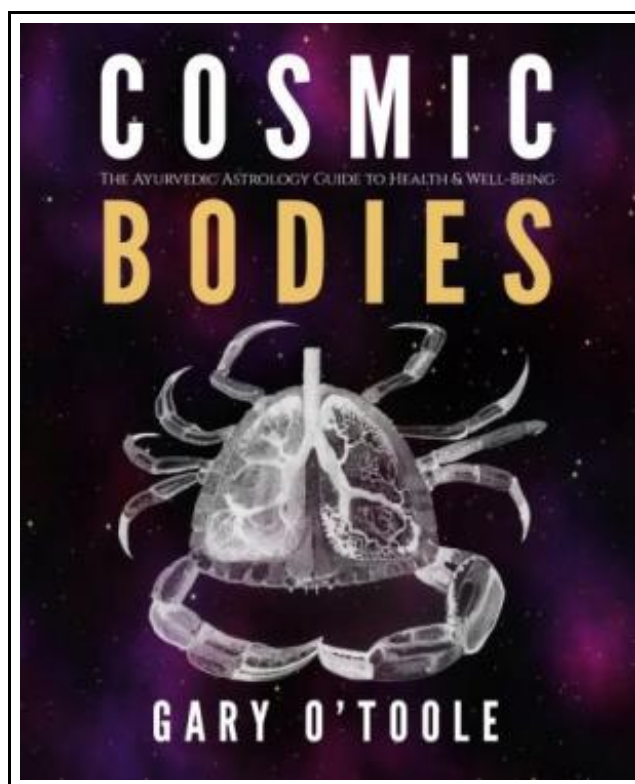


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 235 x 191 mm. Language: English . Brand New Book ***** Print on Demand *****.Cosmic Bodies is a holistic guide to health and well-being that merges the Ayurvedic approach with astrological insights. This book will give you an understanding of your true nature whilst offering guidance on how best to exercise for your mind-body type. Laid out in a workbook format, Cosmic Bodies offers easy-to-follow steps that can be used to interpret your unique nature using your own horoscope. You will develop awareness of your lifestyle needs in order to achieve better balance, prevent injury and create greater resistance to stress and illness through appropriate activities. This guide takes the reader from the foundations of today's popular Vedic sciences; Ayurveda, yoga and Vedic astrology, right through to the more dynamic influences of planetary time periods and how astrology can be easily applied to your day-to-day life. The planets and zodiac signs are explained in detail, offering advice on how to approach activities based on their alignment in your horoscope.



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