

Welcome to Ayurvedic Indian Massage



Location

South East, Berkshire

<https://www.freeadsz.co.uk/x-483905-z>



Welcome to Ayurvedic Indian Massage : Wonderful Way to Unwind Relax with a traditional therapeutic Indian massage. I provide high quality treatment, which brings your mind and body back into balance. All my treatments will be tailored to your own particular needs. About Me
I'm Sonia, 27 years old female professional Indian Masseur. I'm well trained massage therapist with 5 years of experience. I'm passionate about massage work. My contact no : 07491961783
074919617...(click to reveal full phone number) Introduction to Ayurveda - Some basic concepts
Ayurveda provides us with the oldest recorded form of medicine. It is referred as "the mother of all forms of medicine". The original principles of Ayurveda were developed by the great Indian sages (rishis) many thousands of years ago. Ayur (or ayus) means "Life" and Veda means (knowledge). So Ayurveda is the study of the knowledge of.



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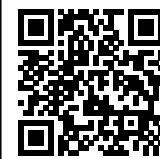
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