



Ayurveda A Quick Reference Handbook

By Manisha Kshirsagar

Lotus Press. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.8in. x 5.9in. x 0.5in. Ayurveda: A Quick Reference Handbook is an excellent addition to the library of any Ayurvedic student or practitioner, and is written in a clear style for beginners. It summarizes all of the basic Ayurvedic knowledge in beautiful charts that make finding the information for reference easy. Yoga, Jyotish and Vastu included in the same book expands the vedic resources for Ayurvedic students. - Cynthia Copple, Dean: Mount Madonna College of Ayurveda; President: Lotus Holistic Health Institute This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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