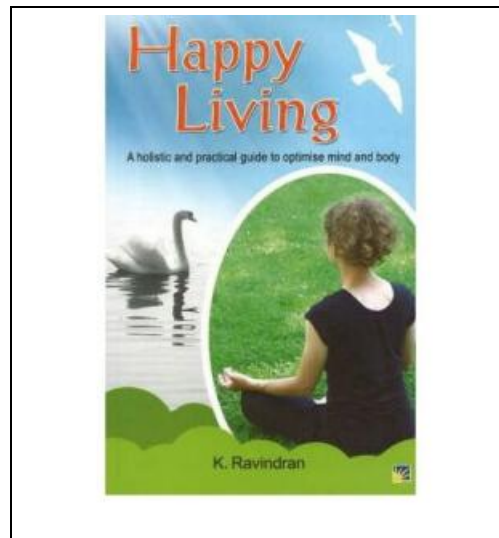


Happy Living: A Holistic and Practical Guide to Optimise Mind and Body



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Reviews

This written publication is wonderful. It can be written in straightforward phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.
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HAPPY LIVING: A HOLISTIC AND PRACTICAL GUIDE TO OPTIMISE MIND AND BODY



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New Dawn Press. Paperback. Book Condition: new. BRAND NEW, Happy Living: A Holistic and Practical Guide to Optimise Mind and Body, K. Ravindran, Challenges, complexities and the pace of modern living have enhanced stress levels. We yearn for a relaxed, carefree and happy living. The ancient philosophy of Yoga, known and practised for over two millennia in India, brings about mind-body co-ordination resulting in superior physical and mental capacity and happy living. This book presents a simple, practical and balanced approach on everyday living, on: the awareness of Self: dealing with the body and its sense organs; soul and its three components of mind, intellect and consciousness; good and bad qualities; and the path to achieve self-awareness; the awareness of Supreme Soul and the oneness of Divinity; Kundalini Chakras: covering the chakras (nerve plexuses), nadis (energy channels); their mental and emotional aspects; and Yang/Yin energies of Taoist philosophy; holistic therapies: briefly describing Ayurveda and Tridoshas, Mama therapy, Pranic and Reiki healing, Acupuncture, Acupressure and Shiatsu, Qi Gong, Tai Chi Chuan, Nadi Shodhana and Hasta Mudra practices; and nutrition and diet for holistic living; Breath, Prana and Pranayama and also explaining the eight steps of Ashtanga Yoga and the various paths and practices of Yogic living. This book is meant for people of all age groups who would like 'present moment' living and has a global appeal. It will find readership across countries, ethnicities and cultures.



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