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BETTER SEX WITH YOGA: Exercises, Poses And Meditations For Men, Women And Couples To Improve Sex Life. (SEX IMPROVEMENT Book 1)

BETTER SEX WITH YOGA

EXERCISES, POSES
AND MEDITATIONS
FOR MEN, WOMEN
AND COUPLES TO
IMPROVE SEX LIFE.



ASHLEY FITZGERALD



Synopsis

Discover a step by step method on how to practice Yoga in order to improve your sex life Today Only, Get This Great Kindle Book For Just \$2.99. Regularly Priced At \$4.99. This book will show you how Yoga can improve your health and sex drive as well as your sexual experience to make your life a more enjoyable one. You will learn to let go of stress, anxiety and inhibitions so you can open up to your inner energy flow which will in turn let you open up to the experience of enjoying sex. Yoga is thousands of years old and in its time has helped people to align the mind, body and spirit, find increased well-being, peace, and inner balance. It also energizes and invigorates. It can improve many aspects of life. It helps to prevent premature aging, keep the body fit, trim and free of pain and ailments. Among the physical benefits it can bring are included an increased sex drive and sexual experience. Sex is more than just the physical experience, just as Yoga is more than physical exercise. With both activities, an important and powerful mental and spiritual component is present. With sex a powerful emotional component is always present. Here is a preview of what you will learn

- Strengthen your body and your mind
- Retain ejaculation for better enjoyment
- Obtain openness and intimacy
- Increase your sexual desire
- Improve your sex drive

Are you ready to do something to improve your sex life? Download your copy today!

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Customer Reviews

Better Sex with Yoga is such a compelling book. I never looked at Yoga this way and this book has given me so much to think about. I've always been fascinated with yoga and reading books like this motivate me to pursue this desire further. What is great about this book is that it has shown how yoga can be more useful for all the other aspects of our lives--sex and helping make our relationships stronger. This is quite a book. It has discussed here how yoga can increase our sexual desire, how it can strengthen our mind and body and other things relevant to my learning and education about yoga.

It's one thing that I love Yoga and would certainly want to do it in the future and it's a great thing to know as well that you can use yoga for love making as well. It may sound impossible but this short content made me realize that it isn't. Though images should have been provided in each yoga positions, I still liked how the author tried to explain the poses, exercises and benefits both men and women can get from doing this.

A different and better way to view Yoga not only as a meditation practice but a better way to improve your sex life. The book takes you through the ways of establishing healthy habits, healthy perspectives, strength and it has Yoga poses to Improve sex for both men and Women. I think the Author just needs to help us by providing the Images of the poses in the next Edition because learning is far better with illustrations.

I didn't read the reviews before purchasing or I would have known that there wasn't enough pages to number. While the poses described are almost an exact breakdown of a yoga class I've enjoyed

before (which is why I'm keeping the book) if I had not done these poses previously the description of the poses would be unclear and confusing. Overall I'm embarrassed that I paid for the thinnest book that I have ever read.

Don't waste your money. The book is only a few pages long and only gives descriptions of some basic poses that most yoga practitioners (even beginners) would already know. The book includes no pictures beyond the cover, and unlike the cover, gives no couple poses.

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