

Yoga Routine for Better Sex

This is a routine for your own yoga practice. It does not require your partner. Instead, it's meant to give you time to develop your rapport with your own body & mind. It will also develop strength and flexibility in key areas.

You'll get the best results if you practice this routine 3 – 4 times a week. If you don't have time for that, try doing little bits of the routine throughout the day, whenever you have a minute. For that, the postures that are grouped together on a line of the page make great mini-routines.

Of course, this doesn't mean you can't enlist your partner's help!

Bumping It Up

Consider practicing in the nude. If you're not used to it, this can be distracting at first, but, over time it can make you feel much more 'at home' in your body. This feeling of naturalness while naked will transfer into more freedom and comfortableness in the bedroom.

Consider letting your partner watch you do your routine sometimes. It'll keep your practice from getting boring and it will peak their interest in doing yoga, (and in doing other things!) This can be especially enticing if it's done with the understanding that it's 'look but don't touch!'

Encouragement

Don't worry about how your body looks. We all have lumps and bumps where we wish there weren't any, and we're all missing curves and bumps where we wish there were some! Your partner is not going to care! They'll love the chance to enjoy your workouts! They'll love that you're doing more and more to make your love life great!

If you're doing your yoga and start feeling unhappy about the way you look, simply notice the feeling, take a nice, slow breath in and go back to paying attention to the stretch and to your breathing.

How to Get the Most out of the Following Routine

- Notice how your body relaxes as you breathe out, which will allow you to stretch a little farther. Do not stretch so much that you feel burning or pain. If you feel like your body has hit a concrete wall, then you're at your limit. When you get to that point, simply breathe and feel your body relaxing for a couple more breaths, then let the posture go.
- Relax completely in between repetitions, feeling your muscles letting go of the stretch, feeling them relaxing.

The full routine will take about an hour.

See the website, www.audioyoga.com, for modifications and tips.

Self Practice to Build Strength & Flexibility for Better Sex

1. Abdominal Lifts

This is to build strong abdominals, help support your back and spine so it will be more flexible. It will improve your breathing and tone your belly.



2. Alternating with Simple Side Bend

- This will help warm up your breathing muscles. Better breathing = more energy and vitality!
- It also helps you with twisting movements.



Do 3 rounds of Abdominal lifts alternating with Simple Side Bend.

Take your time with each posture.

Alternate these three movements in a mini-sequence:

3. Supported Back Bend

4. Forward Bend with Chest Expansion

5. Hug (Once with each arm on top)

Do 3 rounds.



6. Optional - Sun Salutations

2 or more rounds.

Do this at your own level of ability.

7. Lie down for the Breathing Exercise

Abdominal Breathing 1 – 3 minutes



8. Meditation

Continue to lie quietly. Notice your breath as it comes and goes. Feel it opening up your body as you breathe in. Follow your breathe out into the room as you breathe out.

If you have a tendency to fall asleep, do this with your eyes open and relaxed.



9. Pelvic Push & Lift

With each round, do the push first and then go straight into the lift. Do three rounds.



10. & 11. (For Women) Reclining Butterfly alternating with Thigh Master

For each round, lie in reclining butterfly for 6 – 20 breaths, then do one thigh master stretch. Do 3 rounds



Do 3 rounds



12. & 13.

Happy Baby (Passive version) alternating with Side to Sides

For each round, lie in Happy Baby for 6 – 20 breaths, then do 3 – 5 Side to Sides. Do 3 rounds.



14. Spider 1 & 2
3 rounds,
alternating sides.



15. Cobra/Upward Dog
alternating with **Puppy**
3 – 5 rounds



16. Back Bend 2 or 3
alternating with **Puppy**
Do 3 rounds.



17. & 18. Lion alternating with Neck Rolls

(Maybe leave the Lion for when your partner isn't around! It's hard to do when you're both laughing!)

Do 3 rounds. For each round, do the Lion to the fullest extent that you are able. Then do 1 – 3 Neck Rolls going clockwise, and then 1 – 3 Neck Rolls going counter-clockwise.

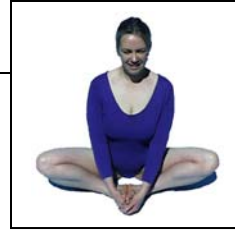


19. Twist
at whatever level you
are able to practice it.

3 times each side,
alternating sides.

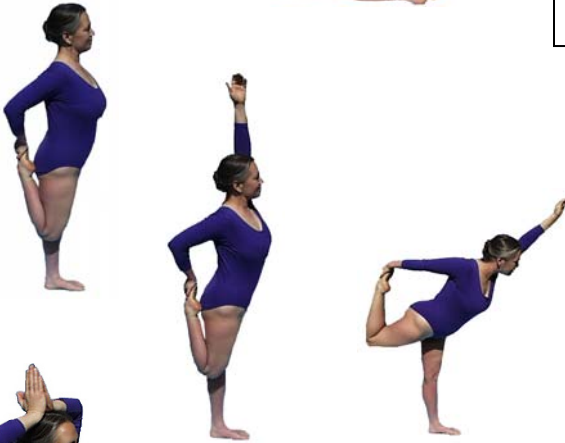


20. For Men
Cobler / Butterfly
Do 3 rounds.



21. Balance Posture
at whatever level you
are able to practice it.

Do 3 times each side
alternating sides.



OR 21.
(Alternative
Choice)

Dancer's Posture
at whatever level
you are able to
practice it.



22. Close With
Step-by-step Relaxation
(To end up feeling relaxed)



or
Skiers Pose
(To end up feeling energized)

