



Couples Yoga for Lovers: Sensual Routines for Greater Intimacy

Mishabae

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The purchase of this eBook includes an offer for a FREE INTIMACY GUIDE DVD from our series. Yoga as a spiritual system with a physical component is fully explored in these intimate routines. Couples will find their relationships resonating with a deeper harmony by making the body flexible and strong while drawing clarity and peace into the mind and emotions. Learn about the benefits of deep breathing and explore the chakras, solo positions and romantic partner positions. These creative and sensual practices will add both tenderness and power to your relationship. Over 270 COLOR PHOTOGRAPHS (available online), artful sequencing, and easy to follow instructions will appeal to both novice and seasoned practitioner. With 20 years of experience as a yoga instructor and massage therapist, author Mishabae believes that if you take the practices in this book off the mat and into your lovemaking, the experience of great sex can be yours to share, nurture and expand upon.

INCLUDES:

- Honoring one Another
- Clearing the Head and Heart
- Building Touch and Energy
- Practicing Self-Care
- Intimate Chakra Massage
- The Healing Power of Pleasure
- How Yoga Can Improve Your Love Life
- Meditation and Breathing Techniques
- Sexual Practices for Total Well-Being
- Stimulating Special Pleasure Zones
- Romantic Flow of Sexual Postures
- Solo and Partnered Poses



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