

The Encyclopedia Of Ayurvedic Massage - John Douillard

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Five thousand years old, Ayurvedic massage has been shown to still the mind and body by lowering metabolic rates and inspiring feelings of peace and calm. Often administered as a part of a three-, five-, or seven-day program, these treatments are an integral part of deep cleansing, rejuvenation, and life-extension Ayurvedic programs called panchakarma or kya kalpa. This book by a noted practitioner features more than 15 of these treatments, each described in step-by-step detail and some synchronized with two therapists for up to two hours in length. It provides the reader with all the tools necessary to begin Ayurvedic treatments as a part of a spa menu or massage therapy program. Author: Douillard, John Publisher: North Atlantic Books Illustration: N Language: ENG Title: The Encyclopedia of Ayurvedic Massage Pages: 00320 (Encrypted EPUB) On Sale: 2012-11-13 SKU-13/ISBN: 9781556434938 Category: Health & Fitness : Massage & Reflexotherapy Category: Medical : Alternative Medicine Category: Health & Fitness : Alternative Therapies

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