



# HOW TO IMPROVE YOUR **SEXUAL** LIFE



**Know How  
Yoga Can  
Amazingly  
Improve  
Your  
Sexual Life**







The benefits of Yoga are a no brainer. They range from improving the mind-body connection, weight loss or gain, improving body posture, stretching muscles, relaxing your senses and inculcating positive mindset.

Furthermore, there is one more surprising benefit which comes in the form of a boost to your sexual life.

Yes, you read that  
right! Apart from being  
an ancient art of  
keeping your body  
balanced, Yoga helps  
you with a mind-  
blowing sex too.

After all, yoga is all  
about gaining energies  
and thus it pumps up  
the sex desire in you.

# **Let's discover the Yoga's deeper relation with sex drive:**

Yoga and sex have quite a good relation, even if that is not a much talked about topic. Yoga helps increase blood flow to the genital area and leaves a direct impact on your sex drive. According to Ekhart Yoga, the Yoga practice helps get rid of body toxins which hinder your sex performance.

Moreover, the diet  
you follow pertaining  
to the practice of  
yoga also helps you  
gain a better sex life  
with your partner.

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# **Body Flexibility**

If you do regular Yoga, you might know that every Yoga asana targets one or multiple of your muscles. Few Yoga asanas even require all of your muscles to stretch and move. The stretching helps you to enhance the flexibility of your body. So, more flexible your body is, the more you can perform between the sheets.



There is no denial; sex is all about experimenting new moves and yoga gives you enough thrust to try all of them.

## **Improved Satisfaction**

Have you heard about kegal exercise? These are the exercises solely meant for genital area and the standing Yoga asana even give the benefits of kegal exercise, apart from stretching your whole body.

Consequently, it results  
in giving you much  
stronger orgasms. So  
that's one of the many  
incentives you come  
across.

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## **Gets pelvis in action**

Yoga not only renders the benefits of kegal exercise but also strengthens your pelvic muscles. The pelvic muscles help in making the sex more vigorous. There are various Yoga exercises that work to make your pelvic floor tight and strong. Consequently, it helps women in getting great orgasm



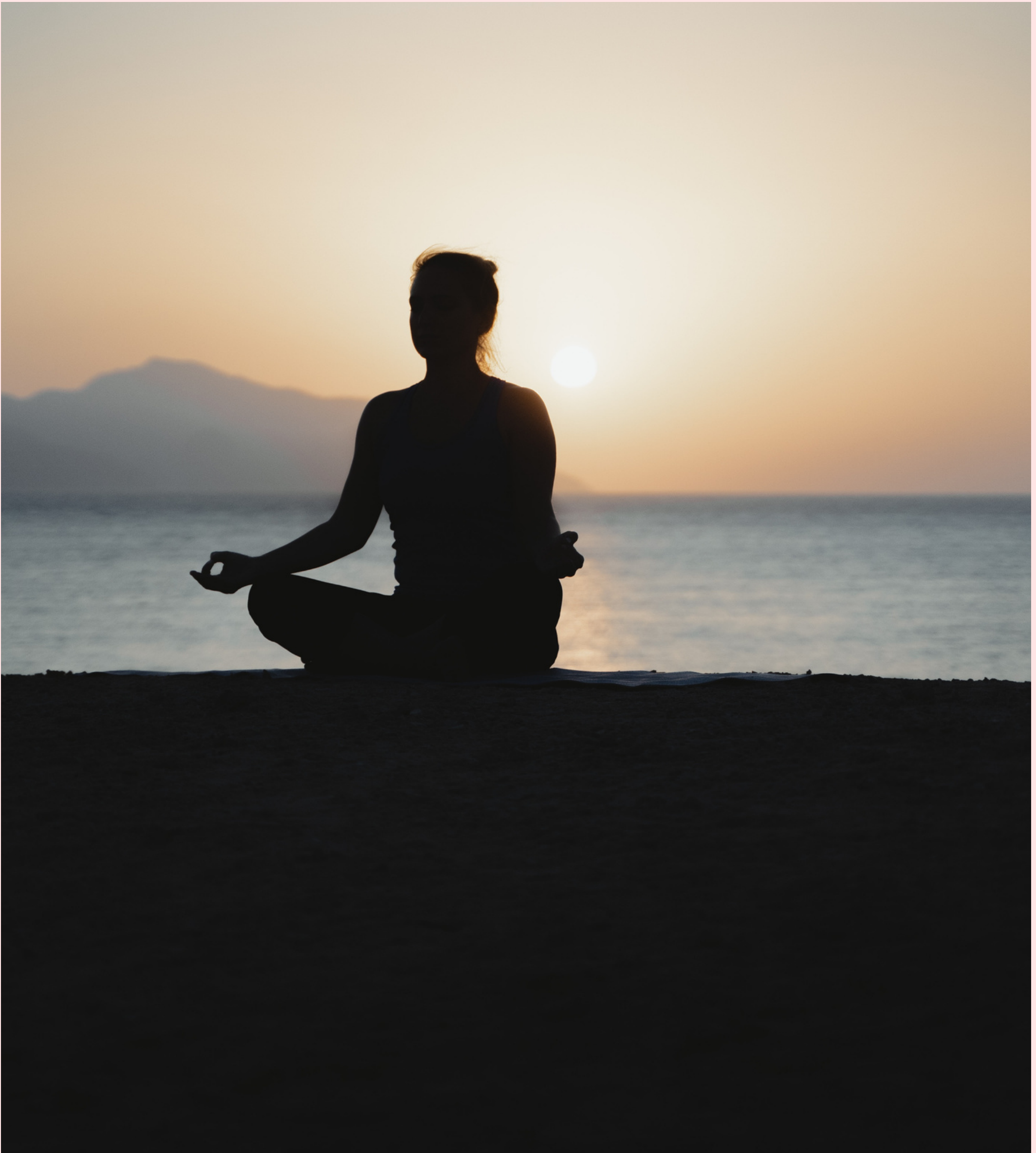




# **Increases the blood flow**

Yoga increases the blood flow in your veins and organs of your body. And this blood flow increase revives your lost desire for sex.

The rise in blood flow rejuvenates your body from within giving you a glowing skin and healthy mind. So, go for Yoga and let your sex drive shoot up



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## **Smarter Sex Positions**

Did you know that certain yogic poses can double up as splendid sex positions that can help deeper penetration and make up for the missing wow factor in your sexual life?

Certain sex positions such as standing straddle forward bend, three legged dog pose, bridge pose, and more are classic examples of body positions that are popular during yoga practice.

## **Focused Sex**

Imagine a picture: you are in the middle of making love with your partner



indulging in an amazing sex session, and suddenly a thought of an incomplete business deal hits you.

Does this sound familiar?

If yes, then Yoga is the key for you.

Yoga meditation increases your concentration during the sex by curbing any ruminating thought kill your sex drive in the moment.

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