



Yoga und Vegetarismus: Fleischlos zur Erleuchtung (German Edition)

Sharon Gannon

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Dies ist ein mitreißender Aufruf. Er soll uns einstimmen auf eine neue Art zu leben, die auf Harmonie und Gemeinschaft basiert.

Das leidenschaftliche Plädoyer der amerikanischen Jivamukti- Yogalehrerin Sharon Gannon basiert auf der Grundlage der Yoga-Sutras des Patañjali. Yoga ist für sie eine effektive Form des Aktivismus, denn er lehrt uns, dass es kein 'Außen' gibt. Was wir in der Welt um uns herum sehen, ist ein Spiegelbild dessen, was wir in uns tragen. Ein solcher Bewusstseinswandel birgt das Potenzial, unseren Planeten zu retten. So weist sie uns in der Verbindung von Yoga und Vegetarismus einen Weg zu einem Leben in Harmonie mit uns selbst, allen anderen Wesen und mit dieser Erde.

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