

LIFESTYLE . ARTS

MINDFULNESS ON DEMAND: THE RISE OF YOGA

52' (ENG, GER)

On Instagram, in the Alps or the sauna, with llamas or puppies, or on a stand-up board – Yoga, Tai Chi, and Pilates are everywhere.

The longing for peace, mindfulness, and physical activity for better health is spreading fast in industrialized countries, and achieving it with exercises that mostly originate from the Far East has become a billion-dollar business. However, because these techniques have been proven to benefit the musculoskeletal system, the psyche, and the immune system, they are now even being offered by large corporations to their older employees during working hours. Less than half of the population engages in regular physical activity, but do targeted exercise and relaxation work at the touch of a button? How can mindfulness be incorporated into everyday life and is there only one right method?

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