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Maya tiwari | the chopra center

For her pioneering work in Ayurveda education, Maya received the prestigious Inner Medicine; The Path of Practice: A Woman's Book of Ayurvedic Healing;

Dailyom - the path of practice by bri maya tiwari

At my center, the Wise Earth School of Ayurveda, in the mountains near Asheville , North Carolina, I teach the knowledge and practice of sadhana and Ayurvedic healing. However, this book has a strong focus on women, because they are the The aim of The Path of Practice is to evoke, inform, strengthen, and safeguard

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