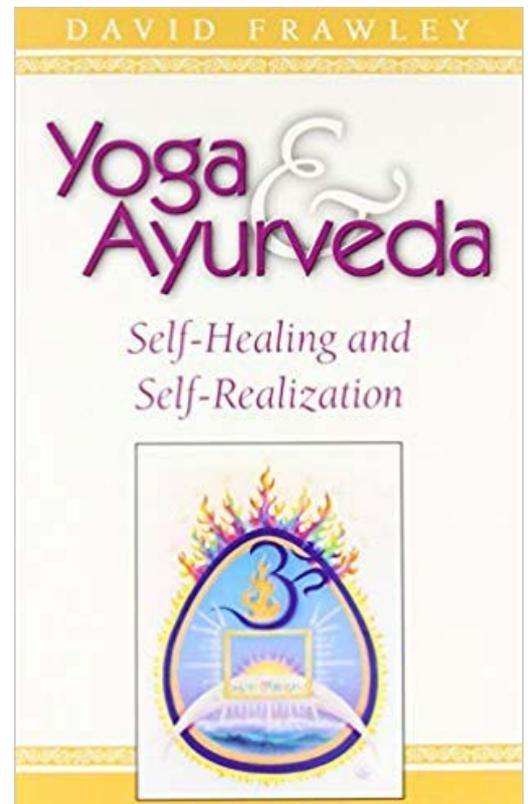
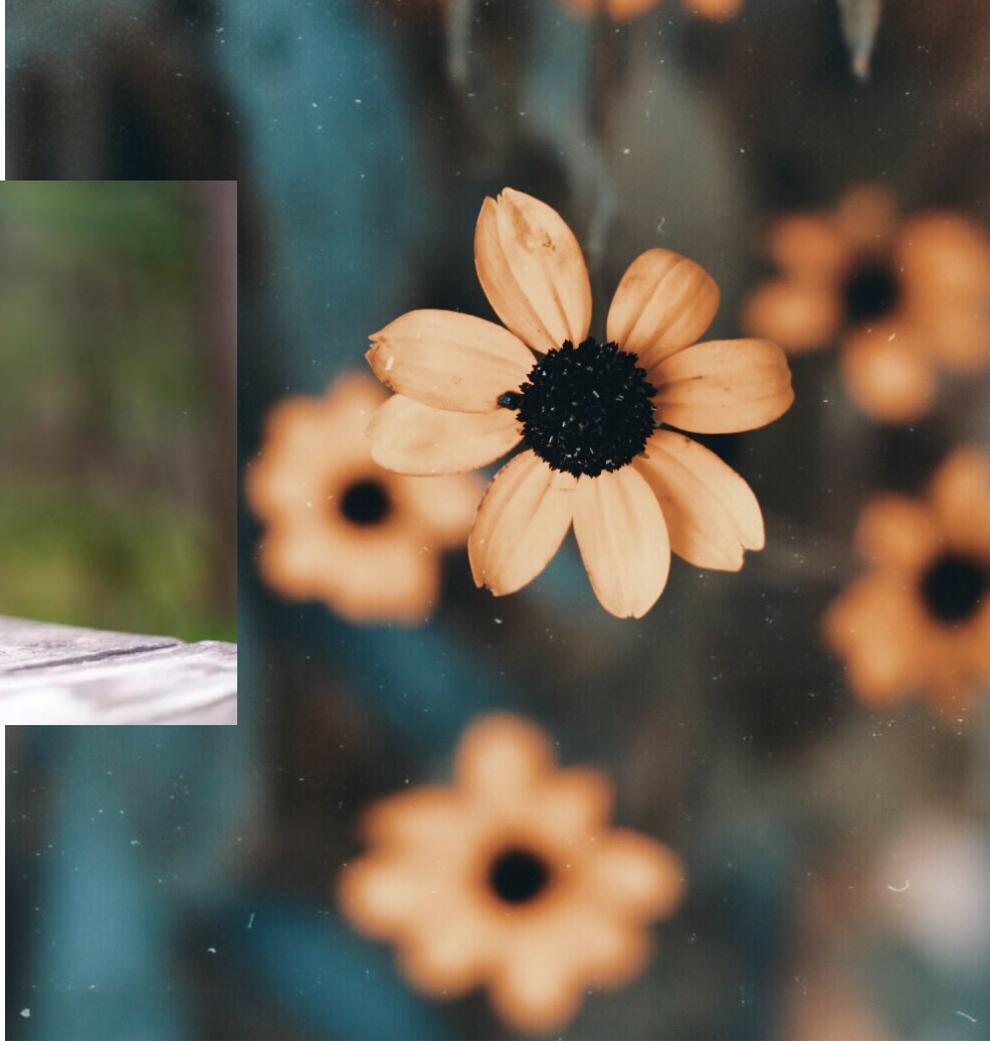
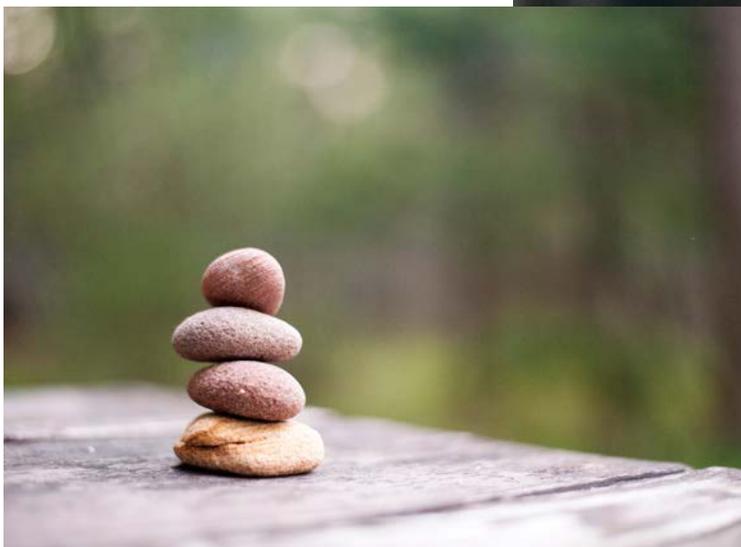


YOGA & AYURVEDA

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.

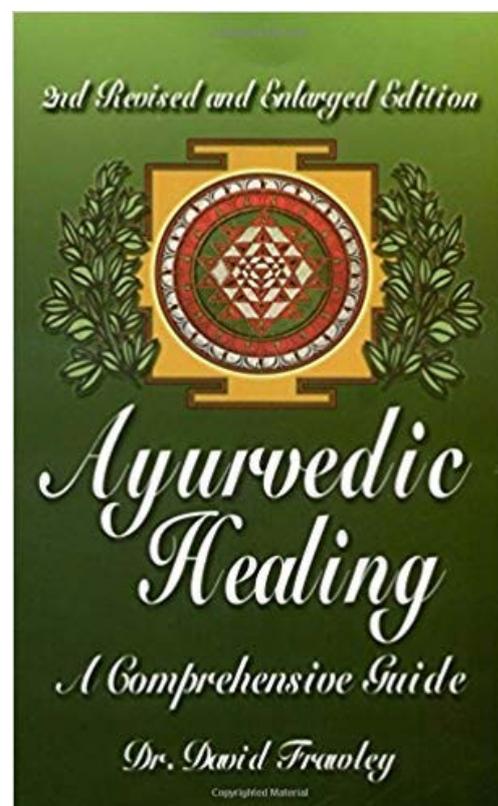


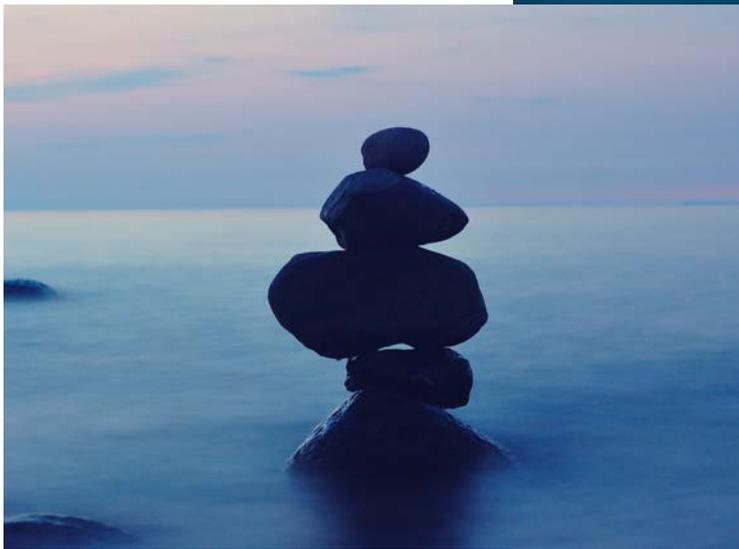


AYURVEDIC HEALING

AYURVEDIC HEALING is a complete manual of Ayurvedic health care. It offers the wisdom of this ancient system of mind-body medicine to the modern reader relative to our special health concerns today. It provides an Ayurvedic treatment for all the main common diseases of the systems of the body from the digestive system to the nervous system and mind, giving special dietary and herbal recommendations, including specific herbal formulas.

The book remains one of the most commonly used Ayurvedic treatment manuals in the West, used widely by Ayurvedic and herbal practitioners.

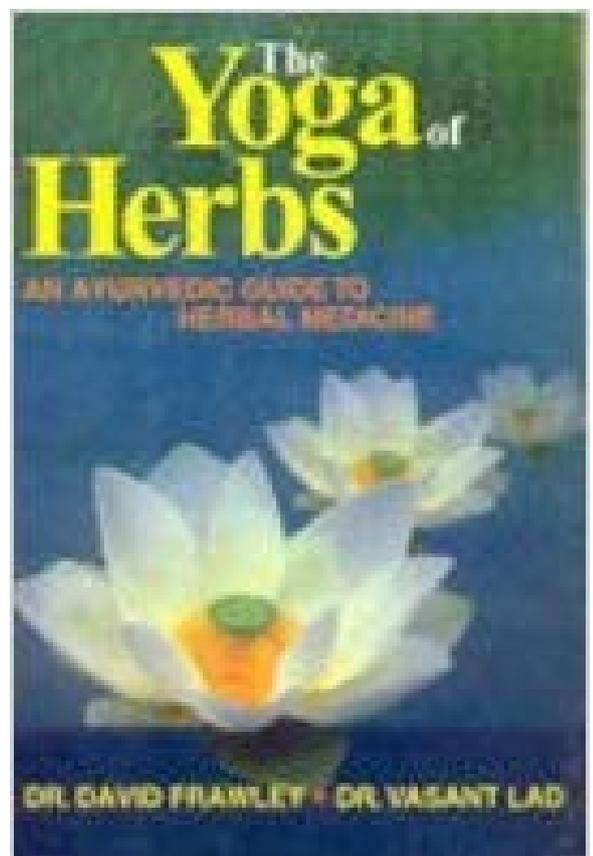




THE YOGA OF HERBS

YOGA OF HERBS contains many of the most commonly used western herbs with a profound Ayurvedic perspective, explaining their energetics according to a deeper yogic vision. Important Chinese and special Ayurvedic herbs are also introduced from the same point of view. Beautiful diagrams and charts, as well as detailed glossaries, appendices and index are included.

The book helps you understand to use hundreds of herbs according to the ancient wisdom of Ayurvedic medicine and its yogic insight.



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