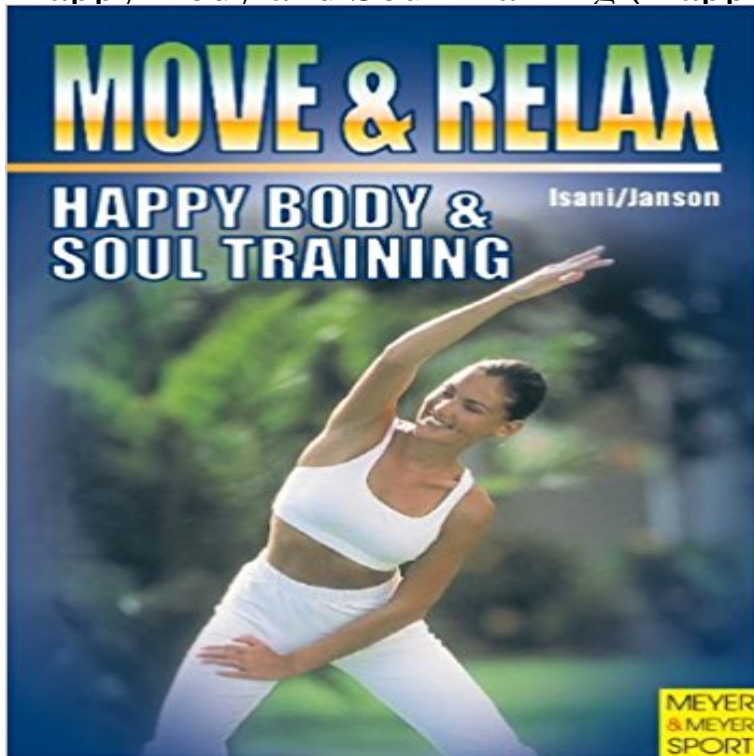


## Happy Body and Soul Training (Happy Body & Soul Training)



For many their 40th birthday is a challenge to stay fit and attractive without succumbing to the youth craze trumpeted by the media. This work is a newly conceptualized Wellness-Training developed as a synthesis of Eastern and Western tradition from the authors many-years experience with different health systems. Physical exercises from the areas of fitness, yoga, and qigong und creative expressive dance are combined with mental meditation and visualization techniques. This training is especially suited for women in mid-life who are a little gentler with their bodies and who want to maintain mobility and a trim figure. The exercises are easy to learn but extremely effective and allow much latitude for personal preferences. Training programmes can be individually assembled from the different training building blocks. The book takes the reader on a journey of new and creative possibilities to break with daily routine and do good for oneself.

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