

Yogis have better sex

January 14, 9:43 AM · 1 comment

Source: Yoga Journal

If all that talk of better flexibility, balance and strength aren't enough, task yourself with trying out yoga - or sticking to it more diligently in 2009 - for the sake of better sex.

According to a recent review article in the Dec. 3 issue of The Journal of Sexual Medicine, sexually unsatisfied women who practiced the Eastern techniques of mindfulness and yoga reported improvements in levels of arousal and desire, as well as better orgasms. In addition, yoga has been found to effectively treat premature ejaculation in men.

The theory is not new. We've all heard of the Karma Sutra, the ancient Indian text that's been mass marketed and perhaps deemed gimmicky after one too many novelty books. But the real essence of it focuses on sex as a divine, sacred act (aside from offering suggestions for achieving such a union through unique positions). And Tantra (Sanskrit for "expand" or "tools for expansion", or Tantric Sex also dates back several centuries.

Information about the topic seems to be growing, however, and this study published by the Journal of Sexual Medicine puts some actual science behind it. So if you've already managed to forget about your well-intentioned new years resolutions, perhaps you can take this on instead. What's more interesting to discuss with your friends, anyway?

Source: MSNBC

<http://www.examiner.com/x-1662-Boston-Yoga-Examiner~y2009m1d14-Yogis-have-better-sex>