



Seven Yoga Poses to Help Enhance Your Sex Drive

You know that yoga is good for you. But did you know that yoga is sexy too? All of the yoga poses in this guide either benefit your sex drive directly or through relieving the stress and anxiety that can impede your sexual health.

Start today: Even if you're a beginner, you can work your way up to mastering these poses. Start by taking ten minutes of your day to give one or two of these poses a try. If you are a beginner, pick one of the easier poses like the bridge pose or triangle pose.

Do this every day for a week, then try some new poses. Make sure to breathe steadily throughout each pose. Even if you only have ten minutes to give, the goal is to start a new healthy habit.

Yoga is an easy way to enhance your health and your sex drive in just minutes a day!

1. Camel pose (Ustrasana)

This pose works to strengthen your back. It's also an intimacy pose - it helps open you up to yourself and others.

Camel Pose Steps:

- Kneel on the floor in a relaxed manner
- Inhale as you stretch to lean back, grasping your heels (or your lower back if you're a beginner) one hand at a time
- Exhale as you lean your head back
- Breathe steadily and hold for 30 - 60 seconds
- Exhale and come back up to a kneeling pose



2. Triangle pose (Trikonasana)

This pose opens up all your sexual chakras and helps relieve stress and anxiety.

Triangle Pose Steps:

- ❑ Stand with your legs spread wide apart, breathing steadily
- ❑ Stretch your arms out from your sides
- ❑ Turn your right foot so that it's at a 90 degree angle, and move your left foot slightly to the right
- ❑ Tilt your body to the right and rest your right hand on your shin (or the floor if you're more advanced)
- ❑ Reach your left hand straight above your head, then tilt your head to you're looking up toward your left hand
- ❑ Hold this pose for 30-60 seconds, breathing steadily
- ❑ Inhale to come up to a standing position
- ❑ Repeat on the other side of your body



3. Bridge pose (Setu Bandha)

This pose aids with symptoms of menopause and PMS. It also helps relieve pent-up stress and emotion, leaving you in a better place for being open to intimacy.

Bridge Pose Steps:

- ❑ Lie on your back with your knees bent
- ❑ Exhale and lift your hips, but keep your shoulders planted firmly on the ground
- ❑ Clasp your hands together beneath you and hold for 30-60 seconds, breathing steadily
- ❑ Exhale and release your body back down to the ground



4. Plow pose (Halasana)

This pose focuses directly on the pelvis and brings strength and vitality to your sexual organs.

Plow Pose Steps:

- Lie on your back with your arms at your sides
- Bring your legs straight up, then exhale to bring them over your head
- Try to keep your legs straight as you bring your toes down to touch the floor
- Keep your head relaxed instead of pulling your chin into your chest
- Hold this pose for 60 seconds
- Exhale and gently roll out of the pose



5. Fish pose (Matsyasana)

This pose is great for your respiratory system, and it helps fight against the fatigue that gets in the way of your sexual energy!

Fish Pose Steps:

- Lie on your back with your arms at your sides
- Inhale as you lift your pelvis and slide your hands, palms down, underneath your butt
- Exhale and rest your butt on your hands
- Inhale to lift your shoulders up and exhale as you let your head back to rest on the floor
- Hold for 30 seconds, breathing steadily
- Exhale and release your head and torso back down to the floor



6. Eagle pose (Garudasana)

This pose is good for balance, and it helps cleanse toxins from your sexual organs.

Eagle Pose Steps:

- ❑ Stand straight with your feet together and your arms at your sides
- ❑ Inhale, bringing your arms up above your head
- ❑ Exhale, bringing your arms down to your chest
- ❑ Cross your right arm under your left and clasp your hands together
- ❑ With your knees bent, cross your right leg over your left knee and wrap your foot around your left ankle
- ❑ Hold pose for 30 seconds, breathing steadily
- ❑ Repeat with your arms and legs in the reverse position



7. Crow pose (Bakasana)

This pose strengthens your arms, wrists, and abdominal muscles (and does wonders for your sexual organs).

Crow Pose Steps:

- ❑ Squat down with your feet close together and your knees spread a little wider than your hips
- ❑ Lean forward onto the palms of your hands, keeping your elbows slightly bent
- ❑ Bring your inner thighs into your torso and your shins into your armpits, then slide your upper arms down your shins
- ❑ Lift up onto the balls of your feet and lean forward, shifting your weight onto your upper arms
- ❑ If you are a beginner, you can stop here, if not, then lean forward a bit more and lift up off your feet to rest your inner knees on your upper arms
- ❑ Keep your neck straight, with your eyes pointed at the ground
- ❑ Hold pose for 30 seconds
- ❑ Gently exhale and let yourself back down

