

## **Abstract**

**Introduction:** Yoga with its mindfulness based and body-oriented aspects offers a suitable combination for the complementary therapy of eating disorders, as it works on a physical, mental and spiritual level. In Germany yoga is still rather unknown as a therapy accompanying measure of eating disorders. There are several international studies that deal with this topic and, despite their limitations, show promising effects that could have a positive influence on the success of therapy. The present work deals firstly with the question of how such a first draft of a therapy-accompanying yoga program for people with eating disorders could look like and secondly, how it is assessed by experts\* from practice.

**Methods:** For the theory-led conception of the program, the current state of research, current literature and the therapy goals of the S3 guidelines were taken into account. This is how an eight-week yoga program developed. The body experience during the Asanas is supplemented by psychoeducational parts and yoga-philosophical basics in a theory part. This manual was evaluated by yoga teachers with a psychological/therapeutic background and experience with the target group using the Think Aloud Method and evaluated in the form of a qualitative content analysis.

**Results:** The interviewees rated the programme as positive and, considering the comments and suggestions for improvement that had been made, as feasible. The elaboration of the aspects addressed in the theoretical part on a physical level in the Yoga series and the use of a value-free language that is sensitive and relieving for the needs of the target group proved to be of central importance. In addition, the relevance of the personal fit of the course leader became evident, which suggests a differentiated selection procedure and training of the candidate.