



Ayurveda and Life Impressions Bodywork

Donald VanHowten

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We all have holding patterns that are so habitual, they literally leave an historic imprint on the membranes of the body. These membranes store our actions, experiences, emotions and beliefs. They in turn represent our impressions of life, in a "hard copy" of flesh. This book takes the wisdom from the East, specifically from the ancient science of Ayurveda, and combines it with a version of the Western medical model, stirs in large portions of awareness, safety, and support, adds practical visual techniques, and passes this recipe along into your capable hands and hearts. Whether you are in the health field or a lay person simply interested in taking better care of yourself and others, you will find AYURVEDA & LIFE IMPRESSIONS BODYWORK a refreshing, insightful, and practical approach to updating our old life impressions.

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