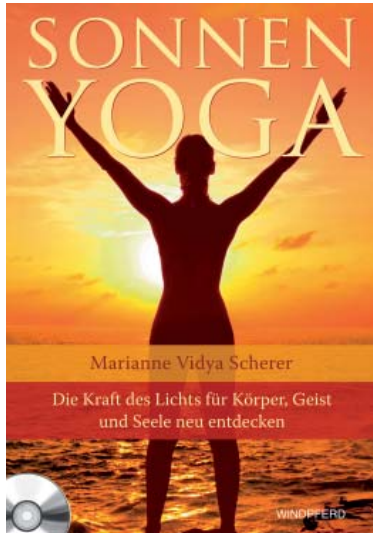


Sun Yoga
by
Marianne Vidya Scherer



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A practical guidebook for a new sun-consciousness, the connection between sun-activity and your well-being.

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Marianne Scherer studied literature and philosophy. She is a qualified yoga instructor within the Sivananda tradition. In the course of her many stays in India she was able to learn to deepen the yoga and meditation techniques of various traditions. She lives by Munich.