

Abstrakt v angličtině

This master thesis is about woman and her body. If a woman wish to be healthy, her soul and body should be in harmony. If she follows her own way, she is in harmony with society, she has time for relaxing and takes care for her soul she is happy. Society at this time is trying to separate soul and body. But when we are lost we can find the truth and ourselves. We can take care of our soul in this ways: relaxing, meditation, movement. When we are moving, soul is in harmony with a body. Every woman has shapes of her body from her forefathers and she should appreciate it.