



Yoga: Top 10 Yoga Poses To Help Improve Your Sex Life (Yoga To Boost Sex Drive, Pictures of Yoga Poses)

Jennifer Anderson

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Discover The Top 10 Yoga Poses That Will Improve Your Sex Life

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Today only, get this Kindle book for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

This book introduces ten different yoga poses that will help improve your sex life. Throughout history, these poses have been found in ancient texts and teachings by gurus to have positive effects on a person's libido and overall sexuality. They not only help you to become physically stronger to enjoy the rigors of intimacy, but they aid in bringing you and your partner into a harmonious state of mind and body. Through these poses, you will be able to activate the sacral chakra, which is the seat of passion and desire in the body, helping you to not only perform better but to also reach that divine experience that sex can offer. Doing so can also improve other aspects of your life as you will achieve perfect balance among your chakras.

What You Will Learn From This Book

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- Learn How To Activate The Sacral Chakra
- Increase Your Sexual Desire
- Boost Your Sex Drive
- 10 Yoga Poses Proven To Improve Your Sex Life
- Strengthen Your Mind And Body
- Strengthen And Lengthen Muscles While Improving Stamina
- Create A Better Bond With Your Partner

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