



## Yoga & Ayurveda: Self-Healing and Self-Realization

By David Dr. Frawley

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# Yoga & Ayurveda: Self-Healing and Self-Realization

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## **Yoga & Ayurveda: Self-Healing and Self-Realization** By David Dr. Frawley Bibliography

- Sales Rank: #18161 in Books
- Brand: Lotus Press
- Published on: 1999-07-13
- Ingredients: Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. Yoga & 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.
- Original language: English
- Number of items: 1
- Dimensions: 8.66" h x .70" w x 5.62" l, 1.10 pounds
- Binding: Paperback
- 350 pages

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