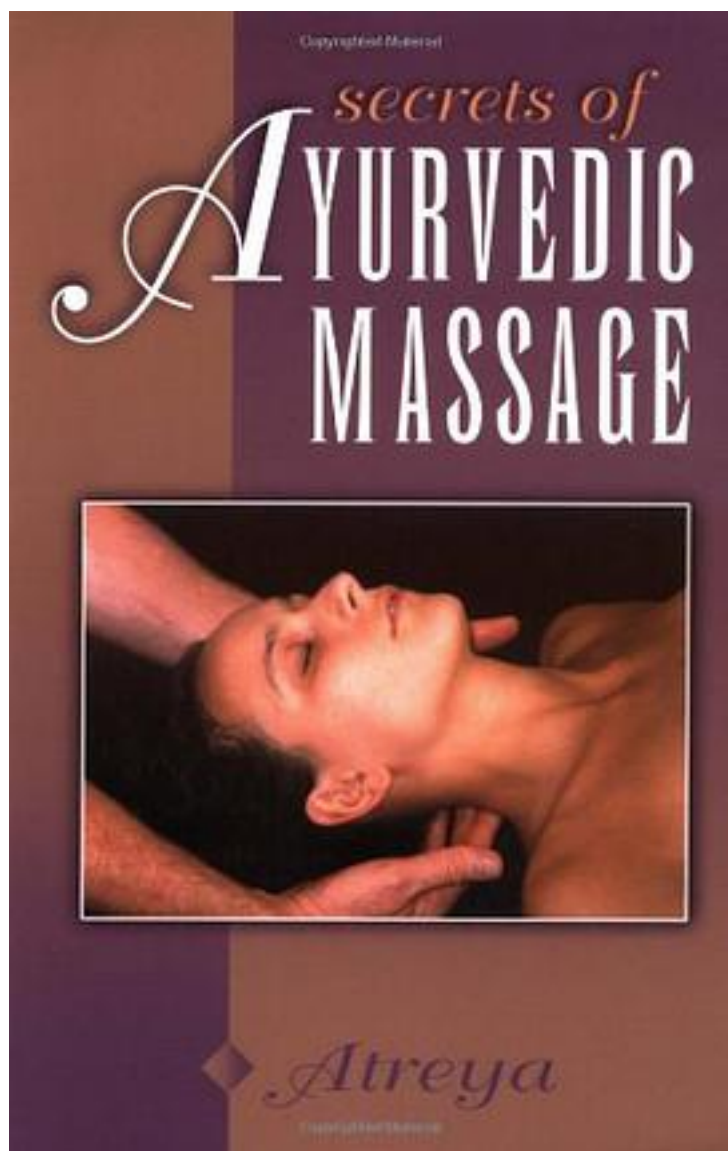


The Secrets of Ayurvedic Massage



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Secrets of Ayurvedic Massage is a practical manual for the Western massage therapist. However, it goes beyond an ordinary manual because it deeply penetrates the Ayurvedic understanding of the life force, Prana. Ayurveda is a system that treats individuals, and in accordance with these principles, this book explains how each type of person should be given an Ayurvedic massage.

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