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Thai Yoga Therapy for Your Body Type: An Ayurvedic Tradition (Paperback)

By Kam Thye Chow, Emily Moody

Inner Traditions Bear and Company, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. A form of Thai Yoga Massage that focuses on the three Ayurvedic body types - Explains how to determine a person s Ayurvedic body type and provides hands-on techniques for working with them - Brings the practices presented in Thai Yoga Massage to a new customized level of therapeutic healing The traditional healing arts of Ayurveda and Thai Yoga Massage have a deep and integrated relationship that provides an unparalleled modality for restoring body, mind, and spirit. Although it originated in India, over the centuries Ayurveda has been assimilated into the predominant Thai culture and has evolved into a distinctive folk medicine. With the growing popularity of Ayurveda and Thai Yoga Massage, there is a renewed interest in reuniting these practices into a powerful therapeutic alliance. Thai Yoga Therapy for Your Body Type bridges the practice of Thai Yoga Massage with its ancient Ayurvedic roots to offer a complete and holistic healing modality. The authors first explain in detail the fundamental principles of Ayurveda and then recommend daily practices for each of the three main body types of vata, pitta, and kapha. Practitioners...



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