



Sex Mudras: Energy Movement Exercises for Sexual Vitality

Serge Villecroix

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Sacred gestures of the hands and body to energize the sexual organs, increase libido, enhance pleasure, and improve overall health

- Includes exercises for men and women to tone the genitals, improve endurance, and reach orgasm without ejaculation
- Details shared exercises for couples to harmonize male and female energies
- Explains how these exercises can treat sexual problems caused by tobacco, psychotropic drugs, and alcohol

Mudras have been used for thousands of years in Hinduism and Buddhism to channel the movement of energy in the body for physical enhancement and spiritual enrichment. These sacred gestures of the hands and body create a tangible link between body and mind, conscious and unconscious, and can be used to strengthen and invigorate specific organs or bodily systems.

Exploring the mudras of sexual vitality, Serge Villecroix illustrates energy movement exercises for men and women to tone the genitals, increase libido, improve endurance, and enhance pleasure. He reveals mudras for men to reach orgasm without ejaculation and details shared exercises for couples to harmonize male and female energies. He explains how these exercises can treat sexual dysfunction, such as impotence, as well as overcome sexual problems caused by tobacco, psychotropic drugs, alcohol, and other substances. Providing a complete guide to the sex mudras, Villecroix shows how strengthening your sexual energies also improves cardiac and respiratory health and overall vitality.

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