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Einst als esoterischer Kult angesehen, ist Yoga zur globalen Bewegung geworden. Ist es mehr als Gymnastik und Weltanschauung? Hat es gar Heilkraft? Immer mehr wissenschaftliche Studien weisen in diese Richtung. Ein GEO-Team besuchte die Forscher - und den letzten lebenden Großmeister des Yoga, den 94-jährigen Iyengar.

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