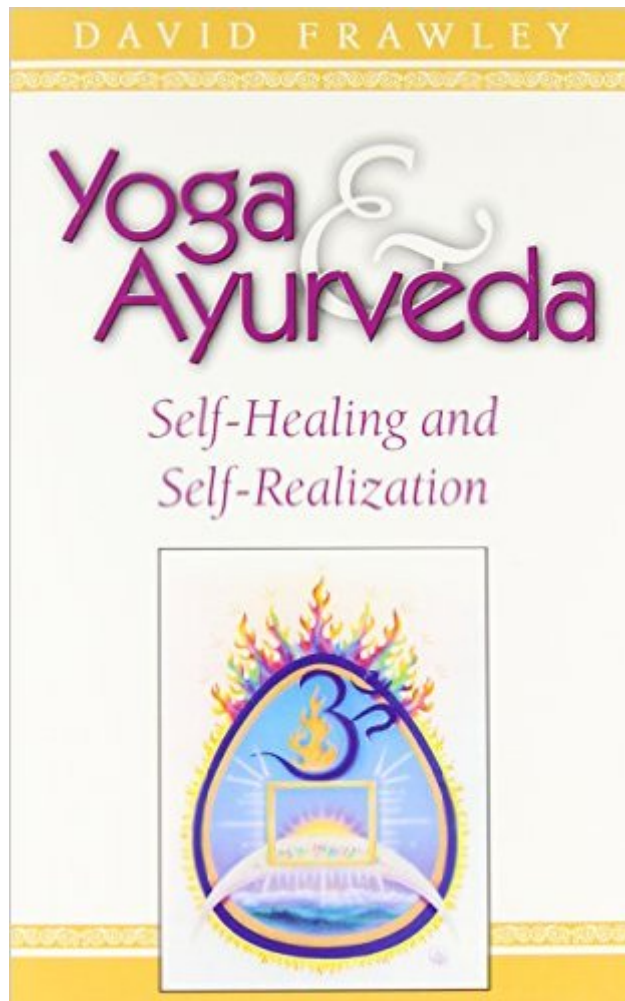


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# Yoga & Ayurveda: Self-Healing And Self-Realization



## Synopsis

Yoga & Ayurveda together form a complete approach for optimal health, vitality and higher awareness.

## Book Information

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## Customer Reviews

This is the first book on this subject. I am a serious yoga practitioner and so far have never seen anything like this: so well connecting Ayurveda medicine knowledge with especially Hatha and Kundalini yoga. You can see that the author is an adept, informing us about the working of prana in the subtle body. The book contains to my knowledge the most clear and complete explanation for a serious practitioner the inner alchemy of yogic transformation. This is not a book for a beginner! It explains everything about prana, ojas and tejas, vital information on pranayama, pratyahara, chakras and kundalini and all in connection with Ayurveda. This is the first book of the kind!

This book is perfect for those who already have some understanding of ayurveda/yoga/holistic health. It addresses the core principles and practices with a beautiful blend of spiritual lineage and academic rigor. This is definitely not an introductory-level book; it is a wonderful reference for those ready to move more deeply into these practices.

The kind of books I like are the ones that are tagged, underlined, and worn. That indicates that it is not just another book for another book's sake. This is one of those books. Teaching or practicing

yoga without knowledge of ayurveda is like teaching with some knowledge of life missing. It links us to the macrocosm aswell as understanding our constitution beyond the physical body and is a must buy and study. It helps us to understand what we have to re-wire on an individual level to make progress on the spiritual path. Camella Nair - Author of Aqua Kriya Yoga

words fall short when it comes to write a review on Dr. David Frawley's work. simply the best. No one has better understanding on the subject than him. I have been following ayurveda and yoga in bits and pieces. this whole book consolidated my knowledge and taught me the right sequence of things. for example, doing pranayama when your ojas is low, is killing yourself..

The topic of Ayurveda has been mentioned on my blog a few times, but this is the first book I've read + reviewed with a major focus on the topic - exciting! I'm glad to say that David Frawley's book doesn't disappoint. As you can gleam from the title, this book isn't purely about the medical science of Ayurveda, but specifically Ayurveda's relation + inherent connection to yoga. Ayurveda is the Vedic science of healing for both body and mind. Yoga is the Vedic science of Self-realization that depends upon a well-functioning body and mind ... Yoga and Ayurveda are sister sciences that developed together and repeatedly influenced each other throughout history. Frawley does a wonderful job of introducing the true purposes of Yoga and Ayurveda, as well as how they work in-tandem at all times. He does a great job of introducing Sanskrit terminology without it being overwhelming. The first few chapters may seem like a huge cascade of information + it can take some time to absorb how it all links together, but Frawley is quick to reference other sections of the book that are helpful. As someone who has studied/read about/practiced both Yoga and a bit of Ayurveda for over a decade, Frawley's book is a highly appreciated addition to my bookshelf - the type of book I'll happily read + reference again + again. If this was the first book I'd ever read about Yoga, I'd probably be a bit confused and overwhelmed, but if you know a little bit about Yoga (or Ayurveda) + would like to learn a bit more about Ayurveda (or Yoga), this is the book to start with. Note: I highly appreciate Frawley's emphasis on all aspects of Yoga, not just asana (which is the most popular aspect in Western culture) - thank you, David. :)

I wanted an introduction to the Psychology of Yoga. This book delivered. It's simple and easy to digest. Yet it covers a lot of ground. It's also written by a Westerner for a Western audience. For those intereseted in the mental health benefits of yoga, this book is for you.

Really great book on Ayurveda and yoga. Probably one of my favorite books on the subject. It isn't overly technical yet provides a lot of information about herbs, diet, asana, pranayama, meditation, gunas, doshas, and yogic philosophy. Above all Frawley presents the information in a very entertaining and fun way.

I read this book as part of my Yoga Teacher training program. It was a little difficult to follow as I had no previous knowledge of Ayurvedic terms/systems. I sort of felt like I was learning a new language (and you kind of are) but as I continued to read and I let go of remembering every term, every name, every Sanskrit word, I started to understand more and more. By the end I felt like I had at least some grasp of the basics of Ayurveda and esp how they relate to Yoga but I do want to learn more about this subject. Not sure this is the best for a total beginner in Ayurveda as I was, but it was still a good book

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