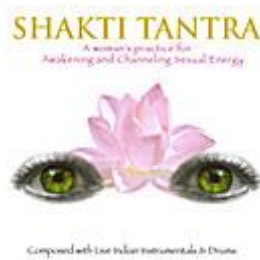


# Mp3 Lisa Citore - Shakti Tantra



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Awakening and Channeling Sexual Energy 10 MP3 Songs in this album (68:12) ! Related styles: NEW AGE: Energy Healing, NEW AGE: Yoga Details: A Woman's Wisdom is in Her Body In the Rhythm of her Breath and Cycles of her Blood in the Wild Beating of her Hearts Desires in the Nectar of her Deepest Pleasure Tantra is the practice of embracing all that is and all that we are through the reuniting and transcending of the opposites. On a physical level, Tantra yoga techniques balance the estrogen and progesterone within the endocrine system. On an esoteric level, Tantra joins the feminine power of manifestation with the masculine inert underlying consciousness in the body to realize our full human potential. A Tantric woman, or Tantrika, therefore is a woman who embraces all parts of herself, who is whole in herself, who embodies the Goddess Herself. Tantrika, poet, and storyteller of the feminine mysteries, Lisa Citore brings us her knowledge from the Bihar school of yoga in India and from her journeys with the mountain women shamans of Peru. She leads sacred sexuality workshops for women and couples. Her evocative theater productions, The Tao of Sex and Bloodlines, have received high praises and inspired connection, conversation, and healing across genders and generations.

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