



The Jade Egg: Dynamic Pelvic Floor Exercises and Vaginal Weight Lifting Techniques for Women (Paperback)

By Lara Eardley

Sexy Yoga, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this book has been written for women wanting to learn exercises that create superior internal strength. It is for women desiring true embodiment and a holistic internal exercise program that leads to exceptional control, even mastery, over their pelvic floor muscles (the love muscles). These practices are for creating superior sexual fitness, satisfaction and increased libido in women. These exercises ensure a life of continence. They greatly assist the prevention and cure of incontinence, pelvic organ prolapse and unsatisfying sex. In this book, you will find numerous techniques that provide a terrific workout for all your amazing pelvic floor muscles. I have written this manuscript for practices that use The Jade Egg (internal weights); however, a woman can achieve formidable strength and tone by practicing these exercises alone. I have structured it with the exercises themselves at the front so that they can be mastered first in order to use The Jade Egg effectively later on. All of the exercises should be mastered independently. Every squeeze one makes, every flex, contraction and pulse one completes pumps oxygenated blood into the muscles, fascia, ligaments,...



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