

Dear Ayurveda Student,

Please find the following documents attached.

Book 1 Chapter 7

Ojas, Tejas & Prana

1. [Book 1 Chapter 7 PDF](#)
2. [Ayurvedic Dietary Guidelines PDF](#)
3. [Ayurveda Food Guidelines PDF](#)
4. [Kapha Diet With Guidelines PDF](#)
5. [Pitta & Kapha Diet With Guidelines PDF](#)
6. [Pitta Diet With Guidelines PDF](#)
7. [Vata & Pitta Diet With Guidelines PDF](#)
8. [Vata Diet With Guidelines PDF](#)

Thank you.

Namaste,

Karyn

