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The Art of Tantra

By Guillermo Ferrara

Paperback. Book Condition: New. Not Signed; A guide to meditation, sex, and ecstasy. The Art of Tantra offers a fascinating method of improving your pleasure, vitality, and internal strength. Clear, practical, and profound, it contains over five hundred color photographs and illustrations demonstrating the positions and exercises that the reader can use to reach a new sexual dimension in his or her emotional relationships. The Art of Tantra promotes the comprehension, understanding, and experience of the most important taboo in the history of humanity--sex--and in its pages you will discover Tantra as a form of comprehensive wisdom on the energies and art of living. There is an ample variety of exercises and meditations, such as: The Rainbow Greeting the Sun The Dragon Dance of the Five Elements The Art of Tantra is an invitation to expand your consciousness in a simple and dynamic manner. book.



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