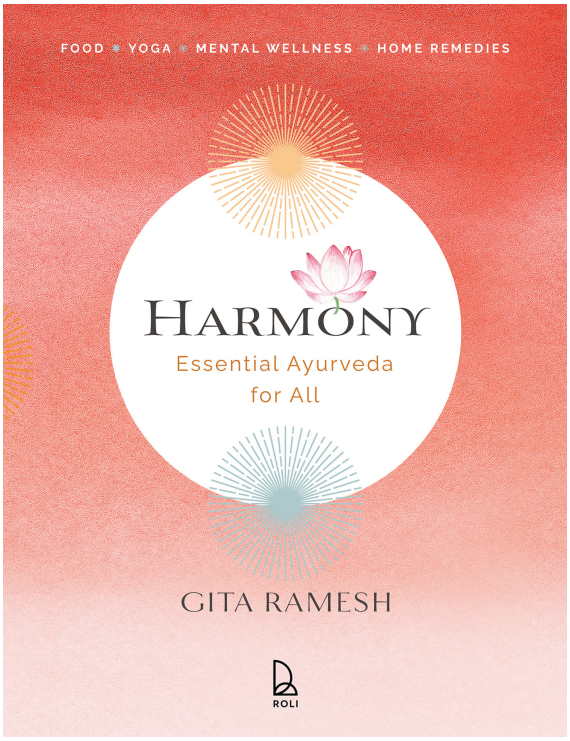
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Tel: +1 212 645 1111
Email: ussales@accartbooks.com
Web: https://www.accartbooks.com/us



Harmony

Essential Ayurveda for All

Gita Ramesh

ISBN	9789349474826
Publisher	Roli Books
Binding	Hardback
Territory	USA & Canada
Size	7.25 in x 9.5 in
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- ***Harmony*** introduces readers to the principles of Ayurveda, yoga and mindful living rooted in India's ancient traditions, making holistic wellness accessible to all
- Authored by Gita Ramesh, a leading voice in Ayurveda and co-founder of the Kairali Ayurvedic Group, drawing from decades of experience
- The book offers actionable tips to integrate mindfulness, gratitude and self-awareness into daily routines - ideal for today's fast-paced lifestyle

Harmony: Essential Ayurveda for All is a celebration of India's timeless wisdom offering an insight into India's ancient traditions and practices for holistic well-being. Delving into Ayurveda, yoga and mindful living, Gita Ramesh introduces readers to the art of incorporating mindfulness, gratitude and self-awareness to enhance overall life quality.

The book will not only enlighten readers about time-honored practices but also offer practical tips to cultivating well-being in today's fast-paced world.

Gita Ramesh is the Joint Managing Director of Kairali Ayurvedic Group, pioneering in promoting Ayurvedic Retreats and Treatment Centres globally. She utilized her knowledge and expertise to create her vision, Kairali. It is now recognized around the globe as the essence of true Ayurveda. Along with her husband K.V. Ramesh, she carried forward the legacy of their elders, to introduce Kairali and has propagated authentic principles of health and well-being through Ayurveda. Today Kairali is spread across three continents, ten countries and at thirty-five locations offering Ayurveda in its truest form.

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