

Some Simple Tantric Yoga Exercises to Improve the General Health and Sexual Abil...

Here are some exercises for men and women for the pelvic region and for the breathing apparatus - two body zones of great importance for the general health, but that are generally disregarded in standard training regimes.

A healthy pelvic area is of great importance for the general well-being. The same is true about a healthy respiratory tract and breathing apparatus.

Here are presented three poses and three breathing exercises that have the following effects when done together in a series:

- They stimulate the physiological functions of the genital and anal area.
- They correct muscle weakness and anatomical problems of the anal and genital region.
- They increase the sexual drive and abilities.
- They produce a stimulating response that spreads upwards along the spine and revitalizes the whole body.
- They stimulate the physiological functions of the respiratory tract and help against infections in the airways.
- The exercises are very good to start each day with, or to do before going to bed in the night.

POSE 1

Stand on your hands and knees upon the floor.

Kneel backward so that your buttocks go backward and down towards your feet and stretch your arms forward.

Breathe out and then take a deep breathe in, filling your lungs totally with air. Hold your breath with the air inside.

Squeeze your anal muscles and pull your anal opening as deeply inward as you can. However do not strain when squeezing. This exercise shall not be exhausting. Relax your anal muscles completely again.

Repeat the squeezing and relaxing 3-5 times, but not so long that you go out of oxygen in your body.

Empty your lungs. Rise up on your hands and knees again. Relax a while in this position and then you can repeat the exercise if you wish.

POSE 2

Lie on your back upon a carpet on the floor with your arms along your sides and relax.

Breathe out.

Then breathe inn deeply while relaxing all the muscles you do not need for the breathing.

Then breathe out. When breathing out, squeeze your anal muscles and pull your anal opening as deeply inward as you can. However do not strain when squeezing. This exercise shall not be exhausting.

After having breathed out, relax your anal muscles again.

Repeat the breathing in and breathing out while squeezing 3-8 times, but not some much that you get exhausted.

Then relax again.

POSE 3

Lie on your back upon a carpet on the floor.

Breathe out completely.

Swing your arms in an arch over your head and down to the floor over your head so that your whole body is stretched from top to toe. When swinging your arms, take a deep breath filling your lungs totally with air.

Hold your breath with the air inside.

Squeeze your anal muscles and pull your anal opening as deeply inward as you can. However do not strain when squeezing. This exercise shall not be exhausting. Relax your anal muscles completely again.

Repeat the squeezing and relaxing 3-5 times.

Swing your arms back at the same time as you empty your lungs. Relax some while and then you can repeat the exercise if you wish.

BREATHING EXERCISE 1

Sit upon a pillow on the floor with your legs crossed and the back straight.

Empty your lungs completely.

Breathe in counting to 4. When breathing in, try to do it in three stages that proceed smoothly into each other:

Use first your diaphragm so that your stomach moves out. Then fill further by using your chest muscles. And then complete the filling by using the muscles around your shoulders.

Hold your breath counting to 16.

Then breathe out counting to 8. When breathing out, try to do it in three stages that proceed smoothly into each other: Use first your diaphragm so that your stomach moves in. Then empty further by using your chest muscles. And then complete emptying by using the muscles around your shoulders.

BREATHING EXERCISE 2

Sit upon a pillow on the floor with your legs crossed and your back straight. Take 10 rapid deep breathes in and out after another, but not so rapid that you get strained or breathe incompletely.

When breathing in, try to do it in three stages that proceed smoothly into each other: Use first your diaphragm so that your stomach moves out. Then fill further by using your chest muscles. And then complete the filling by using the muscles around your shoulders.

When breathing out, try to do it in three stages that proceed smoothly into each other: Use first your diaphragm so that your stomach moves in. Then empty further by using your chest muscles. And then complete emptying by using the muscles around your shoulders.

After the last in-breath, hold your breath with your lungs filled counting to 10.

Then breathe out.

BREATHING EXERCISE 3

Sit upon a pillow on the floor with your legs crossed and your back straight.

Empty your lungs completely.

Close your left nostril with the fingers of one of your hands. Breathe in through your right nostril counting to 4.

When breathing in, try to do it in three stages that proceed smoothly into each other: Use first your diaphragm so that your stomach moves out. Then fill further by using your chest muscles and then complete the filling by using the muscles around your shoulders.

Hold your breath counting to 16.

Then close your right nostril with your fingers.

Then breath out through your left nostril counting to 8.

When breathing out, try to do it in three stages that proceed smoothly into each other: Use first your diaphragm so that your stomach moves in. Then empty further by using your chest muscles. And then complete emptying by using the muscles around your shoulders. When you have breathed out, repeat the exercise, but this time begin by closing your right nostril first.

RELAXING AT THE END OF THE SERIES

When the series is done, then lie down upon a carpet on the floor and relax for 2-5 minutes. This relaxation will increase the effects of the exercises and make you recover if the exercises have made you tired.

Concentrate upon relaxing your legs first, then your lower body, then your upper body, then your arms and shoulders, and at last your head and face. When the whole body is relaxed, try not to think about anything, and relax your whole body even further. Then lie some time in this relaxed state without thinking about anything.

Short note about the author

Knut Holt is an internet consultant and marketer focusing on health items. TO FIND natural medicines against common diseases, for example: Over-weight, acne, eczema, hypothyroidism, fatigue, depression, hemorrhoids, joint pain, hypertension, high cholesterol, circulatory problems, digestive ailments, allergies, menstrual problems, respiratory diseases and more, PLEASE VISIT:---- <http://www.abicana.com>

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k-holt2@online.no

Author: Knut Holt

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