



## Intimate Yoga For Couples with 270 Color Photos & Free DVD

By Mishabae

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The Benefits of Deep Breathing

Exploring the Chakras

Solo Positions

Partner Positions

Optional Written and Verbal Instructions

Romantic Partner Poses

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## **Intimate Yoga For Couples with 270 Color Photos & Free DVD By Mishabae Bibliography**

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### **Editorial Review**

#### **Review**

Writing, Beautiful Photography, a must for Yogis in Love. Mishabae has done it again. Her previous books about partnered yoga have been fun and useful but Intimate Yoga for Couples brings partnered yoga to a new level, into the bedroom -and does so with grace and dignity and joy. Particularly impressive is the general information about yoga. Yes, it is a fairly comprehensive sex manual, but if the book had nothing to do with sex it would still be a great yoga book. There are very clear instructions for performing many standard asanas as well as a wealth of information about diet, breathing and meditation. For pornography, look elsewhere. There is nudity, artful, tasteful, presented in an instructive way. The human form, unbroken by lines of fabric is seen more clearly. The models are highly skilled, performing in classic yoga form. There is much to be learned from these graceful images. Mostly, though, the reader is caught up in the the writer's voice. There is a rare brightness, a depth of knowledge and insight in this writer's that cannot be ignored. --Yoga Guy

I consider this to be one of the best forms of Couples Therapy I have ever encountered. Thank you for this brave and beautiful work. --Karen Banyan - Family Therapist, M.A., Ph.D.

As much as I enjoyed the photos - and this sounds like what men have said about Playboy forever - but, honestly, the best part of the book is the writing. I haven't finished reading it but am just wowed by how much information you've included, and some of the stuff is downright profound--- 'treat your partner as though they were a piece of art' (I'm paraphrasing, you said it better) That s exactly the way I feel as a teacher, like I'm still directing plays, moving my students, encouraging, manipulating them into works of art. I think you've written/produced a wonderful, beautiful book that will bring much happiness to people's lives. --Paul King, yoga instructor

#### **About the Author**

Mishabae is the author of the book, The Joy of Partner Yoga, and the DVD Together: The Art of Partnered Yoga. A yoga instructor and massage therapist with over 20 years experience, her passion for developing practices that bring couples together into healthy, healing relationships is evident in the body of her work. She teaches classes and has a private practice in Bainbridge Island, Washington and holds workshops internationally.

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**Mary Moore:**

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