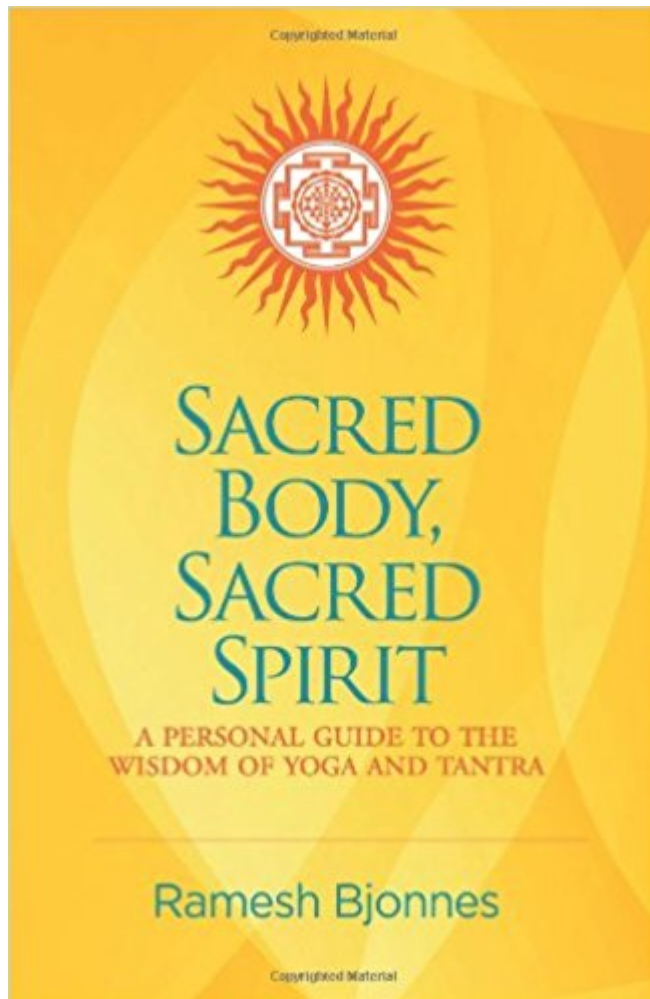


# Sacred Body, Sacred Spirit: A Personal Guide To The Wisdom Of Yoga And Tantra



[wp\_cart:Sacred Body, Sacred Spirit:price:16.00:end]

Sacred Body, Sacred Spirit: A Personal Guide To The Wisdom Of Yoga And Tantra by Ramesh Bjonnes

Sacred Body, Sacred Spirit is a book about transforming our ordinary lives into a sacred experience. You will be introduced to Tantra as the essence of yogic practice and philosophy. Known by the ancient yogis as a powerful conduit for personal transformation, Tantra holds the secret to turning our longings into love and our feelings of separation into spiritual union.

“The writings of Ramesh Bjonnes cut right to the core of the spiritual journey. His essays enter through my mind and then travel to my heart, where they blossom like beautiful flowers of love and truth.” —Jai Uttal, Grammy-nominated world musician

“Sacred Body, Sacred Spirit is an inspiring and provocative book. These essays have been among the most consistently popular ever on our website.” —Bob Weisenberg, Associate Publisher, Elephant Journal

198 pages paperback ISBN: 978-1881717157 Price: 16.00