



## Know Your Blueprint: The Ayurvedic Secret to Restoring Your Vitality and Passion in 30 Days

By Cynthia Copple

Dog Ear Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. When Cynthia first encountered Ayurvedic medicine and Yogic philosophy, she was a Vietnam War reporter and photographer travelling the world, with absolutely no interest in medicine, eastern or western. Convinced by a friend, she attended a class with Dr. Vasant Lad, and shortly afterwards to her surprise, she began a formal study of Ayurveda with Dr. R.P. Trivedi, a worldrenowned master, who told her that her mission was to bring Ayurveda to the west. Today Cynthia Copple is a nationally recognized Ayurvedic Master and Director of the Lotus Holistic Health Institute in Santa Cruz, California where she has helped thousands regain their health and rediscover their passion for life. As co-founder of the National Ayurvedic Medical Association and the Mount Madonna Institute College of Ayurveda, she has trained many Ayurvedic practitioners. Do you know your blueprint? Are you a Passionate, Sensitive or Stable? Most people have never heard of having an individual blueprint, but according to Ayurvedic Master and Author Cynthia Copple, your inherited blueprint unlocks the surprising key to your vibrant health and success. Find...

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