



# Reading List

## Ayurveda Knowledge

- [Ayurveda: The science of self healing | Dr Lad](#)
- [Ayurveda Beginner's Guide | Susan Weis-Bohlen](#)
- [Everyday Ayurveda | Dr. Bhaswati Bhattacharya](#)
- [Dhanwantari: A complete guide | Harish Johari](#)

## Ayurveda Bodywork

- [Ayurveda Spa Therapy Manual | Seva Ayurveda](#)
- [The Encyclopedia of Ayurvedic Massage | Dr. John Douillard](#)
- [Ayurvedic Spa: Treatments for Spas | Melanie and Robert Sachs](#)
- [Ayurvedic Massage: Traditional Indian Techniques | Harish Johari](#)

## Ayurveda Cookbooks

- [What to Eat for How you Feel | Divya Alter](#)
- [Joy of Balance | Divya Alter](#)

## Additional Resources

- [www.Bodhi-Ayurveda.com](http://www.Bodhi-Ayurveda.com)

