



Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself

 **Télécharger**

 **Lire En Ligne**

[Click here](#) if your download doesn't start automatically

Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself

Sibylle Kramer

Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself Sibylle Kramer

Escaping from the daily routine, forgetting everyday life duties for a while, and taking the time to balance body and soul are among the growing spiritual needs of Western societies. Places of retreat far away from the mundane, which are devoted to such needs, are becoming increasingly in demand. These can range from a luxurious resort in the Oman desert, via a yoga oasis in the middle of Miami to a minimalist hideaway in the vicinity of a Buddhist temple in the Himalayas. This volume presents buildings and rooms that have been created to serve contemplation, meditation, the regeneration of strength, and the enjoyment of quiet. Their design is characterized by lighting, color schemes, the use of natural materials, and open spatial concepts that support relaxation, self-awareness, and enlightenment. In these projects, architecture constitutes the bridge between human beings, space, and nature.

 [Télécharger Yoga and Spiritual Retreats : Relaxing spaces to F ...pdf](#)

 [Lire en ligne Yoga and Spiritual Retreats : Relaxing spaces to ...pdf](#)

Téléchargez et lisez en ligne Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself Sibylle Kramer

160 pages

Présentation de l'éditeur

Escaping from the daily routine, forgetting everyday life duties for a while, and taking the time to balance body and soul are among the growing spiritual needs of Western societies. Places of retreat far away from the mundane, which are devoted to such needs, are becoming increasingly in demand. These can range from a luxurious resort in the Oman desert, via a yoga oasis in the middle of Miami to a minimalist hideaway in the vicinity of a Buddhist temple in the Himalayas. This volume presents buildings and rooms that have been created to serve contemplation, meditation, the regeneration of strength, and the enjoyment of quiet. Their design is characterized by lighting, color schemes, the use of natural materials, and open spatial concepts that support relaxation, self-awareness, and enlightenment. In these projects, architecture constitutes the bridge between human beings, space, and nature. *Biographie de l'auteur*

Sibylle Kramer was born in 1967. From 1987 to 1994 she studied architecture at the Hamburg University of Applied Sciences. Before she set up the architecture practice kramer biwer mau architects in 2001, she worked for gmp von Gerkan, Marg and Partners in different functions, such as Chief Representative in Beijing. In 2011 she established her own architecture office, SKA Sibylle Kramer Architekten.

Download and Read Online Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself Sibylle Kramer #SHE3FOL7CY9

Lire Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself par Sibylle Kramer pour ebook en ligne Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself par Sibylle Kramer Téléchargement gratuit de PDF, livres audio, livres à lire, bons livres à lire, livres bon marché, bons livres, livres en ligne, livres en ligne, revues de livres epub, lecture de livres en ligne, livres à lire en ligne, bibliothèque en ligne, bons livres à lire, PDF Les meilleurs livres à lire, les meilleurs livres pour lire les livres Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself par Sibylle Kramer à lire en ligne. Online Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself par Sibylle Kramer ebook Téléchargement PDF Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself par Sibylle Kramer Doc Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself par Sibylle Kramer Mobipocket Yoga and Spiritual Retreats : Relaxing spaces to Find Oneself par Sibylle Kramer EPub

SHE3FOL7CY9SHE3FOL7CY9SHE3FOL7CY9