



# Pilates For Better Sex: The Ultimate Pleasure Guide For Women

*Michelle Jermy*

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## **Pilates For Better Sex: The Ultimate Pleasure Guide For Women** Michelle Jermy

Pilates for Better Sex will take you through the science part of how Pilates tones the pelvic floor and more importantly how this relates to improving the sexual experience. There will be over 50 Positions from Jermy (the new 50 Shades of Grey) you will be able to choose a number of exercises depending on your ability; Pilates poses and exercises including squats, pelvic bridges, crunches and many of the stretches that open the pelvis, boost circulation maximizing blood flow, triggering nerve impulses to the pelvic floor. You will find stronger muscles resulting in the ability to hold your favourite positions for longer with increased sensitivity to be able to enhance your sexual experience. As an extra bonus you will also find tips to feeling sexually confident, now go put the va va voom back in the bedroom.

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