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ayurvedic experiences at ananda ayurveda forms an intrinsic part of the wellness regime for the guests from massages and specialized diet programme to fulfill personal goals to the more rigorous transformations in lifestyle the ayurveda experience has been designed keeping in mind the individual s desire to heal cleanse relax and, **diamond way ayurveda san luis obispo ca 93401** - our classes are supported by our books and training dvd s melanie s book ayurvedic beauty care was the first of its kind be published in the west and our book ayurvedic spa is the first book to teach tibetan body work techniques that are integrated into spa therapies, **unique wellness refuge high above the rooftops of munich** - wellness fitness treat yourself to some time in the blue spa a unique wellness retreat for body and soul high above the city s rooftops, **ayurveda information on ayurveda and ayurvedic treatments** - ayurveda which literally means the science of life ayur life veda science ayurveda is an ancient medical science which was developed in india thousands of years ago ayurveda is the soul and essence of somatheeram ayurveda resort which has been providing ayurvedic treatment the traditional way for more than 20 years, **shivaratri most significant of all festivals** - 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