



A Woman's Guide to Tantra Yoga

Vimala McClure

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Often mistaken as solely the "yoga of sex," Tantra Yoga is more accurately described as the "yoga of everything," in which the spiritual is united with every aspect of life. This book offers step-by-step instructions and illustrations to explain the practice and philosophy of Tantra Yoga — adapted to the specific physical, emotional, and spiritual concerns of women. The author explains differing methods of meditation and mantras, breathing and relaxation, yoga positions, visualization, and affirmations — demonstrating how a daily routine of meditation and yoga can bring focus and strength both physically and spiritually. More than a guide to fitness, A Woman's Guide to Tantra Yoga brilliantly adapts one of the most venerable Eastern practices to the demands of modern life.

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