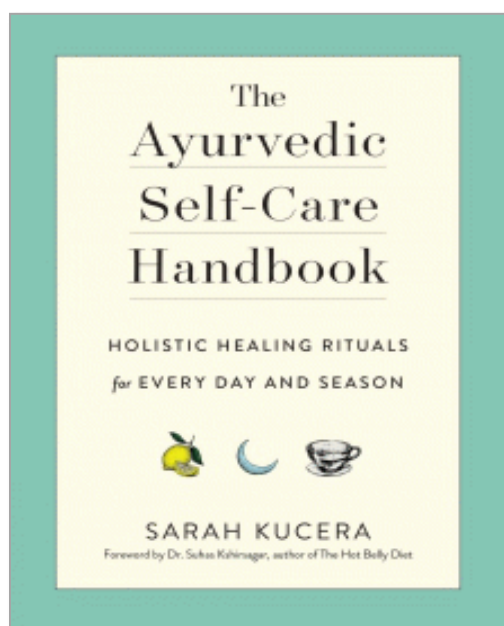


Advance Information

The Ayurvedic Self-Care Handbook

Holistic Healing Rituals for Every Day and Season



Author:	Sarah Kucera, Foreword by Suhas Kshirsagar
ISBN:	9781615195435
Imprint:	The Experiment
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Selling Points:

A comprehensive guide to Ayurvedic rituals, offering simple, holistic ways to sync the body's circadian clock with nature's daily and seasonal rhythms.

Description:

A comprehensive guide to Ayurvedic rituals, offering simple ways to sync the body's circadian clock with nature. Feeling burned out, unmotivated, or stuck? The Ayurvedic Self-Care Handbook is here to help. This authoritative guide to ancient healing will introduce you to the role that ritual plays in overall health, and reveal how reconnecting our internal rhythms to nature's cycles can create physical and emotional balance. Whether you're looking for a way to boost and stabilise your energy levels, overcome the trials of transitions (from life or seasonal shifts), or prevent and heal disease, you'll find a solution in one of the more than 100 simple rituals that give structure and space to your day. Plus, reflective prompts for "self-study" (a key Ayurvedic principle) and sample journal pages provide templates for creating rituals with enough time for focus, play, and rest alike. Syncing with nature's rhythms - and discovering your own potential to feel good in body, mind, and spirit - has never been more rejuvenating.