



slow sex - faire l'amour en conscience

By Richardson, Diana

ALMASTA, 2013. Paperback. Condition: NEUF. La sexualité douce. une sexualité au service de l'amour. Ce livre offre aux couples un guide précis les invitant à faire l'amour autrement et à laisser leur sexualité évoluer vers l'union méditative et aimante de deux énergies complémentaires. Il révèle le pouvoir de guérison de la sexualité douce. La sexualité conventionnelle, orientée vers l'orgasme, peut certes apporter une satisfaction momentanée. mais à la longue, elle peut devenir mécanique et ennuyeuse, ce qui peut expliquer que de nombreux couples se désintéressent de la sexualité et ne prennent plus le temps de faire l'amour. Pour aller vers une satisfaction plus profonde ou redonner vie à une sexualité déclinante, Diana Richardson invite ici les couples à vivre l'acte sexuel avec plus de conscience. Ralentir, mettre l'accent sur l'écoute des sensations, la présence à la respiration, le contact visuel, En lâchant l'idée d'un but à atteindre. La pratique de la sexualité douce éveille ainsi les mécanismes innés du corps conduisant à l'extase, et donne accès à un univers précieux de sensibilité, de sensualité et de présence. Au fil des pages, vous découvrirez comment la sexualité en conscience augmente la sensibilité et la vitalité sexuelle, et comment, par sa capacité à restaurer et à générer l'amour, elle est une sexualité...



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