

Abstract

This bachelor thesis presents an annotated translation of selected chapters from the book *Apprendre à souffler: Les secrets de respiration du yoga*. The translated text talks about meditation techniques and other yoga practices. The thesis consists of two parts, first of which is the outcome of the translation from French to Czech. The second, theoretical part presents an analysis of the original text and discusses the methods, problems and strategies of translation.

Keywords

translatology, annotated translation, translation analysis, spirituality, meditation, personal development