



Dancing Tara: A Manual of Practice

Prema Dasara

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Tara, Goddess of Wisdom and Compassion, is a deity of Buddhist Tantra, a potentiality latent within everyone. Prema Dasara, an international teacher and performer of sacred dance, developed Ritual Dances of Tara based on traditional Tibetan practices of personal transformation. “Dancing Tara: A Manual of Practice” elaborates on the philosophy that is the basis of the dance, illustrating the techniques of developing the mind so it may function in life, empowered and inspired.

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