

Download Ayurveda For The Yoga Soul

The beauty of Ayurveda, especially in the traditional way we are blessed to learn this science at Vedika Global, is that it touches not only the body, but also the mind and soul, enabling the potential for profound personal transformation. Book Review: Ayurveda for the Yoga Soul Posted on Tuesday, September 9th, 2014 at 3:06 pm. Ayurveda is translated as the science of life ('ayu', meaning 'life', and 'veda', meaning 'knowledge.'). Ayurveda is a 5,000 year old medical healthcare system which is a sister science to yoga. Yoga is complete happiness for the mind, body and soul. Through a few hours of frequent yoga practice, any person can convert a depressing life into a rejuvenated one.