



**THE 100 POSES
OF KAMA
SUTRA BOOK**



One of the most transformative experiences for a woman is making love with a man who is present and aware, thus turning her on and helping her find a deep love for herself and him.

TIPS TO ENJOY PHENOMENAL SEX

1. First, get in touch with yourself. Close your eyes and look inside your body (below the head) where there's a place that feels like home. Whenever you catch yourself being disconnected from yourself, go back to this place as your anchor.
2. Gaze softly into your partner's eyes, focusing lightly on each other's left eye, which is the receiving side. This will bring you closer to one another emotionally.
3. Start breathing together, taking deep inhales through the nose and then exhaling through the mouth with an AAAH sound, letting go of any tensions in the body.
4. Have some snuggle time, just being present, relaxing with one another at least 20 minutes, without trying to get your partner aroused. Just connecting together.
5. When ready to enjoy physical touch, use feather-like caresses on the entire body to increase your connection.

Focus on relaxation and sensitivity rather than solely sensation and stimulation.

The purpose is to simply allow the genitals' innate intelligence to create real circulation of energy, resulting in deep moving experiences.

By allowing the body to fully relax without pressure, goals, or agendas, many sexual "issues" simply vanish.

Enjoy!



100 poses
Kama Sutra

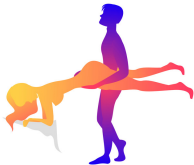
1-10





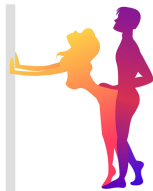
100 poses
Kama Sutra

11-20





100 poses
Kama Sutra
—
21-30





100 poses
Kama Sutra
—
31-40





100 poses
Kama Sutra

41-50



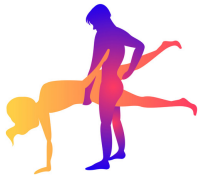


100 poses
Kama Sutra
—
51-60





100 poses
Kama Sutra
61-70





100 poses
Kama Sutra
—
71-80





100 poses
Kama Sutra
—
81-90





100 poses
Kama Sutra
—
91-100

