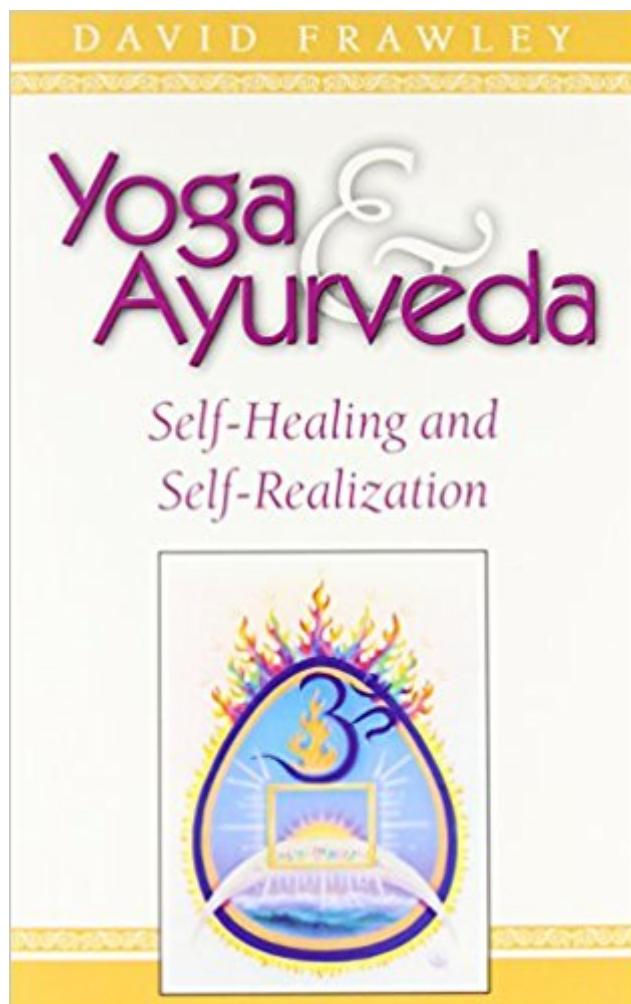


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# **Yoga & Ayurveda: Self-Healing And Self-Realization**



## **Synopsis**

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

## **Book Information**

Paperback: 350 pages

Publisher: Lotus Press; First Edition edition (July 13, 1999)

Language: English

ISBN-10: 0914955810

ISBN-13: 978-0914955818

Product Dimensions: 5.6 x 0.7 x 8.7 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 54 customer reviews

Best Sellers Rank: #44,887 in Books (See Top 100 in Books) #12 in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #101 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #122 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## **Customer Reviews**

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

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. :)

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 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 interested in the mental health benefits of yoga, this book is for you.

Wonderful, insightful book: it contains so much depth and information and yet is written in a way that organizes all of these rather complex concepts so it is easy to grasp..will be reading again and again!

Very informative and well laid out. It was a little too absolute at times and didn't present the grey areas, but still a good raw form of Ayurveda.

Great resource for anyone who is interested in Ayurveda.

Required reading for Ayurveda workshop. Big help!

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Yoga & Ayurveda: Self-Healing and Self-Realization Yoga: 100 Key Yoga Poses and Postures

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