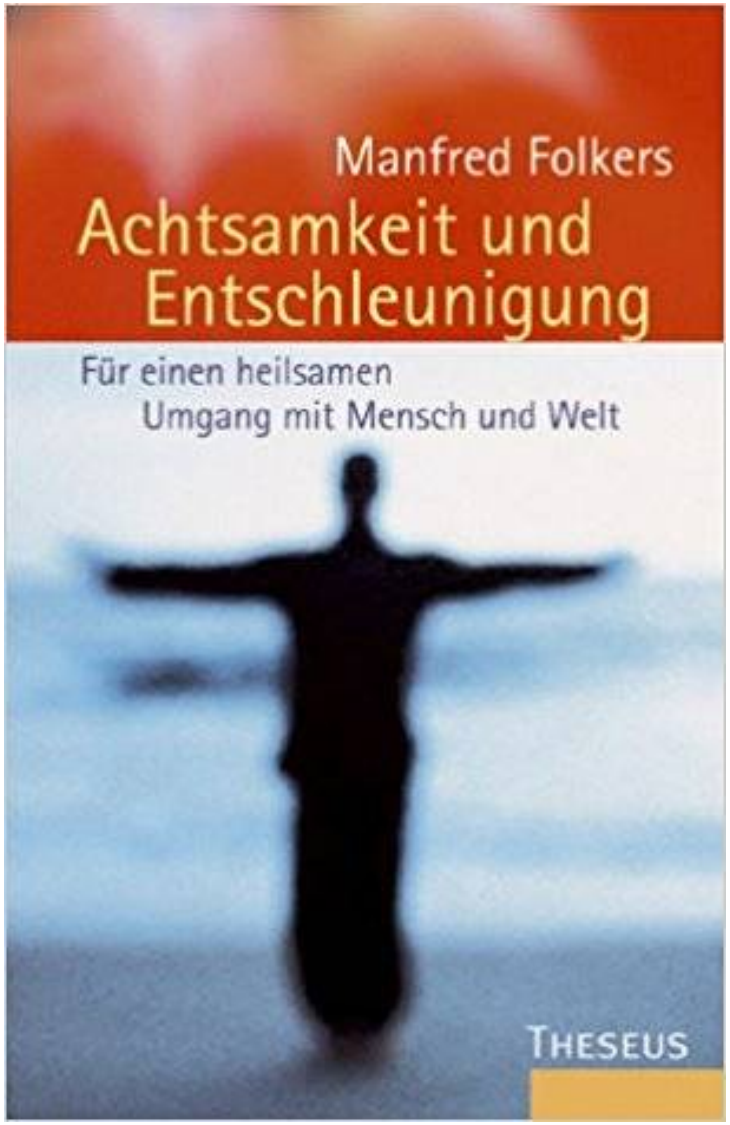
More Sense And Satisfaction For Job And Everyday Life

The first thing we should understand is that a job is never just a job. Our work is an expression of our life, and we all spend a lot of time in and with it. This should be reason enough for us to look for more satisfaction at work.

Zen can show you the way. Who am I and what do I really want? Zen helps us to look deeper and to recognize new connections of our inner.

Practicing Zen, we can find peace and happiness within ourselves, which is the basis for a successful action.

Mindfulness and Deceleration



Publication Date: July, 2012
Author: Manfred Folkers
Pages: 192
Imprint: Theseus

For A Healthy Dealing With Mankind And World

Think globally and start locally practicing mindfulness and deceleration!

Manfred Folkers explains us in his book that we must start first in ourselves if we want to discover mindfulness and slowness. In order to support this process, the author has selected for this book numerous practical tutorials from the fields of meditation, Tai Chi and Qigong.

While we are able to pause and look more closely, our gaze is also sharpened watching to the pressing societal issues of our time: the overexploitation of nature, the worldwide increase of violence and the impending collapse of a mode of economic activity whose existence depends on producing and consuming faster and faster.

The author shows us in his work how we can counterstrike these global threats through slowing down and developing mindfulness when we are dealing with nature and our family, friends and neighbours.

Silence Is The Light In Your Heart

Publication Date: May, 2012
Author: Paul Shoju Schwerdt
Pages: 160
Imprint: Theseus

Handbook Of Silent Qigong

Silent Qigong includes a variety of meditation exercises, which provide a deep and yet powerful relaxation of mind and body, dissolve blockages that harmonize life energies and lead to physical and mental wellbeing. The exercises in this book are easy to execute regardless of age or physical constitution, and extremely effective.

Paul Shoju Schwerdt, initiated in the traditions of Zen, Daoism and Qigong practice, provides in his book the necessary background knowledge and the spiritual foundations of Qigong. He describes various forms of breastfeeding Qigong as well as a series of exercises that enable beginners to experience the beneficial effects.

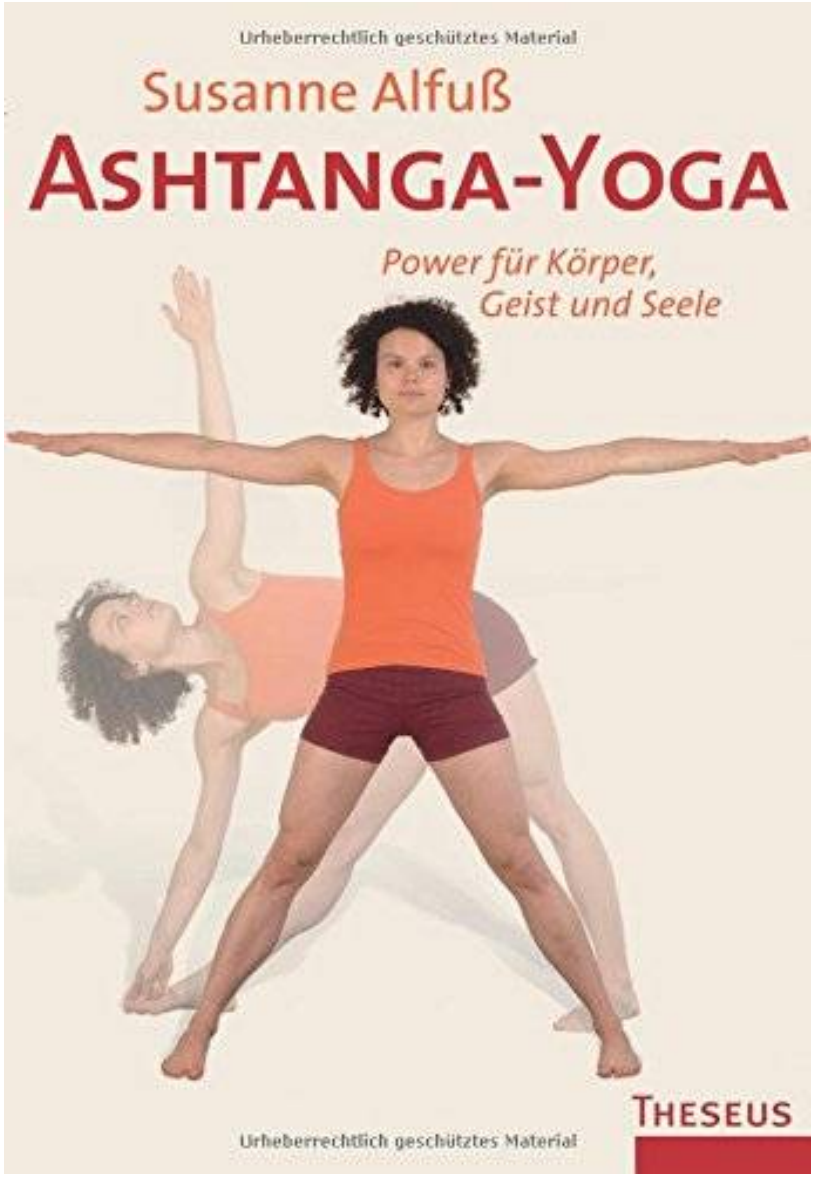
Time For Mindfullness

Publication Date: March, 2012
Author: Helmut Kuntz
Pages: 302
Imprint: Theseus

The Most Important Exercise In Life

"How compassionate are you with yourself? Find it out and give yourself a smile: Step in front of the mirror and look into your eyes. Look deep into your mirrored eyes and greet yourself kindly, benevolently, affectionately. Smile for a moment. If your mouth angles turn into a welcome smile, it is a completely different message to your body and soul, as if you were standing in front of the mirror without any strong compassion for yourself: Every morning, apart from a confirming, benevolent, loving look, a smile welcomes you in your own name."

Ashtanga-Yoga



Publication Date: March, 2012
Author: Susanne Alfuss
Pages: 192
Imprint: Theseus

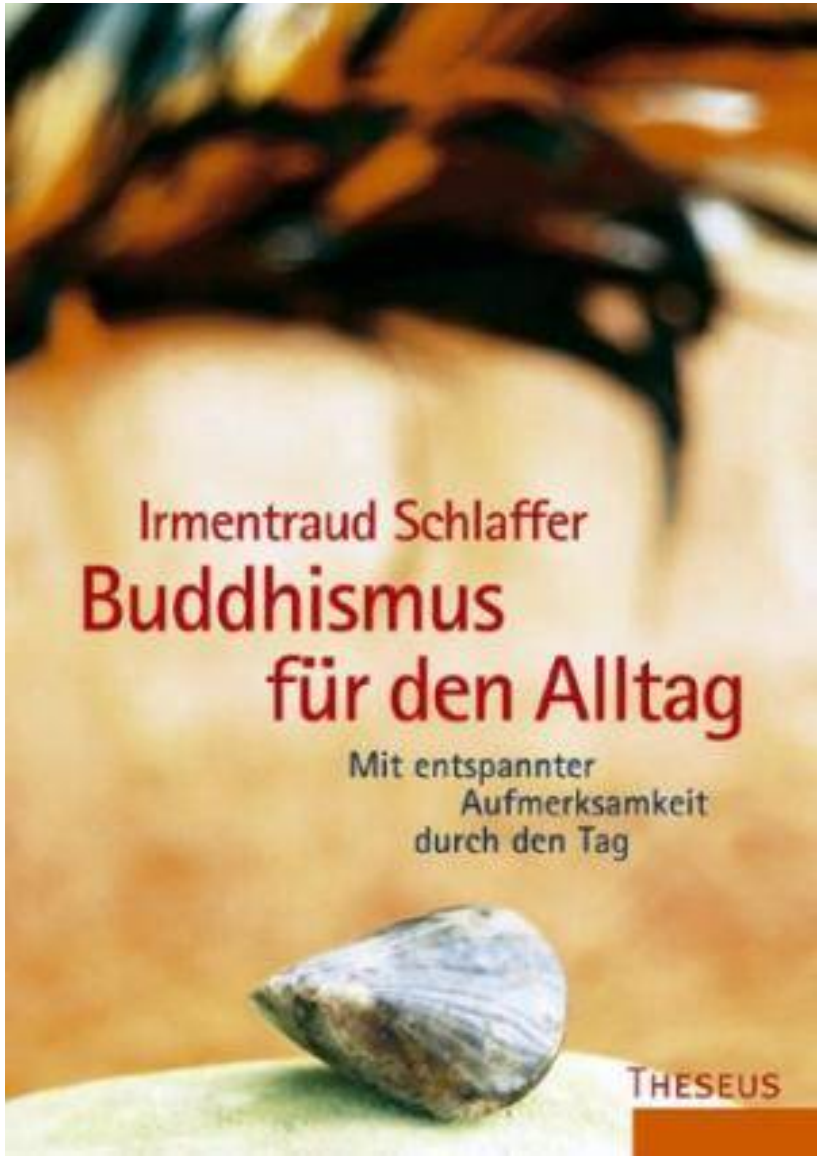
Power For Body and Spirit

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.

Buddhism For Every Day



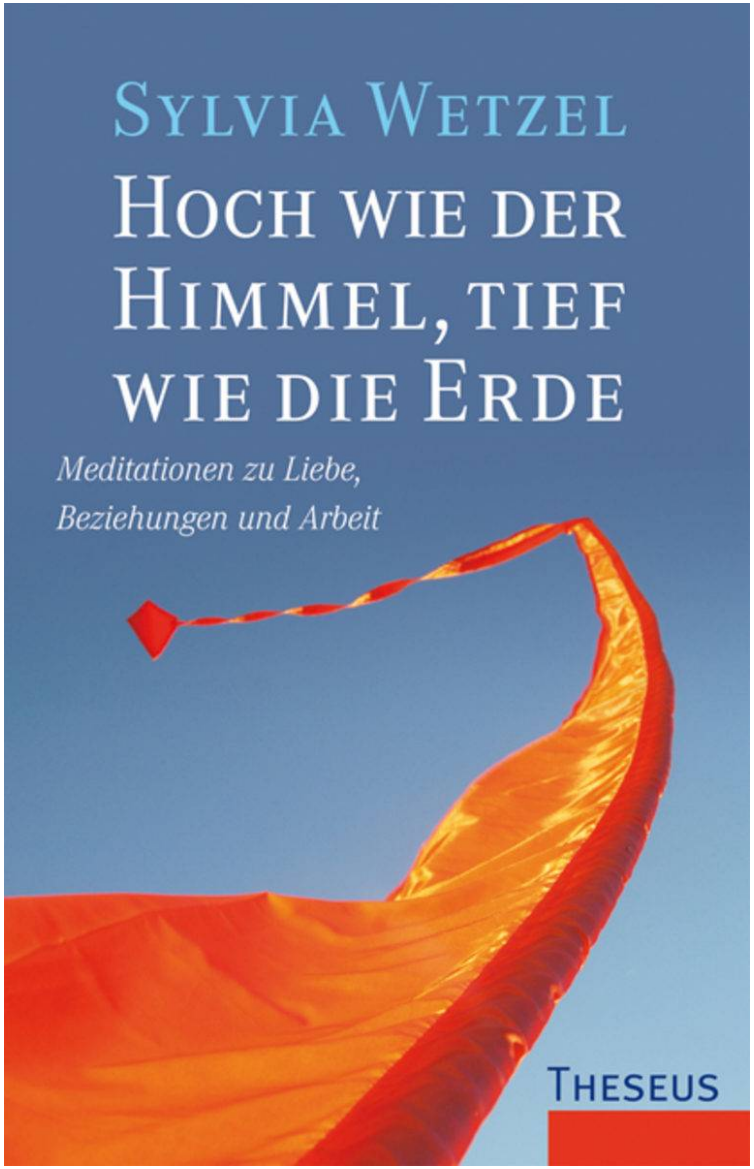
Publication Date: February, 2012
Author: Irmentraud Schlaffer
Pages: 160
Imprint: Theseus

Relaxed Through The Day With Attention

People who are looking for Buddhism usually find two types of books: those that represent the world of ideas and the history of Buddhism, and those in which a teacher explains the formal practice of meditation. Both are useful, but not suitable for everyone. An exciting third way is chosen by Irmentraud Schlaffer.

In her book she shows that we can experience the insights of Buddhism directly in everyday life - without meditation pillows and without an excess of abstract therapy. The author shows how Buddha has developed his teachings from the observation of everyday life, explaining us a way to rediscover these teachings in our everyday activities, such as looking at the empty refrigerator, waiting for the delayed train or getting through a severe cold. This book offers a very practical access to the timeless wisdom of Buddhism.

High As Heaven, Deep As Earth



Publication Date: September, 2011
Author: Sylvia Wetzel
Pages: 208
Imprint: Theseus

Meditation For Love, Relationships and Work

An infinite number of longings and expectations arise in our life in order to create relationships and look for the perfect work, the greatest love, fulfilled sexuality, success, creativity and vitality. However, our fears, insecurities, and habits usually stop us on our way.

Meditation teacher Sylvia Wetzel shows in this book through Buddhist teachings that we can only change our patterns of action when we question some assumptions about ourselves, our feelings, our thinking and our expectations.

This book contains many practical exercises related to the author's own experience.

The Inner Taijiquan

Publication Date: September, 2011
Author: Frieder Anders
Pages: 320
Imprint: Theseus

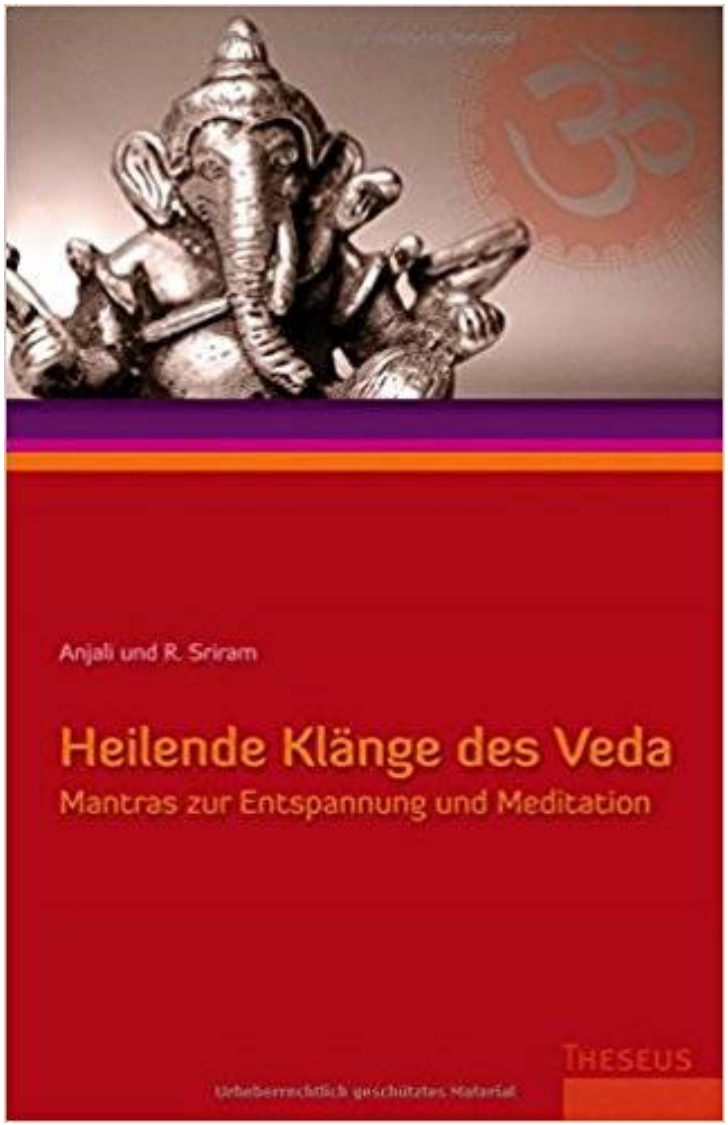
Introduction To The Authentic Yang-Style For Both Breathing Types

Rediscovering the inner Taijiquan: In this completely revised new edition, Master Frieder Anders explains the intellectual history and spiritual principles of the Inner Taijiquan. On the basis of numerous photos and detailed explanations he describes the basic forms of movement of the authentic Yang-Style. Furthermore, he connects these movements with the theories of the individual breathing types (lunar and solar breathing energetics) developed in the West. Through this harmony of breathing and movements, vitality, composure, and a soft but strong energy will grow.

Includes varieties for the individual breathing type

Completely revised and extended edition with new photos

Healing Sounds Of Veda



Publication Date: September, 2011
Authors: Anjali and R. Sriram
Pages: 96
Imprint: Theseus

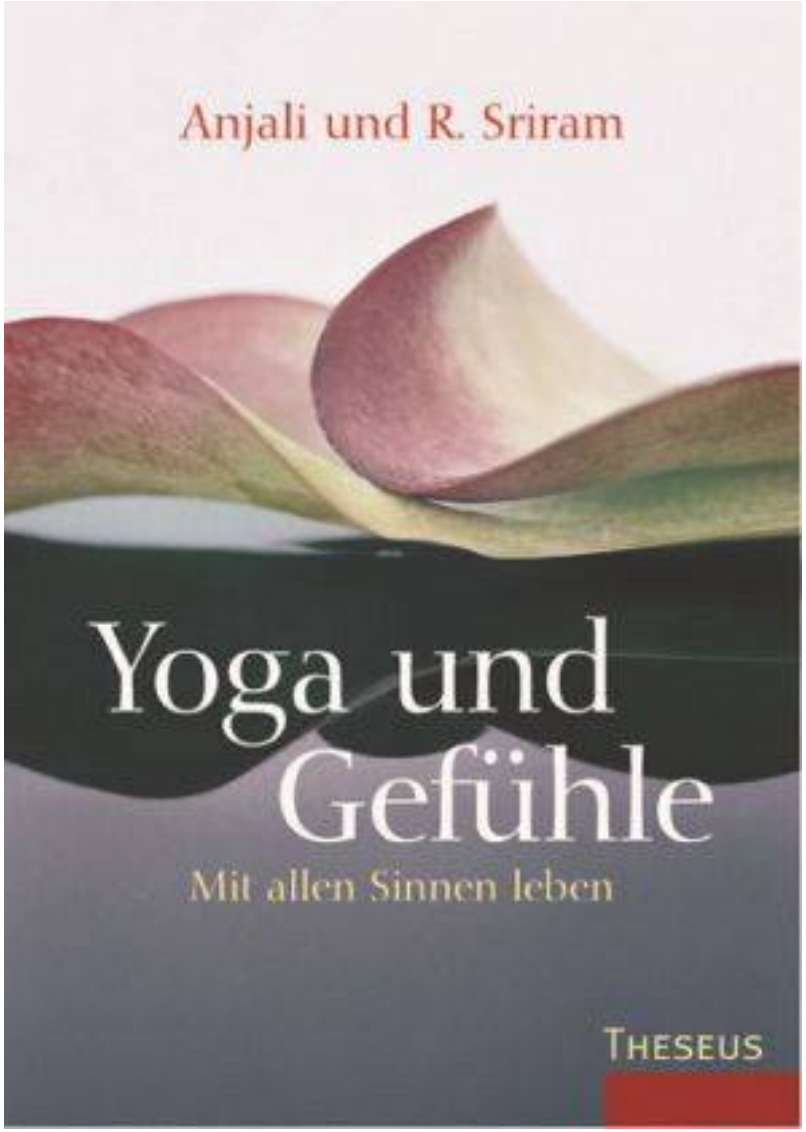
Mantras For Relax And Meditation

Reciting a mantra can release mental and spiritual energies and is healing sound and inspiration in one.

Yoga teacher R. Sriram, and his wife, the dancer Anjali, have translated versatile verses from the Indian Vedas, the oldest writings of mankind, adding their own inspiring texts and notations.

Each of these verses is a mantra for itself and invites you to meditate on topics such as change, healing and trust. A precious companion for meditation, relaxation and yoga classes.

Yoga and Emotion



Publication Date: January, 2011
Authors: Anjali and R. Sriram
Pages: 159
Imprint: Theseus

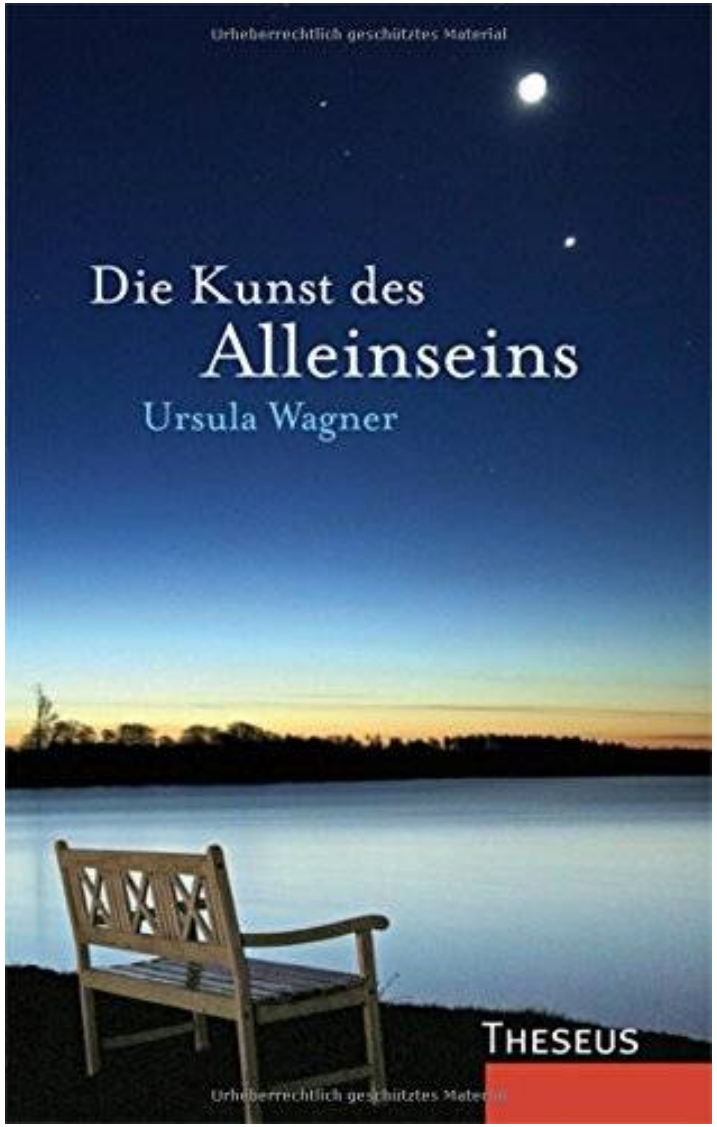
Living With All Your Senses

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.

The Art Of Staying Alone

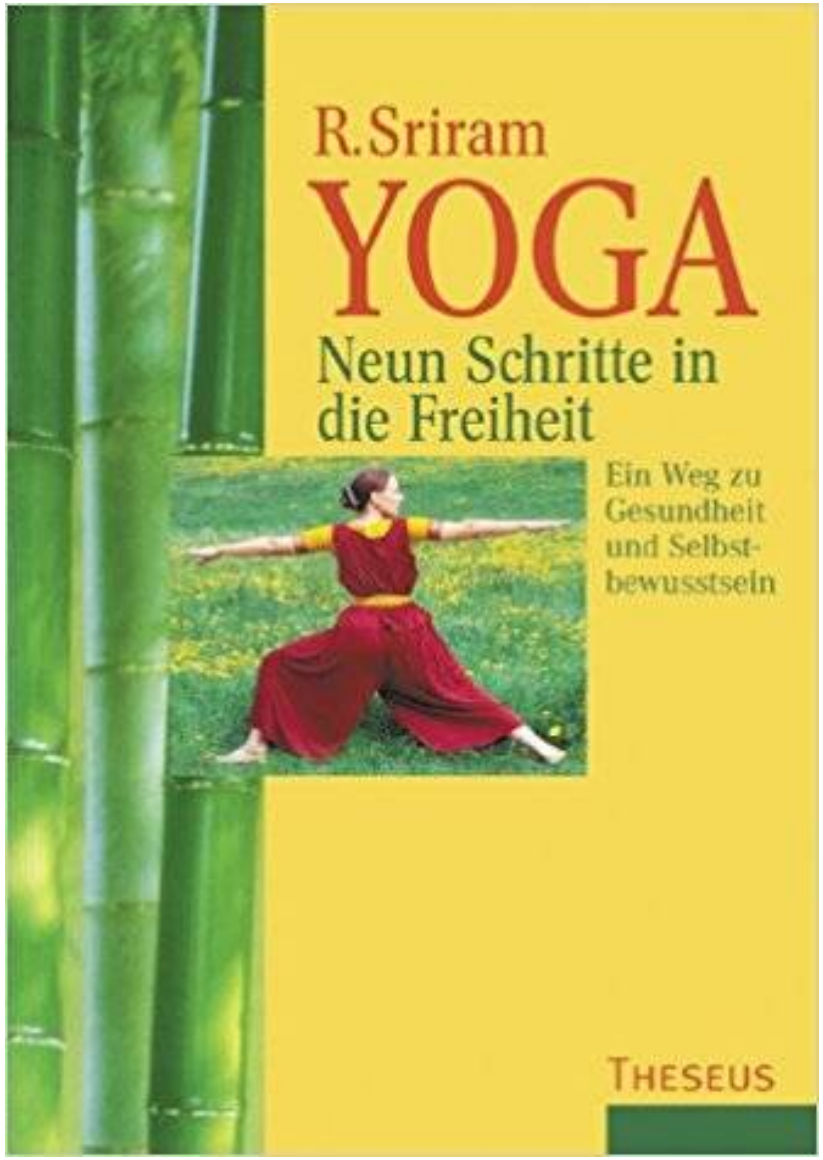


Publication Date: January, 2011
Author: Ursula Wagner
Pages: 279
Imprint: Theseus

The experiences with solitude could be many: from problems with involuntary single existence and feelings of loneliness to hours of silent happiness in a monastery, from the longing to have more space for oneself, to the feeling, that we finally to have arrived. In her book, Ursula Wagner gives a wide range of suggestions for creatively exploring the facets of solitude and drawing strength of being alone: Happy is the one who can be alone - but must not be alone.

This book is also an incitement to happiness.

Yoga- Nine Steps To Freedom



Publication Date: November, 2010
Author: R. Sriram
Pages: 239
Imprint: Theseus

A Way To Health And Self-Confidence

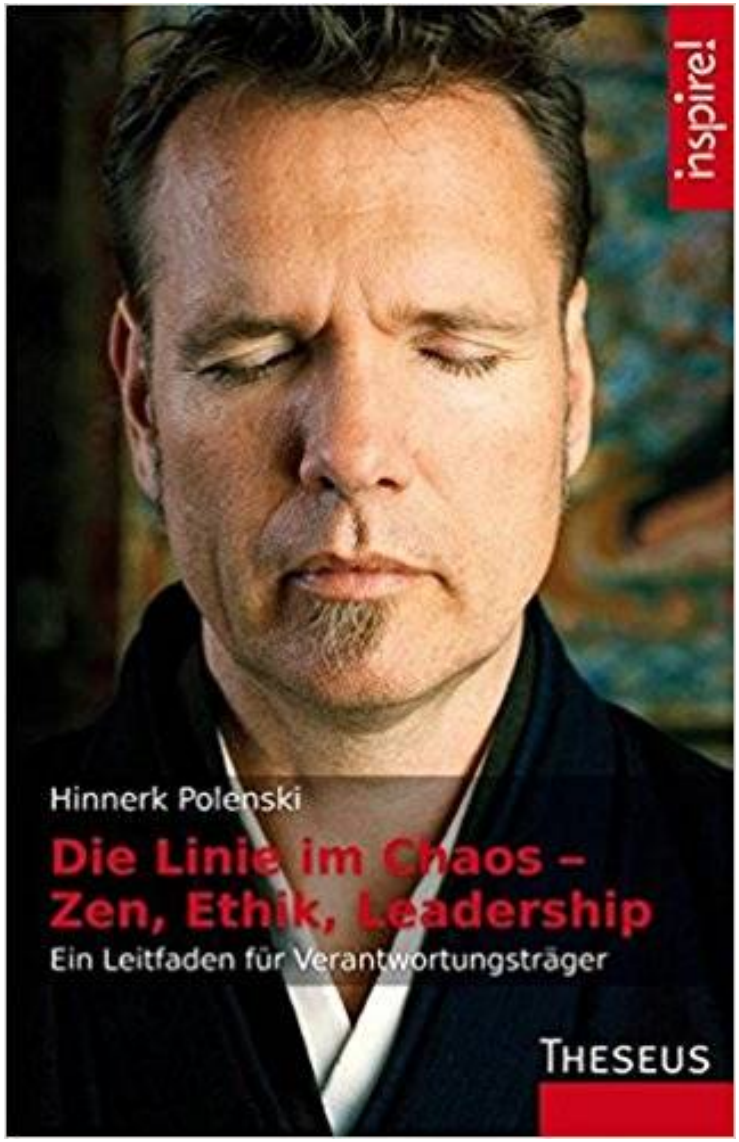
Yoga has profound healing effects on body and mind.

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.

The Line in Chaos



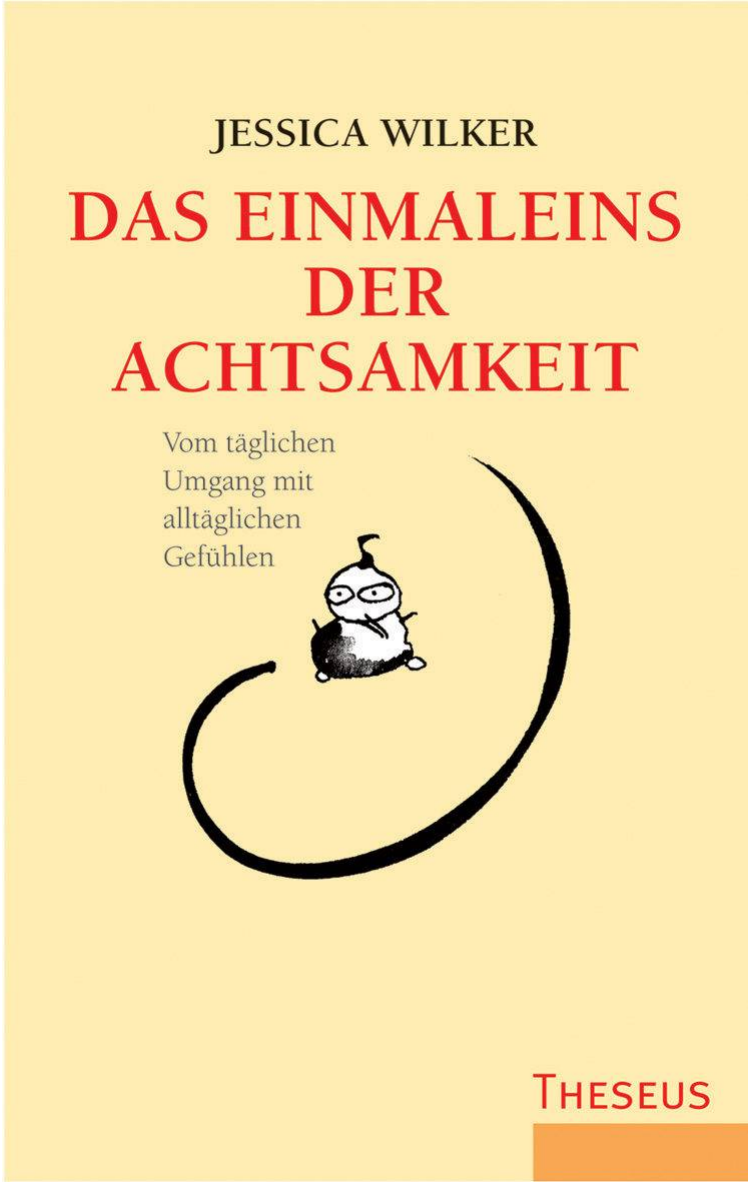
Publication Date: September, 2010
Author: Hinnerk Polenski
Pages: 300
Imprint: Theseus

A Guide For Leaders

Kaizen, the principle of permanent perfection, is one of the pattern for success in top management. More and more managers use the power of Zen for themselves and their business. The demand pressure in the economy makes it difficult for many managers to keep a cool head and a line in everyday. They are inspired by the warrior spirit of the samurai, but sometimes they forget that on the front an open heart and an alert spirit are victorious, and not just the will.

An ethics handbook, which overcomes the dilemma of conventional rule codes through a practice of experience and that effectively shows leaders how to combine ethics and success.

The Basics Of Mindfulness



Publication Date: August, 2010
Author: Jessica Wilker
Pages: 92
Imprint: Theseus

How To Deal Every Day With Ordinary Emotions

Sometimes, we all do things that we later regret or that make ourselves self-aggrieved. The psychologist Jessica Wilker has developed a seven-day program to deal with our feelings.

Humorous and always with a wink, she shows us through everyday situations how to master our feelings in a clever way.

Step by step, she explains how we can perceive, accept and react appropriately, through a variety of practical tips and mindfulness.

Each chapter is accompanied by a small practical exercise.

7 Editions!

Manual Of Far Eastern Ink Painting

Publication Date: July, 2010
Author: Katharina Shepherd-Kobel
Pages: 160
Imprint: Theseus

Includes Numerous Step-By-Step Exercises

In this handbook author Katharina Shepherd-Kobel gives a practical introduction to ink paining: the basic techniques, the materials - brushes, ink, rubbers, paper - and their use in ink painting.

Numerous tutorials introduce you to the technique of painting, teach different types of brushwork and inspire your own creative approach to brush and ink.

Step-by-step tutorials provide a study of traditional malsujets.

The book also includes a painting course, which was created around 1900 by the Japanese ink artist Atomi Tamae.

Writing As A Path

Publication Date: March, 2010
Author: Anna Platsch
Pages: 200
Imprint: Theseus

About The Creative Power Of Words

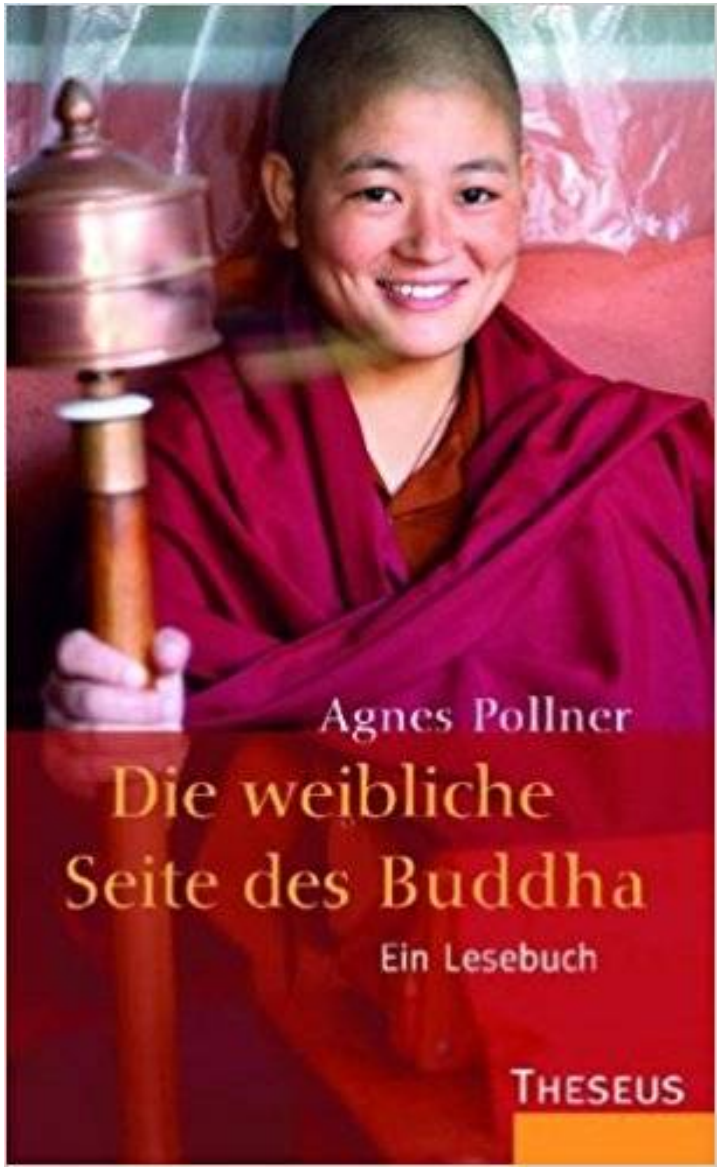
This book invites you to a journey into the interior of the word, which is simultaneously a journey into your inner being through a combination of creative writing methods with the approaches of integral spirituality.

Anna Platsch, author and director of numerous writing workshops, combines writing with our potential for spiritual transformation in an innovative way.

You can live a wonderful adventure to explore your own potential and open up to a new spirituality with this book.

There is no prior knowledge required for the exercises.

The Female Side Of Buddha



Publication Date: March, 2010
Author: Agnes Pollner
Pages: 440
Imprint: Theseus

In all Buddhist traditions, the life stories of those who have preceded the path to awakening are eagerly read and studied. But where are the ancestors, the teachers and female role models?

In this book, meditation teacher Agnes Pollner has collected inspiring stories about women from all Buddhist traditions. Stories of life and experience which give an exciting overview of the work and the wisdom of Buddhist teachers.

This collection invites you to read aloud and narrate in an entertaining and stimulating way.

Sailing In The Storm

Publication Date: September, 2009
Author: Sylvia Kolk
Pages: 184
Imprint: Theseus

Overcome Your Spiritual Life With Passion

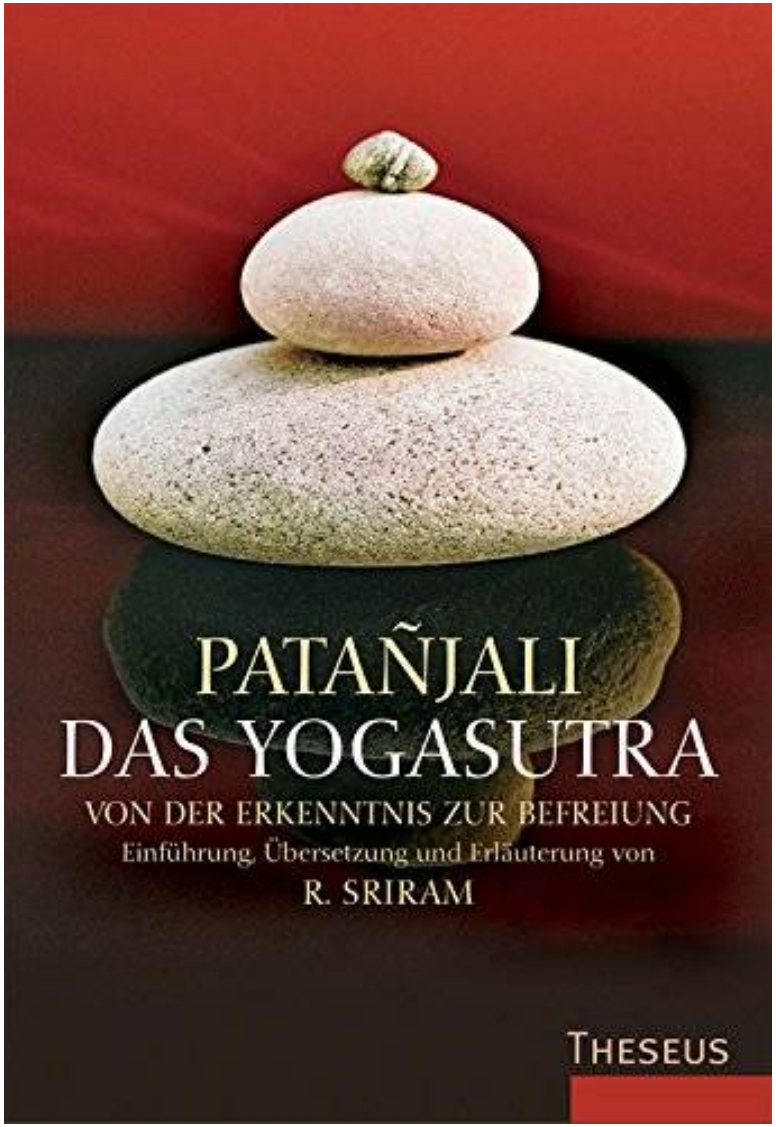
Eastern spiritual teachings are becoming increasingly popular in the modern Western world. What makes them so interesting for us?

We visit meditation classes where we learn to concentrate on our breath and read books that promise us the path to happiness. We notice success and feel how they change us.

But then we have problems. We orient ourselves to idealist ideas and are disappointed if our expectations do not meet them.

The author explains in her work why stumbling blocks and crises are important experiences on the spiritual path.

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.

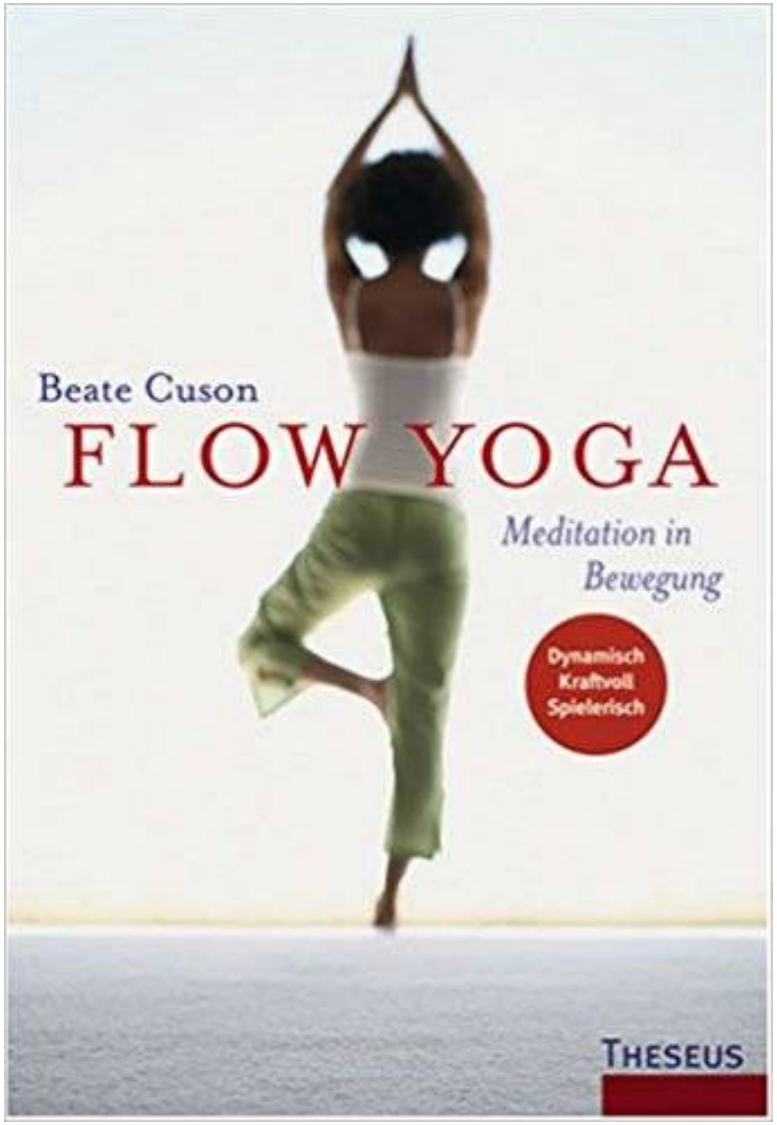
R. Sriram, one of the most renowned yogi teachers in Germany, has been working on this book for many years: He explains in his work that the 2000-year-old doctrine contains many solution models for questions that arise in our modern life.

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.

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