

Five Steamy Ways Yoga Can Improve Your Sex Life

The majority of yogi's would probably agree with the idea of sex and yoga going together like the icing on top of a cake; how good it is depends on the recipe and of course most importantly the bakers. People often tend to mentally identify the topic of yoga and sex with the image of two bodies doing erotic and crazy positions. Who can blame them? With claims of tantric sex being able to intensify and create multiple orgasms it's almost impossible for anyone not to be a believer. Now, I cannot guarantee you several orgasms in a row, but I can share five ways on how yoga can improve your sex life in the boom-boom room.

1. Let's Get Flexible

The act of sex itself is very stimulating, but we must not forget that sex is also a strenuous physical activity that can require a little stretching. Flexibility can play a key integral role in achieving a hot and steamy sex position that takes you down that orgasmic yellow brick road. Doing yoga can essentially increase your bodies flexibility with poses such as downward dog, camel pose, and goddess pose (with eagle arms if you're kinky like that). The ability to be able to do a lunge or touch your toes can determine the goodness of your late night nookie. Yoga classes mainly focus on lengthening and strengthening the body muscles, which in the long run allows you the ability to choose from a variety of flexible positions.



Image source: Laughing River Yoga Studio

2. Anxiety Be Gone!

Yoga has always been associated with and holds a symbiotic relationship to meditation. Most yoga classes mainly focus on meditation that is intended to quiet the mind and embrace the silence. Meditative practice is known to relax the mind and release any negative vibes that may be causing anxiety or stress. A lot of people suffer from sexual anxiety or are simply just too stressed out from work to engage in enjoying sex. Taking a few yoga classes may help release negative feelings while lowering your stress levels, which can only positively result in a happy partner ready and willing for amazing sex.



Image source: Thinkstock

3. Become The Kegel Queen

A daily yoga regimen incorporates the practicing of a number of poses. You may not know it, but these poses exercise the mula bandha. Balancing poses such as the warrior poses and the goddess pose with eagle arms gets you use to supporting your own body weight, while also contracting your urination muscles therefore strengthening your kegels, and intensifying your orgasim.



Image source: Robert Sturman

4. Orgasmic Odysse

In addition to the mula bandha practices yoga has been known to greatly stimulate the mind. The mind cause our bodies to react to whatever may seem attractive to us, and that attraction comes from our brain waves. These brain waves play a big part increasing our horniness and drive to pursue sexual pleasure. The practicing of yoga and its meditative aspect allows the mind to become quiet and relaxes the body which increases the chances of having a out of this world orgasmic experience. Practicing yoga teaches the mind and body to connect as one for deeper physical and mental experience. I have yet to master this art, but I definitely believe it's possible.



Image source: Robert Sturman

5. Partner Up

Try Yoga as couple, and imagine how great sex can be after a piping hot Bikram class. Although both sexual partners don't have to be participants of yoga it'd be great as bonding experiencing, and it could possibly elevate both individuals sex drive. Not bad right? It's a win

win situation. How I see it, ain't no fun if the homies can't have none.



Image source: Marita and Chris at <http://contactyoga.ca/>