



Intimate Yoga For Couples with 270 Color Photos & Free DVD

Mishabae

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INTIMATE YOGA FOR COUPLES: SENSUAL ROUTINES FOR GREAT SEX.

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, 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.

Regular price \$24.95.

INCLUDES FREE DVD!

SENSUAL YOGA FOR COUPLES - PRACTICAL ROUTINES FOR GREATER INTIMACY.

A regular practice of Couples Yoga can improve your quality of life by bringing renewed health to your body, deeper intimacy to your relationship, and more pleasure to your bed. Explore these creative and sensual practices that add both tenderness and power to your loving.

The Benefits of Deep Breathing

Exploring the Chakras

Solo Positions

Partner Positions

Optional Written and Verbal Instructions

Romantic Partner Poses

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