



Wollness - Stricken entspannt!: Einfache Modelle und meditative Muster (German Edition)

Barbara Sander

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Bereit für den Strick-Flow? Nichts ist in der Hektik des Alltags wichtiger, als kleine Oasen der Erholung. Entfliehen Sie dem Stress und sorgen Sie aktiv für Ihr Wohlbefinden! Dafür benötigen Sie keine komplizierten Entspannungstechniken, sondern lediglich Stricknadeln und Wolle. Denn Stricken ist genauso entspannend wie Meditation oder Yoga.

Beim Stricken sind die Hände beschäftigt, während die Gedanken zur Ruhe kommen. Strickzeit ist Wellness für die Seele. Nach speziellen Wollness-Prinzipien ausgewählte Modelle sorgen dafür, dass dieser positive Effekt des Strickens optimal verstärkt wird. Einfache Formen und unkomplizierte, kurze Musterfolgen garantieren fließenden Strickgenuss ohne lästiges Nachzählen und sind daher auch für Anfänger gut geeignet. Eine Auswahl an besonders kuscheligen Strickgarnen macht das Stricken selbst zu einem sinnlichen Erlebnis. So laden attraktive Plaids, Schals, Jacken oder Socken nicht nur während, sondern auch nach dem Stricken zum Wohlfühlen ein! Worauf warten Sie noch? Einfach losstricken und relaxen!

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