

Ayurvedic self care handbook pdf

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**I received an ARC from NetGalley in exchange for an unbiased review of this book This authoritative guide to ancient healing offers more than daily and seasonal Ayurvedic rituals—each taking minutes or less—to reconnect you with nature's rhythms, and to unlock better health, as you Sahara Rose Ketabi, best-selling author of Eat Feel Fresh and Idiot's Guide to Ayurveda Sarah's expertise as a healer, both an Ayurvedic practitioner and a chiropractor, is abundantly evident in The Ayurvedic Self-Care Handbook, but what really shines through are her gifts as a teacher. Encourages proactive self-care through daily healing rituals that are accessible. Syncing with nature's rhythms—and discovering your own potential to feel good in body, mind, and spirit—has never been more rejuvenating than with this holistic handbook A comprehensive handbook of Ayurvedic healing. This authoritative guide to ancient healing offers more than daily and seasonal Ayurvedic rituals—each taking minutes or less—to reconnect you Plus, this guide also includes reflective prompts for self-study (a key Ayurvedic principle). The author offers detailed explanations of the three Doshas, typical challenges and how to support and heal the individual. Plus, this guide also includes reflective prompts for self-study (a key Ayurvedic principle). Syncing with nature's rhythms—and discovering your own potential to feel good in body, “Cover; Foreword by Dr. Suhas Kshirsagar; Table of Contents; INTRODUCTION: The Nature of Medicine; PART Consistent, Cyclical, Meaningful; CHAPTER Ayurveda; A joyful, blissful book, it serves as a guideline to students and practitioners, unfolding inner healing and longevity.” —Dr. Cover; Foreword by Dr. Suhas Kshirsagar; Table of Contents; This authoritative guide to ancient healing offers more than daily and seasonal Ayurvedic rituals—each taking minutes or less—to reconnect you with nature's Ancient self-care for modern life, by the author of the forthcoming The Seven Ways of Ayurveda. Feeling burned-out, unmotivated, or stuck? This is the most accessible, logical and practical, yet Vasant Lad, BAM&S, MASc, Ayurvedic physician, and The Ayurvedic Self-care Handbook: Holistic Healing Rituals For Every Day And Season [AZW3] [1t52p91gcek0]. The Ayurvedic Self-Care Handbook is here to help.

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 Durée 946 heure(s)

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 Coût 549 USD (\$)

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