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Marma Therapy The Healing Power of Ayurvedic Vital Point

Marma Therapy - the art of treating specific vital points on the human body - is one of the greatest healing secrets of Ayurveda. It can be used to detoxify, strengthen and revitalize the body

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Marma Therapy - the art of treating specific vital points on the human body - is one of the greatest healing secrets of Ayurveda. It can be used to detoxify, strengthen and revitalize the body, for rejuvenation and relaxation or to release blocked energy. The authors explain the theoretical basis of Marma Therapy, and then provide a detailed, fully illustrated guide to its use.

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Marma Points of Ayurveda Ayurvedic Institute

Marma therapy integrates vital knowledge of the energy points with specific techniques of Ayurvedic massage, detoxification, acupressure, aromatherapy, yoga practices, meditation and more. This book is a valuable resource for Ayurvedic practitioners and acupuncturists as well as medical doctors, massage therapists and yoga therapists.

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The effective yet gentle 'Sukshma' technique, for working with the Marma points at the emotional as well as on the physical level, is fully described in this book. Marma Therapy - the art of treating specific vital points on the human body - is one of the greatest healing secrets of Ayurveda. It can

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Marma Chikitsa Hands On Healing with Vital Energy Point

MARMA CHIKITSA is an important element of Ayurveda s healing power. Marma energy points profoundly affect the body, mind and spirit and facilitate the deepest levels of healing by tapping into prana, the body s current of life-infusing energy. A diagnostic and therapeutic tool, marma therapy can be used on yourself and others to relieve pain, stimulate immunity, detoxify, balance emotions

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Marma Points of Ayurveda Purusha Ayurveda

Marma chikitsa or Ayurvedic marma therapy is an essential hands-on practice of Ayurveda, based on ancient, field tested knowledge. Its benefits and affects are often profound. Marma chikitsa is the precise action or art of touching an individual in exactly the right place at a critical moment of time, for the purpose of balancing the body's systems and promote healing. The mama points, which

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