

# Cosmic Yogi Steve - Pranayama for Sexual Health & Well Being, Increased Libido

Yoga is a very ancient science, at the core of which lies the well-being of the body and soul, it cleanses the mind, repairs the body and liberates the soul, if done properly. When the body and mind are healthy, it is only natural that all processes concerned with them should also benefit. Sex is a union of the body and mind, and yoga can enhance that experience. Medical experts now accept the power of yoga to improve insipid and sluggish sex lives. A person's sexual well-being is inseparable from his overall vitality.

Many yoga asanas regulate the endocrine system, which we all know produces various hormones critical to optimum sexual functioning. Exercises such as pranayams like bhambri pranayam and anulom-vilom perk up the endocrine organs. Vajroli and ashwini mudras increase blood flow to the genitals, which improves both erectile and orgasmic responses.

## Proof Content

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|  | 3. Sacral chakra (Swadishthan) Meditation - Opening and Energizing the Sex Chakra |  ... | 168.4 MB |
|  | 2. Pranayama Practice                                                             |  ... | 1.1 GB   |
|  | 1. Introduction                                                                   |  ... | 117 MB   |