

# Nawa Yogini Tantra

Yoga for Women

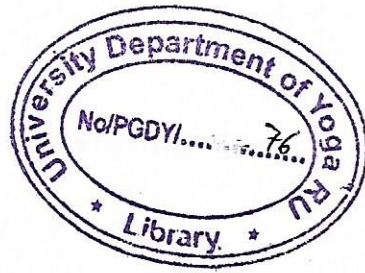
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SATYANANDA YOGA  
BIHAR YOGA

*Nawa Yogini Tantra* explores the needs of women in today's society from a yogic perspective. From her esoteric origins as 'goddess', the book traces the unique journey of each woman through life's varying roles and situations. A broad view is given of issues that concern women of all ages, from adolescence to the later years.

Comprehensive yogic advice is offered on the various health needs of women, including specific practice programs for ongoing health management. For example: menstruation, pregnancy, menopause, depression, backache, weight problems, varicose veins and urinary disorders.

The innately spiritual nature of women is nurtured by yoga. The use of yoga practices and wisdom for the management of life's vast and varied experiences enables women to integrate spiritual growth with daily life. *Nawa Yogini Tantra* is a handbook to inspire and guide that process.



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