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The Lover's Embrace

REPORT

Strengthen your pelvic floor for
heightened & handsfree sexual bliss

NADINE PIAT

The Lover's Embrace



By

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HEALTHY YOU HEALTHY LOVE

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REPORT



Whenever you pick up a magazine or a book about women's vaginal fitness, you'll almost always run into Kegel exercises, yet most often women, particularly women who've not had children, dismiss that this is something that will benefit ALL women and their sexual pleasure.

Many perceive that this kind of exercise is solely aligned to women needing to rehabilitate their pelvic floor post childbirth yet this is not the case at all.

Either way, prevention is better than cure, so why not strengthen your pelvic floor for two very valuable purposes – a) to improve your general vaginal fitness, and b) to enhance your sexual pleasure....

And who doesn't want to be able to achieve an orgasm hands free?!

If you're one of the many women who've dismissed the suggestion of strengthening the pelvic floor, then this means you may be wondering....

- ✿ Why are so many sexologists and gynaecologists raving about this supposed miracle exercise?
- ✿ Can an exercise like this really assist women of all ages?
- ✿ Are the Kegel exercises something that you and your man can benefit from during sex?
- ✿ Finally, what other benefits can you get from doing your Kegel exercises?

The Lovers Embrace combined with the SOS breathing techniques and your Feminine Flame can do wonders for *your pleasure and your partner's as well!* What you might not know is that 1 in 3 women suffer from some form of incontinence, either way, this exercise is something every woman should look into developing for incontinence prevention and for the bedroom.

Let's just say, strengthening the pelvic floor muscles by doing Kegel exercises will benefit you full circle.

And let me tell you; when I first started consciously working on strengthening my pelvic floor muscles I was hopeless.

I had gone to a physiotherapist to rehabilitate an ongoing hip issue and part of my rehab was learning how to engage these muscles and do so in a controlled and isolated way...

I thought that I would be pretty good at it. I thought that I would've naturally had developed PC muscles, but I had myself fooled. I could easily access the muscles yet I found it difficult to hold them – and this is why I encourage all women to pay some attention to these small yet powerful muscles.

They can move mountains so to speak, well sexual mountains! 😊

So let's get started with the basics...

What are Kegel Exercises?

Back in 1952, a gynaecologist named Dr. Arnold Kegel came up with an exercise that helps tone the pelvic floor muscles. Originally, as suggested, it was used to help women who had problems controlling their urine and the women who became conscious about their undercarriage not being tight enough after giving birth.

Decades later, the Kegel exercises have become one of the easiest and most popular exercises for helping women achieve more pleasure through sex, while simultaneously toning the vaginal muscles to give her partner more sexual pleasure.

Essentially, Kegel exercises are the rhythmic contracting and relaxing of the pubococcygeus muscles, also known as the PC muscles or the 'Perennial Lift' (or what I like to call The Lovers Embrace, as we can collectively call it). These muscles keep the pelvic organs in place while also controlling your urine flow. They're also the most recuperative set of muscles in the body. So ladies who have just given birth can rest assured that their PC muscles can recover to its pre-pregnancy state in as little as six weeks!

In order to feel your PC muscles, which allows you to activate 'The Lovers Embrace', try doing what you usually do when you stop your urine flow. Make sure that you only clench the muscles in the genital area, and not the ones around your anus. And only do this once. Do not continue to do this test – it's *not recommended* and can cause other issues. Therefore when you do this test I suggest you do so very consciously, take good note of the feelings and the muscles so you don't have to repeat it the next time you release your bladder.

***Note:** This is not an exercise; this is purely a way to identify where the muscles are and how they work. If you have bladder emptying challenges then I do not recommend you do this while releasing your bladder. I recommend you see a pelvic floor expert in your area to assist you.*

You may notice that the muscles you're clenching when you're trying to feel the pelvic floor muscles are also the same muscles that contract whenever you're having an orgasm. This is not a coincidence, as these are the very muscles that can also help you achieve more sexual pleasure!

Here are some anatomical diagrams to help you attain some clarity of the PC location:

A). This first image clearly shows the location of the pelvic floors muscles.

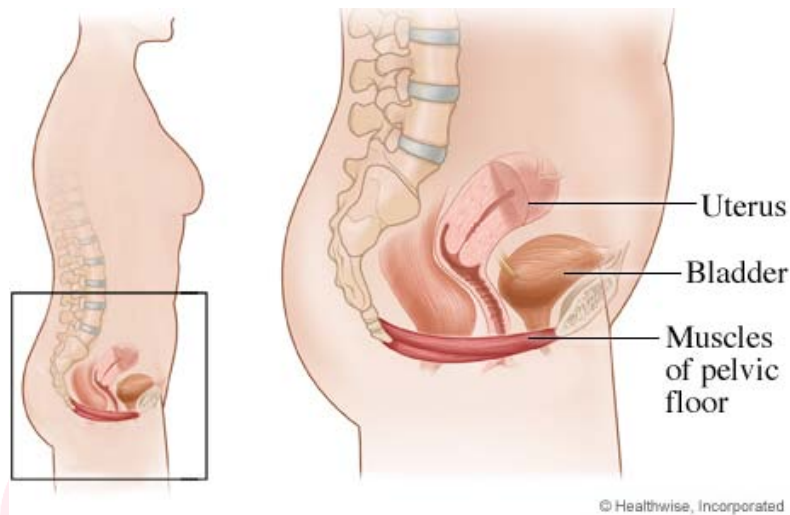


Image source WebMD.

B). This second image clearly shows the PC muscle around the bladder area. When you look a little closer you will also see the PC muscles around the vagina. The image also shows the PC muscle around the rectum. In the first image on the left, the pubococcygeus muscles are thin, in the second image they are stronger and thicker. This is the goal – to strengthen your PC muscles so that you're able to have a stronger and more effective “lovers embrace”.

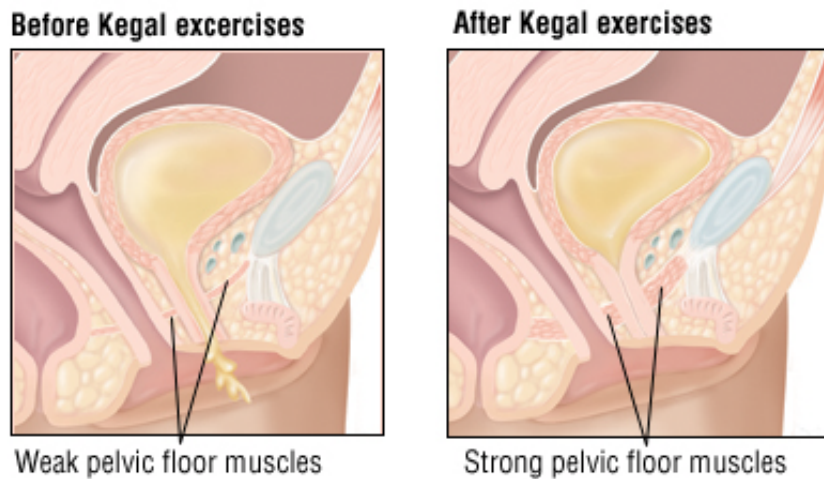


Image source drugs.com

Exercise: Kegel Challenge

The Kegel exercises are extremely subtle and can be done without anyone noticing. You can do them while you're working, watching the telly, or even when you're on the train. These exercises can be done while sitting, standing or lying down...

Engaging the PC muscles is so simple that lots of women neglect to actually set a schedule to do them. So here's a Kegel challenge that will definitely get your love muscle working!

- ✿ For each time you read the words "sex," "pleasure", "muscle/s" or "orgasm" in the following paragraphs, do one set of Kegel exercises. Each pair of clenching and unclenching should last approximately 1.5 seconds.
- ✿ For each new paragraph, do three sets of Kegel exercises. But this time, clench your lovers muscle for three seconds and release for another three seconds.
- ✿ For each new section of this eBook, do five sets of Kegel exercises, with each clench lasting for five seconds.

Do you think you're up for the challenge? Try it out starting right now!

If you find it difficult to hold the muscle for 1.5 seconds then that's fine. All you need to do is bring awareness to the area and start activating the muscle the best you can. Don't force it, just start and in time you will build strength.

If you're a high achieving type of person then this is the time to be gentle and feel into your body. There's no race, just keep the exercises up and build upon them. In a few weeks you will really start to notice a difference.

Why Is The Lovers Embrace Exercise Important?

Strengthening your love muscle has tons of personal, sexual and tantric benefits that you and your partner can both take advantage of. The PC muscles aren't only present in women, mind you. Men are also endowed with this wonderful set of muscles, and they can use it to also help enhance their sexual prowess.

The Benefits of Toning the Love Muscle for YOU

By doing your Kegel exercises, you can help improve the blood flow to your genitals. As you know, during arousal, your genitals are engorged with blood and this makes them more sensitive and receptive to pleasure. Not only will your clitoris become more receptive to the slightest touch, but your g-spot can also become more pronounced and easier to stimulate.

- ✿ Aside from increasing blood flow, your pelvic floor muscles will also be more taught as opposed to being slack and relaxed all the time. This means you're able to grip your partner's penis more tightly when he's inside you, thus enhancing the sensations you feel

during sex. Not only does this increase sexual pleasure, but it can also help you and your partner feel more connected during sex.

- ✿ Studies have shown that stronger PC muscles can help you control your urine better. This may not be a problem for younger women. However, women who have chronic problems with bladder control and women who are older, this can be quite inconvenient. Strengthening your lovers muscles helps prevent urinary incontinence from occurring prematurely.
- ✿ Lots of women become conscious of the tightness of their vagina if they're getting older or have recently given birth. Age and childbirth can be some of the main reasons the PC muscles become weakened. However, the vagina is a surprisingly elastic organ that can bounce back to its previous state through the help of a Kegel workout!
- ✿ Kegel exercises are basically manual contractions of the area around your genitals. When you're having an orgasm, your genital area contracts involuntarily. When your love muscles are strengthened, your contractions become stronger, thus making your orgasm all the more delightful!

The Benefits of the Love Muscle for Your Partner

- ✿ Each contraction tightens the love muscle, so just imagine how pleasurable this would be for your partner! When your partner is inside you during intercourse, he can definitely feel your vagina tightening around his penis. By tightening your love muscle in tandem with his movements or your breathing, not only will your man be pushed closer to orgasm, but you can also contract your way towards explosive pleasure!
- ✿ Though PC muscle exercises are less common for men during intercourse, they can also do this when they're alone. By toning their PC muscles, they can gain more control over their ejaculation. When your partner is on the brink of orgasm, he can be more successful at

putting it on hold when his PC muscles are well-toned. It's a great exercise for men who are conscious about ejaculating prematurely.

✿ In addition to delaying the orgasm, strong PC muscles in men can also help them maintain an erection for longer, even after they have ejaculated. As the penis is highly sensitive post-orgasm, keeping an erection can help your partner feel a prolonged sensation of pleasure that wouldn't usually be felt if his penis becomes immediately soft afterwards.

Strengthening Your Lover's Embrace

Clench, unclench, clench, unclench...

That's not all you need to know about strengthening your love muscle! There's a lot more to it than you may think. But don't worry, Kegel exercises are simple enough to be done, and you can gradually increase the difficulty of each exercise to build up more strength down there.

Finding the Love Muscle

The first step to toning your love muscle is finding out exactly where it is. Even if you can feel your PC muscles moving when you clench and unclench, it's still a good idea to have a clear visualization of exactly where the action happens. As all women are anatomically different, each woman may find that different sections of their vagina are affected by the Kegel contractions.

The next time you're relaxed and feeling like giving yourself a bit of solo pleasure, try to find the spot where your vagina tightens during each Kegel exercise.

1. Get yourself aroused as you relax in bed. You can opt to do your breathing technique and send your energy towards your genitals.

2. When you're sufficiently aroused and lubricated down there, insert a clean finger into your vagina as you slowly clench and unclench in tandem with your breathing. Please note you don't need to be aroused to do this exercise. You can simply do it to work out what's what and where it is. Either way is fine.
3. Start off by just inserting the very tip of your finger and move about a centimetre deeper with each contraction (make sure your hands are clean).
4. Once you've inserted about three centimetres of your finger inside you, you may feel that the tightness becomes more pronounced.
5. Allow your finger to rest there as you get a feel of how your love muscle can grasp your finger.

The Complete 30-Day Love Muscle Workout

As with strength training at the gym, the harder you push yourself towards more difficult activities, the more strength you can build. Think of your love muscle exercises like doing weights at the gym. You often begin with lighter weights at three sets of 10 reps. Then you gradually move to a heavier weight with 4 sets of 10 reps. Afterwards, you increase the weight, sets and reps even more. Here's a daily schedule you can use to gradually and safely increase your love muscle strength training:

30 Day Strengthening Regime	
Day 1:	Contract your PC muscles 20 times, with each contraction lasting for one second or less.
Day 2:	Contract your PC muscles 40 times, with each contraction lasting for one second or less.

Day 3:	Contract your PC muscles 50 times, with each contraction lasting for one second or less.
Day 4:	Contract your PC muscles 60 times, with each contraction lasting for one second or less.
Day 5:	Contract your PC muscles 70 times, with each contraction lasting for one second or less.
Day 6 – 8:	Contract your PC muscles 70 times, with each contraction lasting for one second or less. Do this once in the morning, and again in the afternoon. You can take a quick break in the middle of each set, if you prefer.
Day 9:	Go back to contracting your PC muscles 20 times, but this time hold it for three seconds. Do this once in the morning, and again in the afternoon.
Day 10:	Contract your PC muscles 30 times for three seconds. Do this once in the morning, and again in the afternoon.
Day 11:	Contract your PC muscles 40 times for three seconds. Do this once in the morning, and again in the afternoon.
Day 11:	Contract your PC muscles 50 times for three seconds. Do this once in the morning, and again in the afternoon.
Day 12:	Contract your PC muscles 60 times for three seconds. Do this once in the morning, and again in the afternoon.
Day 13:	Contract your PC muscles 70 times for three seconds. Do this once in the morning, and again in the afternoon.
Day 14–19:	Go back to 20 contractions for three seconds, but do it three times each day.
Day 20–25:	Go back to 20 contractions for three seconds, but do it four times each day.
Day 26 and onwards:	After day 25, all you would need to do is one set of 150 contractions, with each contraction lasting for one second or less.

*** Important reminders:

- ✿ When you're doing this workout, it's perfectly normal to feel contractions and tightness around your thighs and in the abdomen area. But once you've isolated the PC muscles through continuous strength training, the contractions in other areas will soon disappear. It's also important to try and disengage the muscles that are not the PC muscles such as your inner thigh muscles, lower abdominal muscles (try to release your obliques), or the muscles of your buttocks.
- ✿ You must completely relax your PC muscles in between each contraction. This prevents your PC muscles from being sore from straining and lack of proper rest.
- ✿ It's important to incorporate your breathing technique with each three-second contraction. Many women tend to have a bad habit of holding their breath when they do their contractions. Each contraction must be accompanied by an inhale, while relaxation is accompanied by an exhale.
- ✿ If you are currently pregnant, have any issues with genital and anal muscles, suffer from haemorrhoids or have a hernia, I do not recommend you do these exercises without the guidance of a pelvic floor professional. Pregnant ladies may be able to hold their urine better, but strengthening your pelvic floor muscle may make it difficult for you to push when your baby is ready to come out. As for muscular issues and hernia, some pelvic floor muscles (such as the reverse Kegel) may make your condition worse. Please check with your health professional to see if Kegel exercises would be beneficial for you.

Advanced Love Muscle Exercise: The Gradual Clench and Flutter

Toning and strengthening your love muscles in one thing, but you can also try this advanced technique to make your exercises even more fun and challenging. If strength training is the equivalent of climbing flights of stairs, think of these exercises as jumping around inside a bouncy castle!

- 1.** Set aside some quiet time for this exercise, so that you can completely concentrate on what's happening. You don't want to lose your momentum because this exercise can require quite a bit of practice.
- 2.** Start off by very slowly clenching your PC muscles, holding it for about three seconds and then slowly releasing. Try doing this as slowly as you can, and repeat a couple of times until you get the hang of the slow clench.
- 3.** Now, try to put "levels" on the strength of each clench. For instance, your relaxed state is level 1, a slightly clenched state is level 2, an even more clenched state is level 3, and your fully clenched state is level 4.
- 4.** Then, practice going from level to level and staying for a while at each level. For example, lightly clench your PC muscles for about three seconds before moving onto the next level. Do the same for when you're unclenching.
- 5.** This next step may be called the "fluttering" of your love muscles. As with fluttering, you're just slightly altering the tightness of your PC muscles without going all the way to relaxation. Try to gradually go up the levels and when you reach level 4, quickly alternate between levels three and four. Don't stay in one level for more than one second, and try to alternate between the two levels at least three times within one second.

The Kegel Opposite: The Push Out

The movement of the PC muscle is inward during the regular Kegel exercise. However, the opposite is equally important when it comes to toning your love muscle! The push out is exactly as it sounds: pushing out the PC muscles.

It's similar to the movement you do when you're pushing out bowels, but the muscles you're using are your PC muscles instead of your anal muscles. So instead of contracting your PC muscles, you're extending them as if you were doing a stretch. When you're doing your Kegel workout, you can also incorporate the push out to provide a full range of motion. So you would go from a fully relaxed state to a clenched state, then you'd go back to the relaxed state towards the extended, push out state.

When you're working out or lifting weights, you often end the session with a bit of stretching so that your muscles don't cramp up. The push outs can be likened to the stretching phase, as this lets your PC muscles expand and gain relief after all those contractions.

Using Tools to Tone Your Lovers Embrace

When you've fully toned your love muscles, and you've mastered the gradual clench and flutter, you can then try to use some tools to further enhance your love muscles. Now there is a huge assortment of tools that you can use to tone your PC muscles.

As crystals are widely used in Tantric methods, a **jade egg** is often the go-to tool for helping to enhance the strength of your PC muscles.



The egg is placed inside the vagina, and it acts the same way weights would for resistance training. Just remember to add a dab of lubricant to the egg to make it easier to insert. But don't put too much, as the egg may immediately slide out when you stand up! The egg can stay within the vagina for extended periods of time. And when it's time for the egg to be shelved, just do a push out and it should pop right out!

Another popular tool is a pair of Kegel balls or **Ben-Wa balls**, which are balls made from metal that are then inserted into the vagina. They work the same way as the egg, but they're made of metal and they may oftentimes be inserted in pairs. Aside from the egg and the Ben-Wa balls, there are also other tools made of different materials in all shapes and sizes. Some are shaped like rods with a ball on one end, whereas others have various weights for vaginal strength training. If you're feeling a little frisky, there are even panties that come with a protruding rounded rod that also helps tone the love muscle!

Even when you're not clenching your PC muscles, these tools can still help stimulate the nerve endings within the vagina, thus helping it become stronger. Women often report that their lover feels that their vaginal clenches feel tighter and firmer!

In addition to this, it can help you feel more grounded and more aware of your sacral chakra. It helps women become more conscious of their womanhood, while helping them get in touch with their sexuality.

If you feel like your regular *Lover Embrace* exercises are getting a little routine, then these tools can give you the added strength mixed in with some fun.

Using the Love Muscle with Your Lover

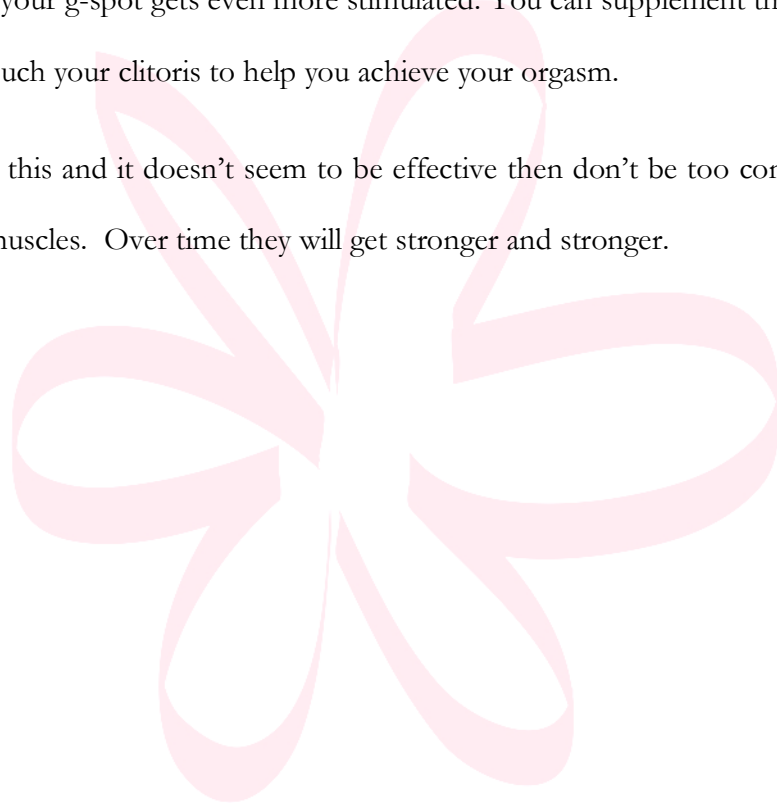
Now here's the exciting bit! When you're confident about your PC muscle skills, you can use it with your partner to enhance your pleasure and his. Get ready to have a full body orgasm with this sexy Tantric sex technique!

- 1.** To fully harness the power of the love muscle, the best position for you and your partner to use is the woman on top position. So when both of you are fully aroused, ask your partner to lie down. Sit atop him with your legs astride and insert his penis into your vagina.
- 2.** Be mindful that in order for you and your partner to feel the strength of your love muscle, he's not allowed to thrust or rock. Just tell him to lie down, relax and to try and do synchronized breathing with you.
- 3.** You also shouldn't be moving your pelvis to stimulate him. Instead, use your love muscle! You can get creative by starting off with slight contractions and gradually building it up to full contractions. You can even incorporate the push outs and fluttering later on.
- 4.** If you like, you may kiss and caress each other as you move your love muscle. You or your partner can stimulate your breasts, your butt or your clitoris as you're doing this. Just be careful not to disturb your rhythm or rock your pelvis too much.
- 5.** After a few minutes, you may start to feel his penis throbbing. This shows you how aroused he is, and may even signal that he's close to ejaculating.
- 6.** Try to follow the rhythm of his throbbing with the fluttering of your love muscle. Squeeze and release his penis more ardently as he reaches his climax (or you reach yours).

7. When he's having his orgasm, keep squeezing and releasing his penis to further intensify the sensations. You may also feel that the throbbing of his penis along with your contractions will feel very arousing.

8. After his orgasm, continue to contract and relax in order to pave the way for your own climax (that's if you did not orgasm with him or before him or perhaps, you're about to have another orgasm). As you build up the friction and tension between your vagina and his penis, your g-spot gets even more stimulated. You can supplement this by having your partner touch your clitoris to help you achieve your orgasm.

Note: If you try this and it doesn't seem to be effective then don't be too concerned. Just keep building the PC muscles. Over time they will get stronger and stronger.



In summary:

After reading this report you will now know that strengthening the pelvic floor has multiple and varied benefits.

In the SOS ebook I talk less about anatomy and more about relaxing, getting into your body, overcoming insecurities, breath work, partner work, becoming more erotic, letting go of agenda, slowing down sex and many more orgasmic building secrets...

Engaging your PC muscles is a tool and a powerful one at that. When you merge all of the secrets, tips, tricks and lessons together you become a sexual powerhouse, an erotic and confident divine spirit.

The Art of Conscious Sexuality is knowing how to feel into your body by listening to what it needs, while remaining connected to the divine, to sacred sexuality and to your very self (and in turn your partner).

The art of making love, the art of the feminine flame, the art of embracing *the lovers embrace* is only an art when done from a place of love and flow and from the warmth of the heart.

When you soften your thoughts you allow your body to open and your heart to melt, your pleasure will soar.

And so it is.

May you relish in the splendour of '*The Lovers Embrace*'!

Love ~ Nadine Piat