



Ayurvedic Yoga Therapy

By Mukunda Stiles

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Ayurvedic Yoga Therapy By Mukunda Stiles

Mukunda steers away from an increasing tendency to 'medicalize' yoga therapy by avoiding prescriptive recommendations for specific medical diagnoses. He presents sequences of Vinyasa and pranayama suited to the various Ayurvedic body types. Yoga therapists and practitioners using this book can access a deeper level of preventative self-care, attuning to the rhythm of each individual. Enlivened by wisdom teachings, it provides food for body, soul and spirit, guiding practitioners towards fulfillment of their potential.

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