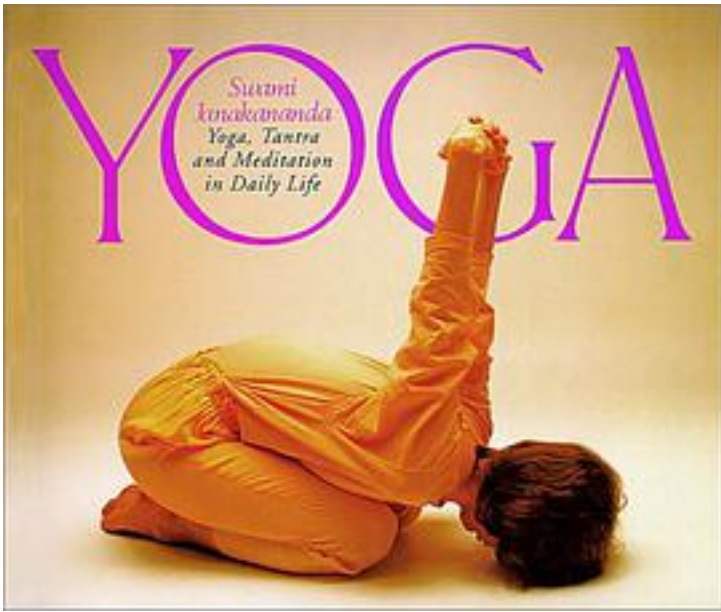


Yoga, Tantra and Meditation in Daily Life



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Yoga, Tantra And Meditation In Daily Life offers an alternative to the approach of most books on yoga, which maintain the misconception that the practice of yoga, tantra and meditation requires adopting a new lifestyle. This book demonstrates how the reader can practice Tantric Yoga and go on living life as usual.

作者介绍:

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