



# Intimate Yoga for Couples

*Mishabae*

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## **Intimate Yoga for Couples** Mishabae

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 Black & White 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.

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#### **Lisa Robinson:**

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A lot of people said that they feel bored when they reading a book. They are directly felt this when they get a half regions of the book. You can choose typically the book Intimate Yoga for Couples to make your personal reading is interesting. Your own personal skill of reading skill is developing when you similar to reading. Try to choose straightforward book to make you enjoy you just read it and mingle the sensation about book and examining especially. It is to be first opinion for you to like to start a book and examine it. Beside that the book Intimate Yoga for Couples can to be your brand-new friend when you're experience alone and confuse in what must you're doing of this time.

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