

**At some time in you life it will be so:
you wake up, look inside yourself, and
begin searching.**



Ursula Karven, Dr. Ralph
Skuban

Letting Go

[Loslassen]

Yoga wisdom for your self and
for everywhere

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Ursula Karven, born in 1964, has for more than 20 years played in many national and international cinema and television roles. She is not only an actress, but also a trained yoga teacher and successful author. It is her desire to make widely available the profound wisdom of yoga, including the theme of “letting go”.

Ralph Skuban is a political scientist and book author. For more than two decades, he has led a facility for those suffering from dementia. For many years he has been studying the philosophy and the mysticism of the East. His ideas and research are enriched by his own intensive practice.

The largest obstacles that we encounter in life are rarely external circumstances: most are inside us, as anxieties or false ideas of how things should be. This is why we need another type of courage for letting go of what does not belong to us.

In a mix of wise sayings, quotations, philosophical texts, and meditations – and supported by Indian deities – the authors accompany readers from the outer world to the inner one. A joy for the senses, and an inspiration to boldly and composedly go our own way.

Also available:

Ralph Skuban: Yoga Nidra [Yoga Nidra], 2012

Ralph Skuban: Patanjalis Yogasutra [Patanjali's Yoga Sutras], 2011