



Wenn Shiva tanzt: Die weibliche Kraft im Yoga (German Edition)

Roswitha Maria Gerwin

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Mit Übungen

Shakti ist in der hinduistischen Tradition die Kraft des Weiblichen, die schöpferische Ur-Kraft. Die Schöpfung selbst konnte erst entstehen durch den Tanz Shivas mit seiner göttlichen Gemahlin Shakti. Im Tantrismus bedeutet diese Ausrichtung auf die weibliche Urkraft auch die Wiederentdeckung des Geheimnisses der Frau, denn jede Frau wird dabei zu einer Inkarnation der Shakti.

Roswitha Maria Gerwin bringt uns in ihrem neuen Buch die vielfältigen Qualitäten der Shakti wieder ins Bewusstsein und lässt sie in abwechslungsreichen Übungsabfolgen auch körperlich spürbar werden. Sie stellt zahlreiche faszinierende Bezüge zu unserer eigenen Übungspraxis her und geht dabei auch auf die besondere Rolle der Shakti im Integralen Yoga ein.

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