



Dear Ayurveda Student,

Please find the following documents attached.

Book 2 Chapter 12
Prana, Tejas, Ojas Vijnanam
Specialized Knowledge of the 3 Bodily Essences

1. [Book 2 Chapter 12 PDF](#)
2. [ABS Study Guide PDF](#)
3. [Pancha Karma Cleansing and Rejuvenation – Ayurveda’s Complete Healing Process PDF](#)
4. [Pancha Karma PDF](#)
5. [Pancha Karma SAMA PDF](#)

Thank you.

Namaste,
Karyn



“Because we cannot scrub our inner body we need to learn a few skills to help cleanse our tissues, organs, and mind. This is the art of Ayurveda.”

SEBASTIAN POLE