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practices can be things like mantra, working with yantras, yagnas, pranayama (breath work), tantra kriya yoga, tantra meditation techniques, and others. One of the most well-known practices is the Osho tantra meditation. 15 Best Tantra Yoga Retreats in India | BookRetreats "Traditional Tantra Yoga is a deeply meditative practice combining standing Hatha positions and floor-based Yin positions" It is designed to support the tantric cosmo-vision and is a restorative yoga practice with long phases of relaxation and meditation. It allows for an easier connection with yourself and your intimate partner (s). Tantra Yoga: What is it? How to practise it? Poses ...In the Himalayan tradition, Yoga Meditation is not limited to just the Yoga Sutras, but also includes Vedanta and internal Tantra, while also acknowledging that the practices are also contained in many other sources (See the article, Yoga, Vedanta, Tantra). The teachers of the Himalayan tradition may emphasize or draw on some of these (or other) sources more or less than others, matching the teachings with the student. What is Yoga

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differs from most other

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tradition - that is, the

authors intention and

interest is to offer you the

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There are different kinds of tantra practices that will help you move toward higher consciousness. These daily spiritual practices can be things

like mantra, working with yantras, yagnas, pranayama (breath work), tantra kriya yoga, tantra meditation techniques, and others. One of the most well-known practices is the Osho tantra meditation.

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"Yoga, Tantra and Meditation in Daily Life' is an inspiring and, above all, refreshingly practical book. It has been written by a man who understands his trade and knows what he is talking about - you feel this when reading it. Even people who already know something about yoga will be surprised at how much this book offers.

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