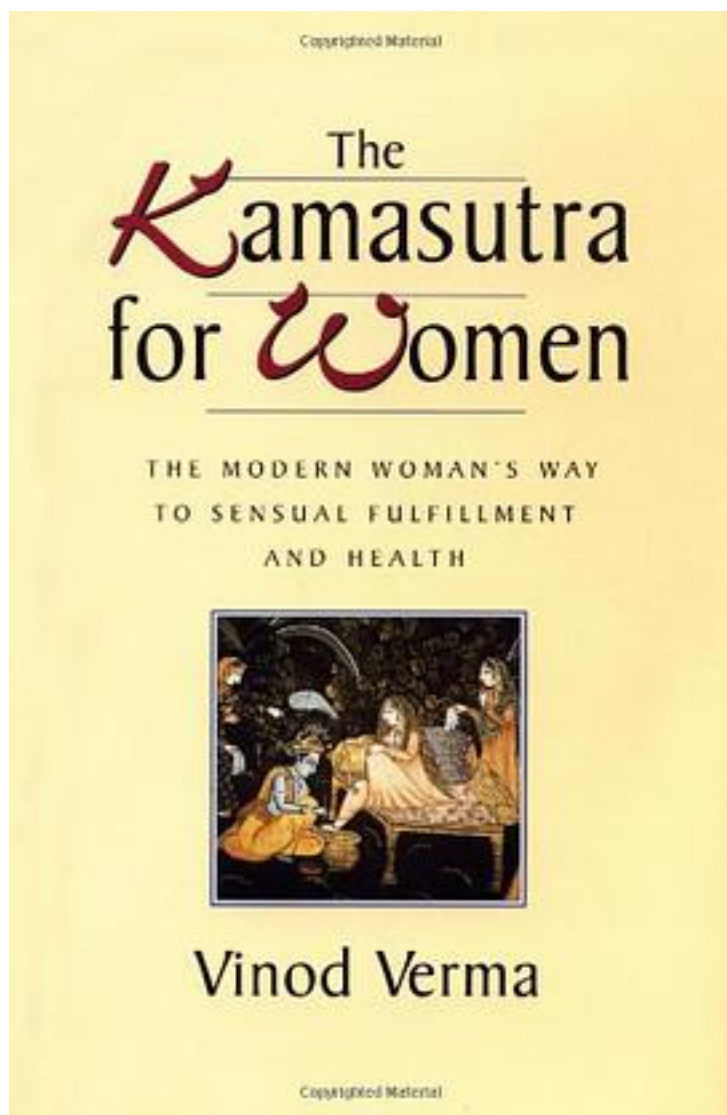


The Kamasutra for Women



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Here is a modern guide to the ancient techniques for fulfilling the senses and spirit. In *The Kamasutra for Women*, a neurobiologist well-versed in both Western medical research and the Indian healing arts of yoga and Ayurveda illuminates the sensual and spiritual dimensions of women today. While Vatsayana's *Kamasutra*, the classic "principles of sensuous love," was written nearly two thousand years ago, *The Kamasutra for Women* specifically addresses contemporary needs. Dr. Verma writes from a woman's point of view-to empower women and to help men understand women's sexuality. She offers ancient and modern lessons that can guide women and men to new levels of physical and spiritual satisfaction. A full range of female sexual experience is covered: menstruation, pregnancy, childbirth, menopause, relationships, sexual techniques, and more. Each of the eleven chapters presents a series of eleven sutras. These are followed by a discussion relating the aphorisms to the Ayurvedic goals of inner peace and psychological balance. The discussion is illustrated with yoga exercises for body flexibility, Ayurvedic and homeopathic remedies, instructions in breathing, and purification and rejuvenation methods (including aphrodisiacs) to heighten the acuity of the senses and expand sensuous experience. Images of Indian art and erotic sculpture provide an appropriate ritual context for Dr. Verma's re-creation of a literary classic.

作者介绍:

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