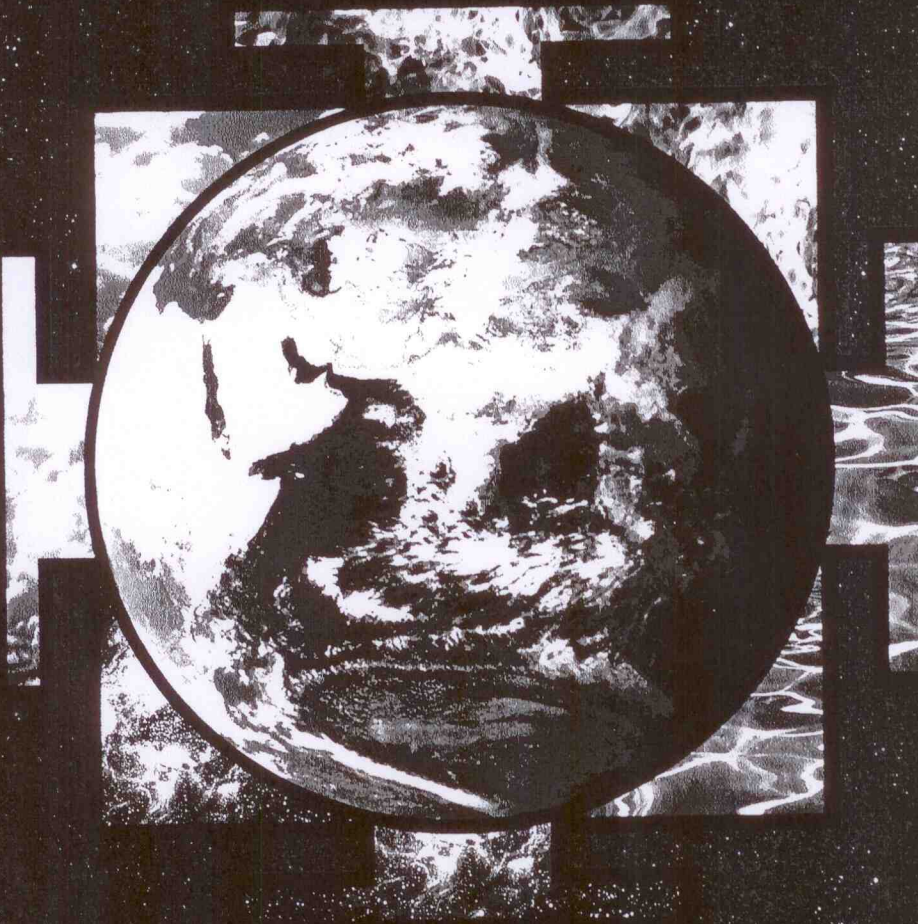


Health and Consciousness
Through Ayurveda and Yoga



By Nibodhi

Health and Consciousness Through Ayurveda and Yoga By Nibodhi

explores how these two ancient healing systems 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 foundations of Ayurveda and yoga.

Ayurveda's wisdom is extremely important to adapt healing to each person's individual needs.

Detailed information is provided on how to apply various therapies for health, such as yoga, lifestyle, daily routine, diet, gemstones, 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!

ISBN 978-1-879410-16-9

Mata Amritanandamayi Mission Trust
Amritapuri, Kerala, India

