



Ayurvedic Massage: Traditional Indian Techniques for Balancing Body and Mind

By Harish Johari

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Ayurvedic Massage: Traditional Indian Techniques for Balancing Body and Mind, Harish Johari, Ayurvedic Massage is the first book on the subject, and the first new massage therapy introduced to the West since shiatsu. One of the oldest systems of medicine in the world, Ayurveda views the human being as intimately connected with the environment and all other life forms. Ayurvedic massage works on both the physical and mental levels, transmitting a life-giving energy that assists all systems of the body to repair and renew themselves. Practitioners concentrate on the marma, subtle energy points that respond to gentle physical manipulation, and work with the needs of the different body types. The author guides both the novice and experienced practitioner through each step in the full body massage and explains which oils work best for particular body types.



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