



Tantric Yoga

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Genres : Well-Being/Self-Help - Couples/Family - Sports/Games

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Unleash your sexual energy!

From sacred, thousand-year-old practices to the lucrative business of tantric sexuality, Bruno Pinçon takes readers on a journey through tantric yoga. Discover concepts highly relevant to the present day (female power, sexual energies), as well as art and inspiring yoga techniques to release your sexual energy and (re)center love in your life. Like Kundalini yoga, tantric yoga focuses on awakening your chakras through breathing exercises, meditation and postures. Sex is one of the eight main chakras!

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