



## Ayurveda Beginner s Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally (Paperback)

By Susan Weis-Bohlen

Althea Press, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ayurveda Beginner s Guide provides a practical and user friendly introduction to Ayurveda for the health-conscious seekers of balanced living. --Hilary Garivaltis, Executive Director of the National Ayurvedic Medical Association, founder of the Kripalu School of Ayurveda Ayurveda is a profound science with wisdom spanning so wide that it can be difficult to know exactly where to begin. As an Ayurvedic consultant, Susan Weis-Bohlen helps those who are new to Ayurveda address this exact issue. In Ayurveda Beginners Guide Susan explains of the holistic principles behind Ayurveda, and offers gentle guidance for incorporating its restorative practices in your everyday life. Designed with the newcomer in mind, Ayurveda Beginner s Guide presents: A concise overview of Ayurveda that covers its historical roots, concepts, and various healing methodsA 3-week Ayurveda plan for beginners to introduce Ayurvedic concepts into one s lifestyle gently and practicallyA wide range of Ayurveda techniques such as recipes, yoga, aromatherapy, meditation, seasonal cleanses, and moreA simple dosha quiz and in-depth descriptions of each dosha Ayurveda Beginner s Guide will show you how to unlock the transformative powers of Ayurveda and move...



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