



9 ASANAS FOR SEX ENERGY ACTIVATION

1. Belly and Circular Breathing

Connecting with your body and breath is what yoga is all about. Pranayama, the art of conscious breathing, can help you find and establish that connection between your body and breath. There are many different types of pranayama techniques available, each with unique benefits.

The Belly and Circular Breathing technique will help circulate prana in the pelvic region of your body – calming you and igniting your sexual energy.

- Stand with your feet at hip-width distance and place your palms on your abdomen
- Rest your index fingers just above the pubic bone and your thumbs just above your belly button
- The tips of your index fingers and thumbs should touch one another
- Breathe into your belly and pelvis for 5–20 breaths while observing the sensation in your body

2. Standing Figure 8s

Sometimes all you really need to do is let go and allow your silly side to surface to build sexual energy within. This “pose” can help you to do that. By moving your hips in a figure 8 motion, you can loosen the hip joints and possibly loosen up your outlook on life.

It is easy to be caught up in the serious side of life. Try letting your youthful, inner child come out to play! Once you do, your sexual energy will flourish.

- Stand with your feet just wider than hip-width distance and allow your knees to become soft
- Gently draw figure 8s with your hips
- Vary the speed and circumference and play with changing directions
- Repeat for 1–2 minutes



3. Goddess or Utkata Konasana

Goddess pose, as the name suggests, really works well to help you connect with your inner sexual goddess. It strengthens and tones the core muscles, quadriceps, inner thighs, shoulders, arms, and upper back. It also increases the heat in the body and increases circulation, which you will certainly feel the longer you hold the pose.

- From Mountain Pose, step out into a wide-legged stance
- Turn your toes out and your heels in
- Bend your knees deeply bringing your hips to the height of your knees
- Draw your navel in towards your spine and tuck your tailbone slightly while pressing your hips gently forward
- Hands can come to the hips or bring your arms into cactus position
- Hold for 30 seconds to 1 minute

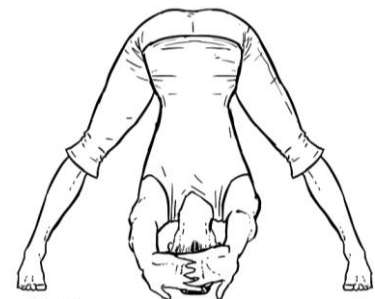


4. Wide-Legged Standing Forward Fold with Arm Variation or Prasarita Padottanasana C

This pose is great for opening up parts of your body that tend to hold stress and emotional trauma – the hips, the shoulders, and the upper back. By allowing tension to melt away from these areas of the body you will feel more rested and invigorated.

If you feel drained and stressed it can be difficult to feel sexual. By allowing your body to rest and rejuvenate, you will allow sexual energy to enter the body.

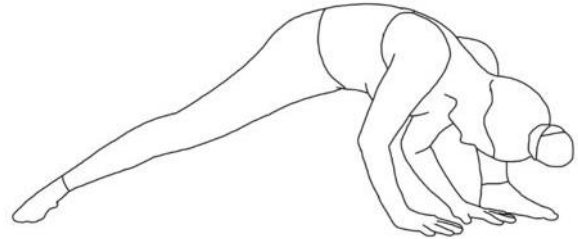
- From Mountain Pose, step out into a wide-legged stance with your toes angled inward slightly
- Interlace your fingers behind your back as you inhale and widen across your chest (Note: you may allow the palms of your hands to separate (as shown in the picture) if your shoulders are tight)
- Hinge and fold forward at the waist, bending your knees as much as you need in order to release tension in your spine
- Engage your quadriceps by drawing your knee up the thigh
- Let your head hang heavy and relax your neck





5. Side Lunge or Skandasana

Skandasana is a wonderful pose to generate feelings of grace, strength, and beauty – all of which are necessary to make room for sexual energy in the body. This pose is also a great way to incorporate power and balance as it engages the bent leg and opens the muscles around the straight leg.



There are many variations available in this pose. You can also incorporate simple movements of the toes, belly, gaze, or arms.

- From Wide-Legged Forward Fold Pose, gently bend your right knee and drop your hips to balance on the right foot
- Next, extend the left leg straight toward the left side of your mat and flex the foot
- Bring your hands to heart center, palms touching, and roll your shoulders down your back.
- If needed, you may always place your hands on the mat, wider than shoulder distance apart, to help with balance
- To transition to your left foot, place both hands on the ground and shift your weight to the left foot while keeping the hips low
- Hold each side for three to five breaths

6. Modified Fish with Hero Legs or Matsyasana with Virasana Legs

This pose is ideal for flushing out your thyroid gland. The thyroid helps to keep hormones balanced, which is key for sexual energy work.



This Hero or Virasana leg variation will help to bring a juicy stretch to the hip flexors.

- From a tabletop position, slowly lower your hips to rest between your feet or on a block
- Gently lean to one side and move the flesh of your calf away from your thighs and hips to protect your knees. If this causes any pain to the knees gently move out of the pose, through tabletop positions, and lay your legs out straight in front of you



- Next, gently lower your torso backwards to rest on blocks or a bolster. If you are using blocks, ensure the block under your shoulder blades is not touching your ribs
- Stretch your arms out into a “T” position, palms face up
- Hold this pose for five to ten breaths

7. Bound Angle or Baddha Konasana

This pose is one of the best hip openers available as it counteracts chair and cardio-crunched hips by increasing blood flow and heat in the groin area. This increased blood flow and heat will help open the hips for a wider range of motion. It also increases your energy levels, therefore, stimulating your sexual energy as well.

Where the blood flows, energy follows! This pose is especially healing for women as it can help relieve symptoms of menstruation.

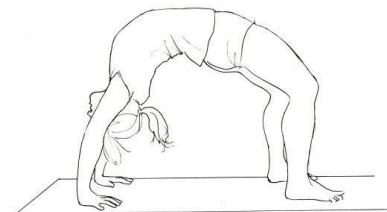
- From a seated position, bend your knees and bring the soles of your feet together, allowing the knees to fall toward the floor
- If your hips are tight, you can place a blanket or block under the pelvis
- On an exhale, hinge forward at the hips, coming down as far as you safely can
- Gently rest your elbows on your thigh, this will help to open up the hips



8. Upward Facing Bow or Urdhva Dhanurasana

Backbends are energizing because they stimulate the nervous system by activating the metabolism and releasing adrenaline.

When the front of the body is open and relaxed, sexual energy can flow freely.





- Begin by laying on your back with your feet close to your glutes, hip-width distance apart
- Place your hands alongside your ears shoulder-width apart, index fingers pointed towards your body
- On an exhale, firmly press into your hands and feet and lift your hips skyward
- Gently drop your chin toward the mat
- Remember not to engage the gluteal muscles here but instead engage the core

9. Corpse or Savasana

Some people say that Savasana, which requires no physical effort, is actually the hardest yoga pose to master. This is because it requires that you bring your full attention to the present moment.

When you are able to quiet your mind, and focus your breath and your body, you are better able to relax and connect with



yourself. This connection with yourself will help you to feel sexual energy rise within you. While resting in this pose, focus on the movement and growth of energy in your body.

- Lay on your back with your legs outstretched and your arms by your side
- Place your palms face up and allow your feet to fall out towards the sides of your mat
- If you have a back injury or any discomfort, you can place a bolster or blanket beneath the knees
- Let go of all pranayama techniques and allow your body to breathe for itself

Healthy sexual energy is what motivates us to develop passionate loving relationships with intimate partners, as well as the world around us. With intention, you can direct sexual energy to cultivate and revitalize health in your body, mind, and soul.

One of the best things about the physical practice of yoga is the medicinal power of your breath and yoga postures. It is entirely possible to heal your body with your breath, patience, and yoga postures.

By tuning into your body and figuring out what it needs, you can bring healing to your body – and more sexual vitality! By practicing some or all of these poses, you can bring more energy and passion into your life.