

Tantric Yoga: The Royal Path To Raising Kundalini Power - , Yvonne Frost

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An advanced text for the study of tantric yoga, considered by many to be the highest and most rapid path to enlightenment. This book uses few Sanskrit or Aryan terms, so that material is offered to Western students in easy-to-understand English phraseology, symbols, colors, tastes, and sensory keys. Covers basic precepts and definitions, and provides step-by-step instructions for working with sexual and sensory energy to reach total enlightenment. Author: Frost, Gavin Author: Frost, Yvonne Publisher: Weiser Books Illustration: N Language: ENG Title: Tantric Yoga: The Royal Path to Raising Kundalini Power Pages: 00336 (Encrypted EPUB) On Sale: 1990-01-15 SKU-13/ISBN: 9780877286929 Category: Health & Fitness : Sexuality Category: Body, Mind & Spirit : General Category: Self-Help : Sexual Instruction

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