

## Intimate Yoga for Couples Sensual Routines for Great Sex

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## Reviews

*This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book. (Ms. Ora Buckridge)* 

## INTIMATE YOGA FOR COUPLES SENSUAL ROUTINES FOR GREAT SEX



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1 to 1 Publishers. Paperback. Condition: New. 162 pages. Dimensions: 9.9in. x 7.8in. x 0.6in.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. 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. 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 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. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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