



Health and Consciousness Through Ayurveda and Yoga

Nibodhi Haas

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Dr. Nibodhi Haas, Naturopath And Ayurvedic Practitioner, Explores How These Two Ancient Healing Systems Of Ayurveda And Yoga Can Be Applied In Modern Life To Restore Wellness And Harmony. Through A Vast Network Of Charitable Activities And With Her Boundless Love, Mata Amritanandamayi Devi, Affectionately Known As Amma, Has Transformed Millions Of Lives Around The World. This Book Gives Beautiful Examples From Amma's Universal Teachings To Help The Reader Better Understand The Foundational Principles Of Ayurveda And Yoga. Ayurveda Emphasizes That It Is Extremely Important To Adapt Healing Methods To Meet Individual Needs. Detailed Information Is Given About How To Apply Various Therapies For Each Body Type Through Lifestyle, Daily Routine, Diet, Yoga Asana, Use Of Herbs, Detoxification, Gemstones, Astrology, Color Therapy And Aromatherapy. Additionally, This Book Takes An In-Depth Look At The Importance Of Living In Harmony With Nature. It Suggests That, Unless We Live With Awareness Of Mother Earth, We Will Fall Short Of The Ultimate Goals Of Ayurveda And Yoga. Discover How Ayurveda And Yoga Can Help To Manifest One's Highest Aspirations While Creating A Peaceful, Balanced Life. Published By The Disciples Of Mata Amritanandamayi Devi, Affectionately Known As Mother, Or Amma The Hugging Saint.

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