

Sex, intimacy, and couples yoga: priceless

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from Australian Women's Health

Sex and yoga make for a compatible relationship. Right now when the news tells us that sex is going by way of the economy -- downhill -- it is time to take back intimacy.

Dan Doorfman of the Huntington Post said recently "This bleak turn of events on an integral part of everyday life is what I get from a cross-section of sex therapists and psychologists who relate today's bevy of economic horrors--such as a sagging economy, massive numbers of layoffs or fears of job losses, a big drop in the stock market and declining home values--to mounting sexual problems." Its the bedroom not the boardroom

What can you do about it? Become creatively provocative

Here are some very graphic yoga for couples poses. Remember these are for couples so it is probably up to the women to entice their men to relax about money and embrace an old notion, "The best things in life are free." Yoga/ partner sex poses

Couples yoga

A recent article in The Journal of Sexual Medicine found that yoga helped both men and women especially those who practiced the Eastern techniques of mindfulness. The researchers say it helped women with arousal and desire and for men it helped prevent premature ejaculation. Msnbc.msn.com

This article from Australian Women's Health pretty much says that "Loose women make better lovers." Better sex with yoga

Happiness: RitaE

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