

# Taoist Yoga And Sexual Energy: Transforming Your Body, Mind, And Spirit

## By Eric Yudelove

By Eric Yudelove

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Apr 12, 2015 Taoist Yoga Exercises . . . . . Yin Yoga Institute [www.theyinyogainstitute.com/Yin\\_Yoga.html](http://www.theyinyogainstitute.com/Yin_Yoga.html) Paulie continues to evolve his Taoist art of

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their subtle energy and/or sexual fluids. In Kundalini the Between Kundalini Yoga and Taoist Alchemy. Kundalini, as it is situated in the larger realm of Tantra,

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Through yoga, I first had exposure to the Eastern traditions of spirituality. At the time though, I didn't think of it as spiritual. I was looking for a form of

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