

## THE AYURVEDA LIFESTYLE WORKBOOK

Ayurveda is a comprehensive healing system, originating in ancient India, and still relevant today. It allows understanding of the uniqueness of the physical, emotional and spiritual nature and needs of each person. Ayurveda's potential to integrate both mainstream and complementary medicines is now being recognised.

An appreciation of Ayurveda's lifestyle principles empowers you to be proactive about your own health and wellbeing. *The Ayurveda Lifestyle Workbook*, is used with *The Book of Ayurveda: A guide to personal wellbeing*, to introduce you to practical ways of using these principles in Western life. Through the exercises and self-assessments you learn how your constitution, lifestyle and environment all affect your wellbeing, and you discover which lifestyle adjustments will be right for you.

The Workbook has been designed so the sections can be removed easily and added to your own folder as you create your personal guide to health and wellbeing.

Readings from *Ayurveda: Life, Health & Longevity* by Dr Robert E Svoboda, Ayurvedic Physician, are suggested for each section of the Workbook to deepen your understanding of Ayurveda.

**[www.ayurveda-lifestyle.net](http://www.ayurveda-lifestyle.net)**

Judith Morrison has provided a most practical guide for self-healing on the timeless and ageless science of Ayurveda. This book gives sensible explanations for using Ayurveda in everyday life.

*Dr Vasant Lad, B.A.M.S., M.A.Sc. Ayurvedic Physician*

Too often students limit themselves to a single Ayurvedic perspective, when in reality Ayurveda's basic principles can only be mastered when examined from more than one angle. This workbook offers an excellent avenue along which a serious student of Ayurveda can progress toward true understanding of the subject.

*Dr Robert Svoboda, B.A.M.S. Ayurvedic Physician*

An excellent "door opener" for those taking their first steps into Ayurveda, and a very good working book, with helpful exercises, for those with some understanding of the basic principles of Ayurveda.

*Bill Feeney, Remedial Yoga Teacher and Ayurvedic Lifestyle Guide*

The Workbook is an easy to follow, practical introduction to Yoga's sister discipline, Ayurveda, and it will interest all who recognise that lifestyle is at the heart of personal health and wellbeing.

*Duncan Hulin, Founder/Director of The Devon School of Yoga*

 an **ELSIE** book  
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