



Secrets for Male Strength & Stamina in the Bedroom

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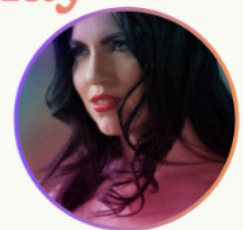
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How To Unlock Your Magnetic Masculine Power - Masterclass Replay

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Are you having trouble feeling the sexual spark?

Are you struggling with erectile dysfunction? It's frustrating when you can't seem to feel that spark of arousal and satisfaction in bed due to physical limitations.

But before you turn to quick-fix pills or treatments, consider the power of your diet.

Switching to a whole-food, plant-based nutrition approach can not only enhance your pleasure but also promote longevity while potentially saving you from hefty medical expenses in the future.

Sure, we all know vegetables are vital for health, but here's a surprising secret for enhancing your sexual vitality... NUTS.

Unlock the potential of your diet for a fulfilling sex life and overall wellness.

Let's dive into an insightful excerpt from the renowned [book 'How Not to Die' by Dr. Michael Greger, MD, and Gene Stone](#): (this book is free to read on Kindle Unlimited)

According to the book, the impact of diet on sexual health extends beyond just men. "Women with higher cholesterol levels report significantly lower arousal, climax, lubrication, and sexual satisfaction... We learned from Harvard Nurses' health study that eating just two handfuls of nuts weekly may extend a woman's life as much as jogging four hours a week."

Brazil nuts, in particular, offer exceptional benefits. As highlighted in 'How Not To Die', a study conducted in Brazil revealed that a single meal containing one to eight Brazil nuts led to immediate improvements in cholesterol levels compared to those who didn't consume any nuts at all. However, it's crucial to note that while Brazil nuts are rich in selenium—an essential mineral—excessive consumption, particularly more than four nuts daily, may surpass the recommended daily limit for selenium intake.

Additionally, the book introduces a helpful 'Daily Dozen' checklist, outlining essential foods to incorporate into your daily diet. Whether you have the book or not, you can access [Dr. Greger's 'Daily Dozen' app for free](#)!

So, if you're seeking to enhance your performance in bed, consider nourishing your sex life with wholesome foods. Your body serves as the vessel for experiencing unparalleled pleasure, and fine-tuning it through nutrition is key to unlocking its full potential!

It's crazy what our bodies can do if we take care of them!

Studies show that athletes who ate plant-based rather than meat-based meals had dramatically stronger, longer, and more frequent erections.

When you're adding more plant-based foods into your diet, your system is more alive and clear. This does not mean you have to cut out meat from your diet entirely, but be sure to add in more foods from the graph on the right.



Mind-Blowing Sex Begins with a Meditative Mind (Sexual Superpowers!)

Another POWERFUL way to improve your sex life is by...you guessed it, meditating.

Your brain is your largest sex organ. The more you can be in a meditative state of mind, the longer you can last in bed. Dickstractions during sex are common and can weaken your levels of intimacy with your partner. If you don't have a meditative mindset, the monkey mind will wander and take you away from the present moment. Women are very intuitive, so they know when you're not fully present and that can negatively impact the intensity of lovemaking. When you know how to have full presence with yourself and you're not worrying about the past or future, your presence is felt and appreciated by your lover, and sex will be more enjoyable.

One of the best ways to amplify a meditative mind is through breathwork. In addition to calming & balancing the nervous system, and loads of other benefits, breathwork also helps to increase blood flow and oxygenation to your sex organs & tissues, improving erections and making you last longer.

When you drop in with yourself through the breath and meditative mind, you can drop in more with your partner and increase your intimacy.

Check out this private video tutorial [here](#) on how to do the Breath of Fire and PC Squeezes for ultimate arousal! I began learning meditation with Headspace (pun intended) & you can begin for [FREE here!](#)

During sex, it's rare that men are deeply present & connected to their lover. Meditation helps you be more present & if you can do this in bed, you will blow your lover's mind! It will be an unforgettable experience.

A Note on Porn & Your Erections

Society has received a lot of conditioning from porn. Often, men will think about a fantasy from their favorite scene OR they can be distracting themselves in an attempt to last longer by thinking of math equations, etc, and not be connected with their partner. As I shared before, women are intuitive and can sense when you're disconnected, which creates resentment and can even make them pull away from you.

A woman does not want to feel like you're just masturbating inside of her and doing your own thing. She wants to feel you're fully present & focused on sharing pleasure and building a deeper connection. Trust me, you will be rewarded if you can be present in the bedroom. (Remember, use your breath!)

Studies show that even men in their 20s are experiencing erectile dysfunction due to watching porn. The neuroplasticity in our brain gets conditioned to seeing so much stimulation, that by the time you engage in partnered sex, it can negatively impact your erection. Watch [this video](#) to learn more specifically about how porn impacts erections & what you can do to have better sex.

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The Truth About Sexual Kung Fu

In my [1-1 Elite coaching & men's group coaching programs](#), I teach men how to overcome ED/PE & separate their orgasm from ejaculation so they can be multi-orgasmic and last longer in bed. This can take 6 months to a year to master with the guidance of a Tantra coach. (My clients are even seeing results in their solo practices within 6 weeks to 3 months.) The most important thing is to master this skill on your own first. Practicing on your partner before you've personally mastered it can be a huge turn-off, as the sex may feel clinical and you will be more "in your head" than present with your lover.

Some think they're saving money by figuring out these techniques on their own but the real cost is time & frustration, giving up, or even creating challenges in your relationship.

If you want to master this sexual Kung Fu at the highest level with peak performance, reading a book doesn't cut it. You have to EMBODY it.

Picture this: Someone wants to learn how to swim, so they read a book on how to do it. After reading the book, logically in their mind they think they understand how to swim, but if they don't have a coach or lifeguard, once they hop in the water they'll quickly find out that just because their logical mind knows how to do it, their body doesn't and they may sink. If you don't know the STROKES and haven't learned how to embody a solid mind-body connection, just reading about it isn't going to cut it. You'll be like a fish

swimming in circles—frustrated and wasting time. Tantra isn't a theory to just absorb; it's all about hands-on practices. You need someone to show you the ropes, so you can feel it in your body, not just in your head.

Get on my [Men's Group Coaching Waitlist here](#) or [apply for 1:1 Elite Coaching here](#). OR book a [single session to identify your intimacy or cock blocks here](#). All levels of support so you can begin experiencing epic self-mastery in the bedroom & beyond!

[Here's the details and testimonials from my Empowered Men's Group.](#)

You can earn more money but you can't earn more time back. (AND, you can gain time by using these practices and add longevity to your life!)

Coaching compresses time & shortens the learning curve by providing you with invaluable skills & personalized breakthroughs to integrate into your specific situation. You can lose a lot of time going the 'cheap route' when you don't invest in yourself and don't know what you're doing.

What is it costing you & your relationships to stay stuck in these challenges?

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Alexa, cue Marvin Gaye "Sexual Healing"

When we were younger, we weren't educated on the full potential of what our bodies can do and so of course we go to look at porn to figure things out. There is no shame in that! But with Tantra you become aware of your potential to have stamina for hours, to have multiple & full body orgasms, and non ejaculatory orgasms, and to even be empowered and increase your creativity & success.

Napoleon Hill's Think and Grow Rich talks about sexual transmutation in chapter 11. Published in the 1930's, you can imagine how edgy this was for the era. This timeless information is key to being sucseXful. I share more about this in this [video](#).

Learning how to have more presence and connecting deeply with yourself will help you be the best lover. Sex gets lost in being performative and missing the deep connection and intimacy that is available to you and your lover.

Tantra is about connection, love and mind-blowing pleasure.

Sexercises

Just like women, men should strengthen their pelvic floor muscles by using kegels & PC squeezes. I have a PC exercise worksheet you can explore [here](#). Also, this Breath of Fire video includes a PC exercise tutorial [here](#).

These sexercises will strengthen your erections & increase blood flow, which greatly

benefits the health of your pelvic floor muscles as you age so you don't have a weak pelvic floor (leaking urine and stool).

The pelvic floor has many layers of muscles, and they need to be worked out just like any other muscle group in your body for optimal health and function.

Resources

As a Nurse, Certified Master Coach (trauma-informed), Sexpert & Tantra Educator, I'm forever curious about the human mind/body/soul & always continuing to learn.

When I work with my one-on-one clients to catapult them into a life of more success & pleasure, I recommend books, nutrition tips, and much more from a holistic, 360-degree point of view to help with peak performance in and outside of the bedroom. How we show up in the bedroom is how we show up in the boardroom & the ZOOM room! Because how we do ONE thing is how we do everything!



Below are some resources that will help empower you now at this moment!

If you're interested in learning more, [apply for a complimentary Discovery Call](#) & I'll guide you to discover the magic & possibility within you! Serious inquiries only & for those interested in being coached by me.

[Tantra for Men: What is Tantra & It's Benefits | Testimonials](#)

[Tantra for Men: Longer Erections, Better Sex \(Even at 60\)](#)

[Does **Size** Really Matter?](#)

[Rewire Your Brain for Better Sex & Last Longer in Bed](#)

[Nervous System Secrets To Turn On Your Lover](#)

[How Porn Impacts Erections, Sex & Intimacy](#)

[**Spotify Playlilst of Podcasts I'm a Guest On!**](#)

[**Yes Tantra Blog - uncensored SEX tips!**](#)

Instagram closed my @YesTantra page & you can find me [here via @YesDVita](#)

Masterclass Replays

If you want more information, check out my [Female Orgasm Masterclass Replay](#) that helps men & women understand the 9+ types of female Orgasms (plus oral S3X Tips)! This class is great for learning the anatomy of female pleasure and how to be a better lover. You can get the recording [here](#) and watch it today.

Unlock lasting power and strength in bed with our [Male Stamina Masterclass Replay](#), featuring Tantric practices for enhanced endurance. Learn proven techniques to elevate your performance and satisfaction, now available for on-demand access.

Learn Tantra to enhance your love life. Prioritize self-love; becoming your best lover attracts superior partners & experiences effortlessly.

I have a [“Awaken Your Inner Lover; Tantric Self-Love in 12 Days” E-book](#) you can download and get started on right away. You’ll have amazing results from the exercises and increase your confidence in all areas of life from relationships to business to personal joy.

If you feel like you’re ready to dive into some intense one-on-one coaching I have limited spots available and you can request a [Complimentary Discovery Call](#) with me by filling out this application [here](#). You will learn life-changing information that will benefit you (and your partner) throughout your lifespan.

All of my programs & resources for men can be found [here](#). You can get on the waitlist for my next men’s group coaching [here](#).

We’re creating more content like this on YouTube, so be sure you [subscribe](#) & hit the notification bell so you don’t miss any future videos! Some steamy information will be heading your way.

I hope you enjoy this information. Feel free to reach out with any questions at hello@yestantra.com.

P.S. If you want to dive deeper, please be sure to check out the [Male Stamina Masterclass here](#).

Blissings & Blessings,
Dominique D’Vita

