

Advanced Spiritual Intimacy The Yoga Of Deep Tantric

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Advanced Spiritual Intimacy The Yoga

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“Advanced Spiritual Intimacy is a cultural critique, tantric sex manual, and an astute primer in verbal and nonverbal communication. While most psychologists dismiss romance as infatuation, Sovatsky’s brilliance is to take it seriously as the ground of a highly disciplined but unique Kundalini-inspired approach to erotic intimacy.” (Seth Farber, Ph.D., author of The Spiritual Gift of Madness)

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Offering a guide to the advanced stages of human sexuality and a passionately infused tantric yoga practice, Stuart Sovatsky explains how to awaken the complete spinal puberty, resulting in spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of modern sexuality. With illustrated instructions, he reveals flow-yoga asanas, mantras, and devotional breathing practices for solo kundalini yoga as well as couples’ yoga practices and chakra meditations to awaken ...

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Advanced Spiritual Intimacy : The Yoga of Deep Tantric ...

Advanced Spiritual Intimacy Yoga. 1.2K likes. Path of creative lifelong marriage/family life, the inner union maturity of Buddhas, Yogis/Yoginis of all times & twilight glimmers of pariyanga tantra

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[Review of the book Advanced spiritual intimacy: The yoga of deep tantric sensuality, by S. Sovatsky]. International Journal of Transpersonal Studies, 33(1), 172-173..

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True self-acceptance is a crucial part of combining yoga and sexuality in the service of a richer spiritual life. It's also something that Americans frequently stumble over, particularly during our youth, claiming that we don't feel any shame about our bodies or our desires.

Intimacy and Ecstasy - Yoga Journal

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“Stuart Sovatsky’s well-researched and experimentally validated teachings, shared in Advanced Spiritual Intimacy, will surely be a great resource for empowering married couples around the world to find true spiritual happiness, as well as helping contemporary yogis and yoginis actually achieve the exalted goals of yogic adepts of ancient times.”, Robert Thurman, Professor of Indo-Tibetan Buddhist Studies, Columbia University,author of Inner Revo

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Advanced Spiritual Intimacy - Inner Traditions

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14 reviews of Neo Tantra Sacred Orgasm "I was new to Tantra coming in so I was a little skeptical. However, I felt so many different sensations in my body the first session that I ended up getting the package. The session felt like it was a great mix of stretching, body breathing, sexual energy manipulation and deeply restful massage that felt better than sleeping in on a Sunday morning.

Neo Tantra Sacred Orgasm - 10 Photos & 14 Reviews - Yoga ...

Disconnection disallows intimacy. We have compartmentalized sex as a function devoid of responsibility, something that happens without compassion or love. We have even told ourselves that the body is something different from the mind and from the spirit. We have divided the physical from the spiritual.

Yoga and Sexuality - Jivamukti Yoga

Yoga Impact Institute is a 200-hour, 300-hour, and YACEP school registered with the Yoga Alliance. I also direct Yoga Impact, a not-for-profit 501(c)(3) that focuses on sharing yoga with vulnerable populations – women and children in shelters, at-risk youth, senior citizens, war veterans, and prisoners, as well as the homeless.