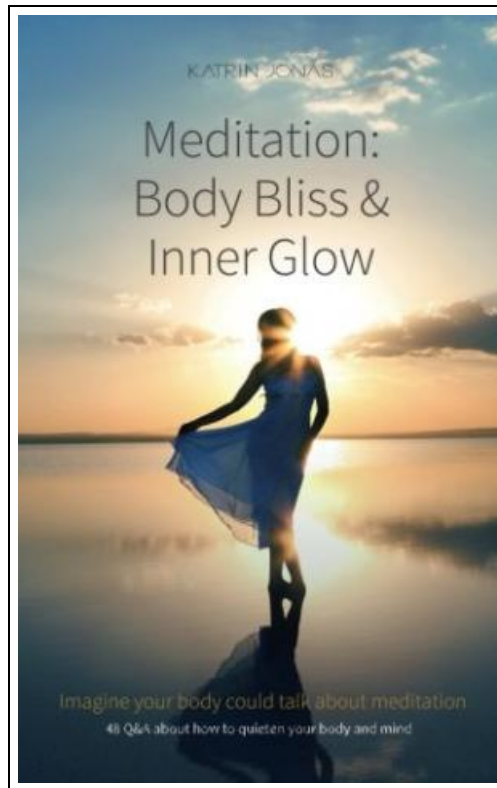


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In her book *Meditation: Body Bliss Inner Glow*, Katrin uses 48 questions asked by her clients, to set out a natural and down-to-earth approach to meditation. Imagine our body could talk about meditation ., is how she describes the book s approach, and being dedicated to human physiology, Katrin looks at meditation practise from a strictly body-orientated perspective. In a straight-forward, yet heartwarming way, she gives advice to people who address health problems or major stress. No matter which issue they are dealing with, be it pain, exhaustion, mental overload, sleeplessness, anxiety, burn-out or lack of fulfillment, she encourages them to find their own way through meditation by using the body s perception as a guide. A range of simple awareness tools make the book ready for immediate use. Without a happy body, no meditation, I tell my clients. I m convinced, that there is no genuine experience of meditation without a balanced Soma.



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