



## **Yoga for Sex: 30 Simple Exercises for Ultimate Sexual Pleasure: [A Unique Blend of Kama Sutra and Yoga Sutra]**

*By Advait*

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**Yoga for Sex: 30 Simple Exercises for Ultimate Sexual Pleasure: [A Unique Blend of Kama Sutra and Yoga Sutra]** By Advait

**This book will transform you from a competent lover into one who can take their lover to unparalleled heights of pleasure**

The first step in making you an expert lover is to prepare your body for giving and receiving Ultimate Pleasure.

You must not only learn the tried-and-true techniques of extreme erotic pleasure, but also make your body capable of performing the proven techniques of the master seducer.

**Take Your Sexual Capabilities to the Next Level...**

**Yoga for Sex** is about how to please, pamper and thrill your partner by preparing your body for Ultimate Pleasure and Vitality.

Since you are reading this description, I'm making an assumption here: that you not only want to be on the top of your sexual game, but also care deeply and passionately about your partner.

That's Great!!!

Like any kind of project or endeavor, the more you put into sex, the more you and your lover will get out of it.

Those people who say they have strong, wonderful, passionate love lives are those that approach sex with the same determination and gusto as they do their other goals, whether those goals are about their careers or artistic pursuits. The consistent factor is focus and capability.

No matter what your age or the status of your relationship, you still need to think ahead and make a commitment to your intimacy. Your sexual relationship needs practice and concentration.

## **Discover:: 30 Simple Exercises for Ultimate Sexual Pleasure**

This book details a variety of exercises that when performed regularly will increase your sexual capabilities.

Some of the things you'll discover inside this book are:

# **Kavacha Asana for Women / Protection Exercise for Women**

# Adhara Asana / Exercise of the Nipples

# **Gandasthala Asana / Exercise of the Pelvic Floor Muscle**

# Yoni Asana

# **Sparshahin Maithun Asana / Erection without physical contact**

# Pralambit Maithun Asana / Exercise for a delayed Orgasm

# **Vyagra Asana / Exercise of the Tiger**

# Dhanu Asana / The Arch Exercise

# **Raktchaap-Bindu Asana / The Exercise of the pressure point**

# Shwaas-Uchshwaas Asana / The Exercise for Breath

# **Aalingana Asana / The exercise of Embrace**

You can give and receive Ultimate Sexual Pleasure! Just perform these exercises.

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- Sales Rank: #986773 in eBooks
- Published on: 2014-10-08
- Released on: 2014-10-08
- Format: Kindle eBook

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