

The Power of Peace

Yoga – the union of body, mind and soul

Those who have met Stephan Suh, immediately feel how his serenity subconsciously extends itself to the person he is speaking with. You experience the spiritual aura of a man who embodies inner tranquility and conveys a tremendous sense of security.

Just as intense is also the underlying strength which you feel behind his relaxed manner. Tranquility and strength are the components that lead to health and success, which are so difficult to achieve during these hectic times. Difficult, but not impossible. Once you have come to realize that your life is truly your greatest treasure and that despite the numerous burdens laid upon us by others, it still deserves a few minutes of consideration every day.

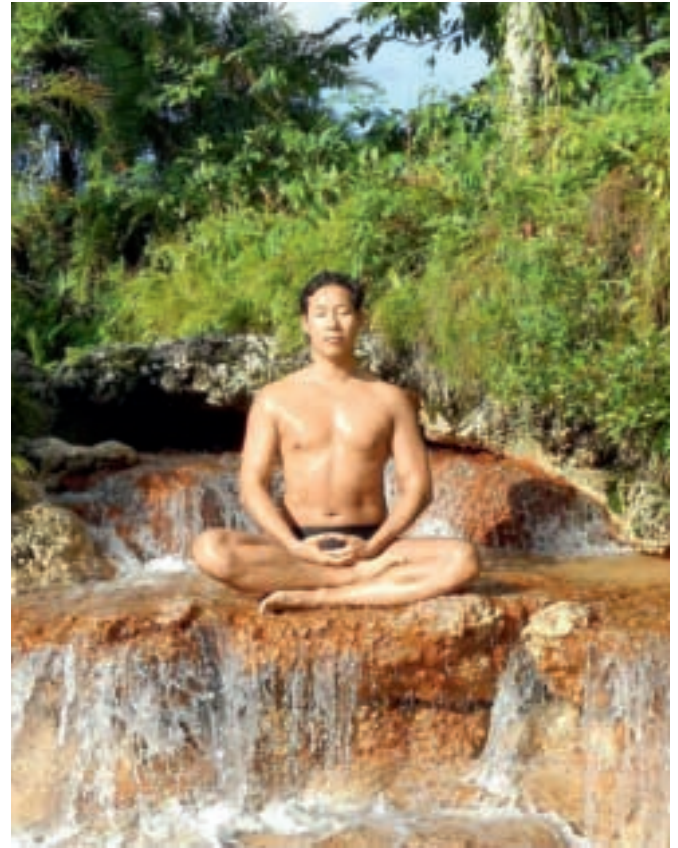
Stephan Suh, was born and raised in Cologne, Germany by his Korean parents. Beginning at an early age he developed a keen interest in a holistic approach to life. This led to his interest in yoga and through dedication and intense training, he successfully established himself as a renowned yoga expert. He has a teaching degree for physical training from the German

Physical Education College in Cologne and has been working as yoga teacher and trainer since 2004. As a black belt holder with the 3. Dan in Taekwondo, he regularly conducts seminars on integral energy.

This is just a brief overview of his broad spectrum of activities. The true fascination lies in the qualities and character embodied by this

Personal Health Coach. His personality conveys to his audience the importance of the union of body, mind and soul.

Being a health coach requires experience and deep understanding of the needs of those who suffer from different kinds of stress. Often, his clients have misconceptions about yoga and have to be educated about its true spiritual principles.



Yoga is not about acquiring the skills to perform a perfect headstand (although, this has become synonymous with yoga for many). For Stephan Suh, yoga is primarily about developing an in-

tegrated and individualized concept, according to the needs of each yoga student. The yoga program for each student is based on personal conversations about the stage of life, daily routines and other relevant circumstances.

Spiritual support through meditation is as much a part of this as breathing techniques and physical relaxation through muscle stretching, which elongates the spine and eases the joints. Experiencing yoga with such an experienced, professional and renowned Health Coach is like being born again. One feels invigorated. And, simultaneously, strong and supple, but most of all, relaxed and at peace with oneself and your surroundings. One is infused with an inner sense of security, of being able to face up to daily life and its challenges.