



Dear Ayurveda Student,

Please find the following documents attached.

Chapter 9 Conclusion of Book 1

1. Book 1 Chapter 9 PDF
2. NAMA Conference 2014 Khalsa Kitchen Herbs PDF
3. Yoga of Natural Beauty ebook KP Khalsa PDF
4. Yogi Bhajan Herbal Yogurt and Lassi Recipes PDF

Thank you.

Namaste,
Karyn

In the eyes of Ayurveda

*Nature is the Supreme Mother; endlessly forgiving,
endlessly resourceful and for those who
acknowledge and work with Her, endlessly
accessible. We can work with Nature to regain
and maintain health. Then should we desire,
we can work even more closely with Her
to rejuvenate ourselves.*

— Robert Svoboda, *Rejuvenation*

