



# Intimate Yoga for Couples

*By Mishabae*



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## Intimate Yoga for Couples By Mishabae

Yoga as a spiritual system with a physical component is fully explored in these intimate routines. Couples will find their relationships resonating with a deeper harmony by making the body flexible and strong while drawing clarity and peace into the mind and emotions. A regular practice of Couples Yoga can improve your quality of life by bringing renewed health to your body, deeper intimacy to your relationship, and more pleasure to your bed. Learn about the benefits of deep breathing and explore the chakras, solo positions and romantic partner positions. These creative and sensual practices will add both tenderness and power to your relationship. Over 270 Black & White photographs, artful sequencing and easy to follow instructions will appeal to both novice and seasoned practitioner. With 20 years of experience as a yoga instructor and massage therapist, author Mishabae believes that if you take the practices in this book off the mat and into your lovemaking, the experience of great sex can be yours to share, nurture and expand upon.



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## Intimate Yoga for Couples By Mishabae Bibliography

- Sales Rank: #1441846 in Books
- Brand: Brand: 1 to 1 Publishers
- Published on: 2010-11-01
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .35" w x 7.99" l, .75 pounds
- Binding: Paperback
- 164 pages

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### Editorial Review

#### About the Author

Mishabae is the author of the book "The Joy of Partner Yoga" and the DVD "Together: The Art of Partnered Yoga." A yoga instructor and massage therapist with 20 years of experience, her passion for developing practices that bring couples together into healthy, healing relationships is evident in the body of her work. She teaches classes and has a private practice in Bainbridge Island, Washington and holds workshops internationally.

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Reading can called mind hangout, why? Because while you are reading a book especially book entitled Intimate Yoga for Couples your brain will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely can be your mind friends. Imaging every single word written in a book then become one form conclusion and explanation in which maybe you never get just before. The Intimate Yoga for Couples giving you another experience more than blown away the mind but also giving you useful facts for your better life in this particular era. So now let us present to you the relaxing pattern here is your body and mind are going to be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

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