



## Yoga and Ayurveda: Self-healing and Self-realization

By David Frawley

LOTUS PRESS, United States, 1999. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. YOGA AND AYURVEDA reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly, it unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it.



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