



Happy Living: A Holistic and Practical Guide to Optimise Mind and Body

By K. Ravindran

New Dawn Press. Paperback. Book Condition: new. BRAND NEW, Happy Living: A Holistic and Practical Guide to Optimise Mind and Body, K. Ravindran, Challenges, complexities and the pace of modern living have enhanced stress levels. We yearn for a relaxed, carefree and happy living. The ancient philosophy of Yoga, known and practised for over two millennia in India, brings about mind-body co-ordination resulting in superior physical and mental capacity and happy living. This book presents a simple, practical and balanced approach on everyday living, on: the awareness of Self: dealing with the body and its sense organs; soul and its three components of mind, intellect and consciousness; good and bad qualities; and the path to achieve self-awareness; the awareness of Supreme Soul and the oneness of Divinity; Kundalini Chakras: covering the chakras (nerve plexuses), nadis (energy channels); their mental and emotional aspects; and Yang/Yin energies of Taoist philosophy; holistic therapies: briefly describing Ayurveda and Tridoshas, Mama therapy, Pranic and Reiki healing, Acupuncture, Acupressure and Shiatsu, Qi Gong, Tai Chi Chuan, Nadi Shodhana and Hasta Mudra practices; and nutrition and diet for holistic living; Breath, Prana and Pranayama and also explaining the eight steps of Ashtanga Yoga and the various paths...

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