

## Freeing yourself through meditation



Dirk Bennewitz, Andrea Kubasch  
**Meditation for Your Life**  
 [Meditation für dein Leben]  
 Energy, clarity, and inner peace  
 in any situation

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**Dirk Bennewitz**, a former paratrooper, has practiced the Japanese martial art Aikido for over 40 years. Twenty years ago he discovered yoga, which changed his life fundamentally. Besides teaching yoga, he continues to work as a bodyguard for international pop stars.

**Andrea Kubasch** had for many years been a music manager, touring with music celebrities around the world – until she discovered yoga, which gave her life a completely new direction. Together with Dirk Bennewitz she manages three successful yoga centres in Hamburg and gives yoga workshops throughout the world.

The popular yoga and meditation teachers Dirk Bennewitz and Andrea Kubasch provide individual approaches for getting back to yourself to find inner contentment, strength, and composure.

It has been proven that people who regularly meditate live more relaxed, happier, and healthier lives. Whether we have deadline pressure at work, are quarrelling with our partner, or are stuck in a traffic jam – with the help of individually tailored meditation techniques developed by Bennewitz and Kubasch we can remain calm in all situations and free ourselves from adverse external factors. With this it becomes possible to consciously take care of ourselves in the midst of a hectic everyday life, to break through entrenched patterns of thought and behaviour, and to encounter everything that is happening with a clear head and an open heart.

- The perfect meditation method for everyone – adaptable to any situation
- The practical book for beginners and advanced learners
- Mastering stressful situations with the 5-second method