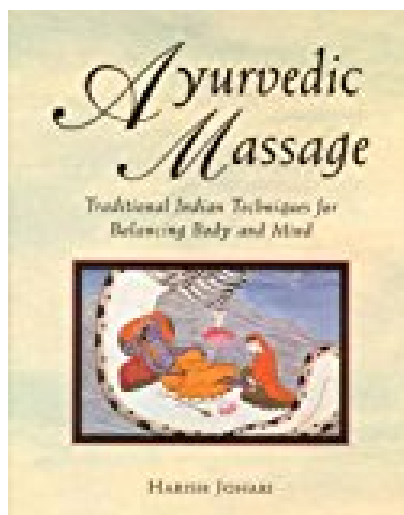


# Ayurvedic Massage Traditional Indian Techniques for Balancing Body and Mind

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## BOOK DETAILS

- Author : Harish Johari
- Pages : 160 Pages
- Publisher : Healing Arts Press
- Language : English
- ISBN : 0892814896



## BOOK SYNOPSIS

Trained in India's ancient healing art, author Harish Johari introduces Ayurvedic massage, a gentle bodywork therapy that works on both the physical and mental levels, transmitting a life-giving energy that promotes well-being and assists all systems of the body in repairing and renewing themselves.

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