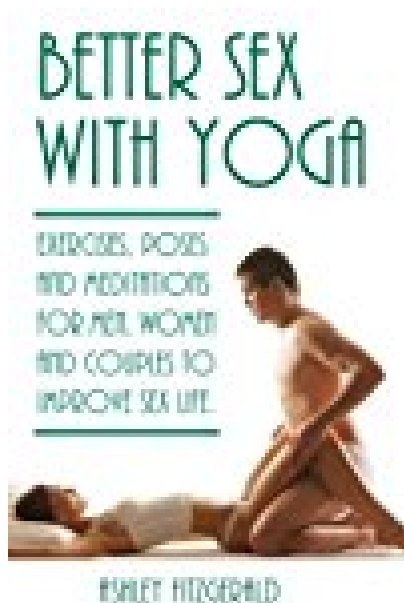


Better Sex With Yoga Exercises poses and meditations for men women and couples to improve sex life.



BOOK DETAILS

- Author : Ashley Fitzgerald
- Pages : 32 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1512116408

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BOOK SYNOPSIS

Bring the ancient practice of yoga from the mat into the bedroom—with electrifying results! There's no doubt about it: Yoga is sexy. With skimpy yoga outfits, graceful moves, deep breathing, and poses like Downward Dog, it's no wonder yoga can leave you feeling a little turned on. Now the Better Sex Through Yoga program allows you to bring that yoga-sexiness right into the bedroom—and take your sex drive to unimaginable new heights. A combination of traditional yoga poses, Pilates, and dance, along with twenty mind-blowing sex positions, Better Sex Through Yoga is guaranteed to tone up your body and turn up the heat on your lovemaking. Targeting the muscles of your sexual core to strengthen your pelvis, hips, and abdomen, the program also works the PC muscles, a little-known muscle group that prolongs and intensifies sexual pleasure. Each of the routines will increase your stamina, enhance your flexibility, and jumpstart your libido for deeper, longer, more frequent orgasms. You can try: The Honeymoon... ignites the spark and gets you in the best sexual shape of your life Hot Date Prep... leaves you feeling frisky, relaxed, and glowing as you head out the door Bedtime Bootie... fast, loose, and hot, this quickie routine revs you up before hitting the sheets Flexy Makes Sexy... opens the door for incredible new positions and heightened sexual pleasure And seven more steamy yoga sequences Soon your sex life will be sizzling and you'll be feeling more confident in the bedroom and beyond. Working out has never been this good—or satisfying!

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