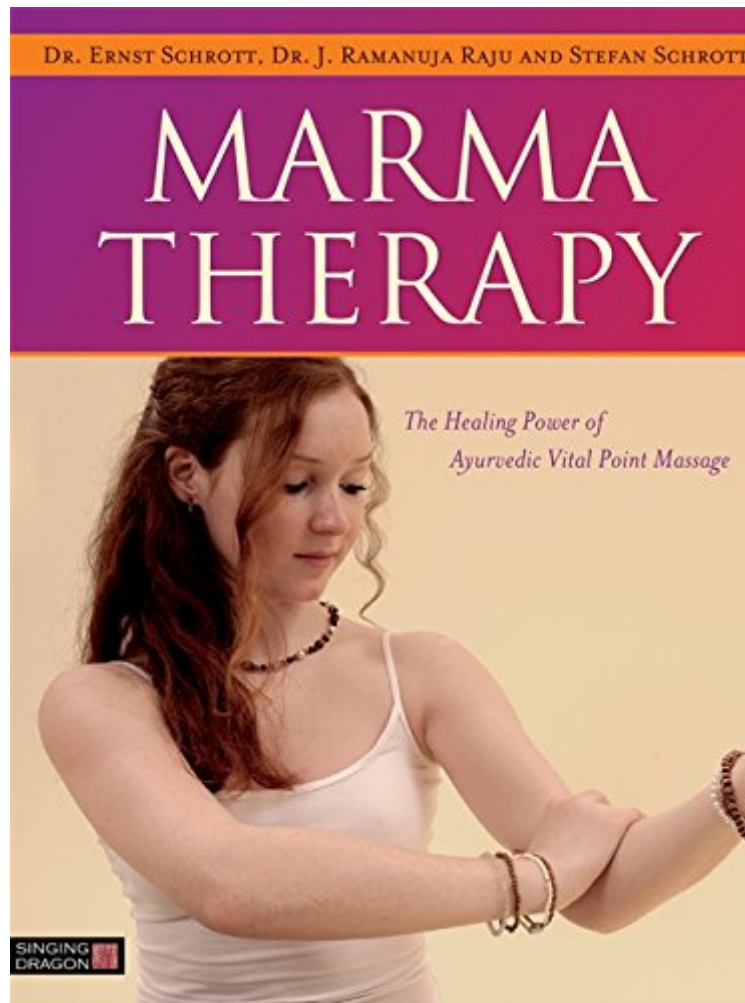


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# Marma Therapy: The Healing Power Of Ayurvedic Vital Point Massage



## Synopsis

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 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. For each Marma point, the authors provide information about its significance, the Ayurvedic element it relates to, the most appropriate oils to use, and what it can be used to treat. Clear step-by-step instructions and photographs illustrate the techniques, and advice is also included for self-treatment. The authors explain how to strengthen the Marmas through yoga and use mudras to support and complement Marma treatment. Finally, they describe how to treat common physical and emotional conditions, from headache and back pain, to exam nerves and insomnia.

## Book Information

File Size: 9394 KB

Print Length: 150 pages

Page Numbers Source ISBN: 1848192967

Publisher: Singing Dragon; 1 edition (December 21, 2015)

Publication Date: December 21, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B017HX7A5A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #382,347 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #81

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Homeopathy

#126 in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #226 in Books >

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