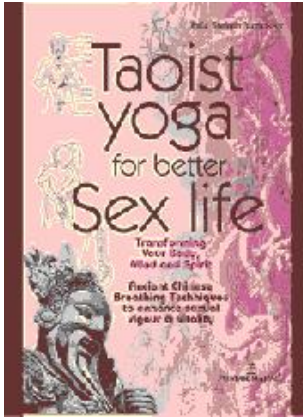




Taoist Yoga For Better Sex Life



Author: Eric Steven Yudelove

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The Tao is a Chinese expression that literally means the way—^Âor in other words the source of all created beings, living and non-living.

And in Taoist yoga the way is shown to attain heightened physical, mental and sexual energy through Internal Alchemy- which means gathering the energies from the five major internal organs-- heart, lungs, kidneys, liver and spleen-- harmonizing it and changing from the negative to positive.

The content is divided into 14-week practice sessions,with each week offering well-defined and explained exercises and promising specific results.

Highlights:

- *Testicle and Ovarian breathing
- *Hair breathing; Stilling the mind
- *Breathing into the waist
- *Turning the Yin-Yang Water Wheel
- *Connecting the senses and the organs
- *Sexual energy massage for men and women
- *Activating the internal fires

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