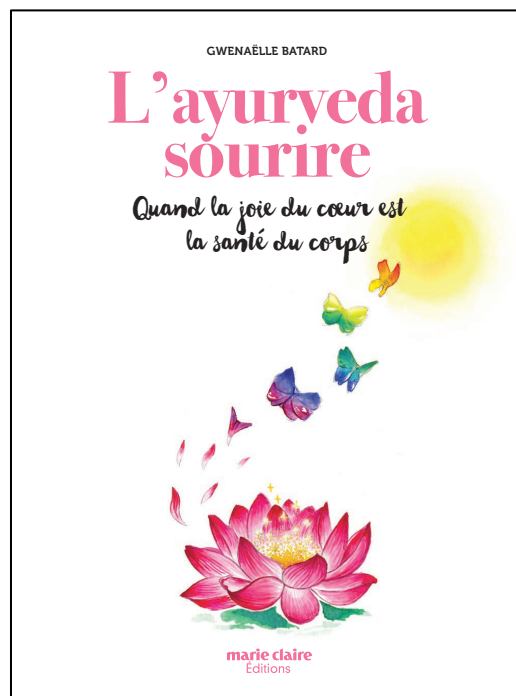


Smiling Ayurveda

When happiness of the heart is the body's health

January 2019



Synopsis:

Smiling Ayurveda is a concept created by the author. It associates the principles of traditional Indian medicine (the oldest one in the world) to positive thinking.

Expected benefits are a thorough transformation: a better health, a better vitality, changing outlooks on life.

Ayurveda focuses on all the elements that have a direct impact on our life, our balance and our well-being: food, health practices, direct environment, social life, seasons, etc. It is a global approach in which prevention plays a key role.

The Author:

Gwenaëlle Batard is an Ayurveda practitioner in Paris. She studied Ayurveda in India, in France and in Switzerland. She is passionate about ethnobotanics, and trained in Indian and European pharmacopoeia. www.mihira-ayurveda.com

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