



Ayurveda and Marma Therapy: Energy Points in Yogic Healing

Dr. David Frawley, Dr. Subhash Ranade, Dr. Avinash Lele

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This is the first book on marma therapy published in the West. It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices. Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga, Ayurveda, massage or natural healing.



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