

READING LIST/REFERENCES FOR THIS WORKSHOP

Ayurveda - The Science of Self-Healing
Dr. Vasant Lad

Secrets of Healing
Maya Tiwari

The Book of Ayurveda - A Holistic Approach to Health and Longevity
Judith Morrison

Ayurveda & The Mind
Dr. David Frawley

Yoga & Ayurveda
Dr. David Frawley

Charaka Samhita
(Classical)
Charaka

Ayurvedic Home Remedies
Dr. Vasant Lad

Ayurvedic Cooking for Self-Healing
Dr. Vasant Lad

The Ayurvedic Cookbook
Amanda Morningstar

A Life of Balance (Cooking & More)
Maya Tiwari



For more information or a private consultation contact:

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