

The subject of this bachelor's thesis is an annotated translation of selected chapters from the book *Jóga mezi e-maily* by Helena Nehasilová. In this book, the author deals with the topic of a healthy lifestyle in the office with the help of yoga practice. The thesis is divided into a practical and a theoretical part: the first part is a translation of the original text from Czech into German and the second part is a commentary on the translation. The commentary consists of a translation analysis of the source text based on Christiane Nord's method, translation methods, translation difficulties and possible solutions.