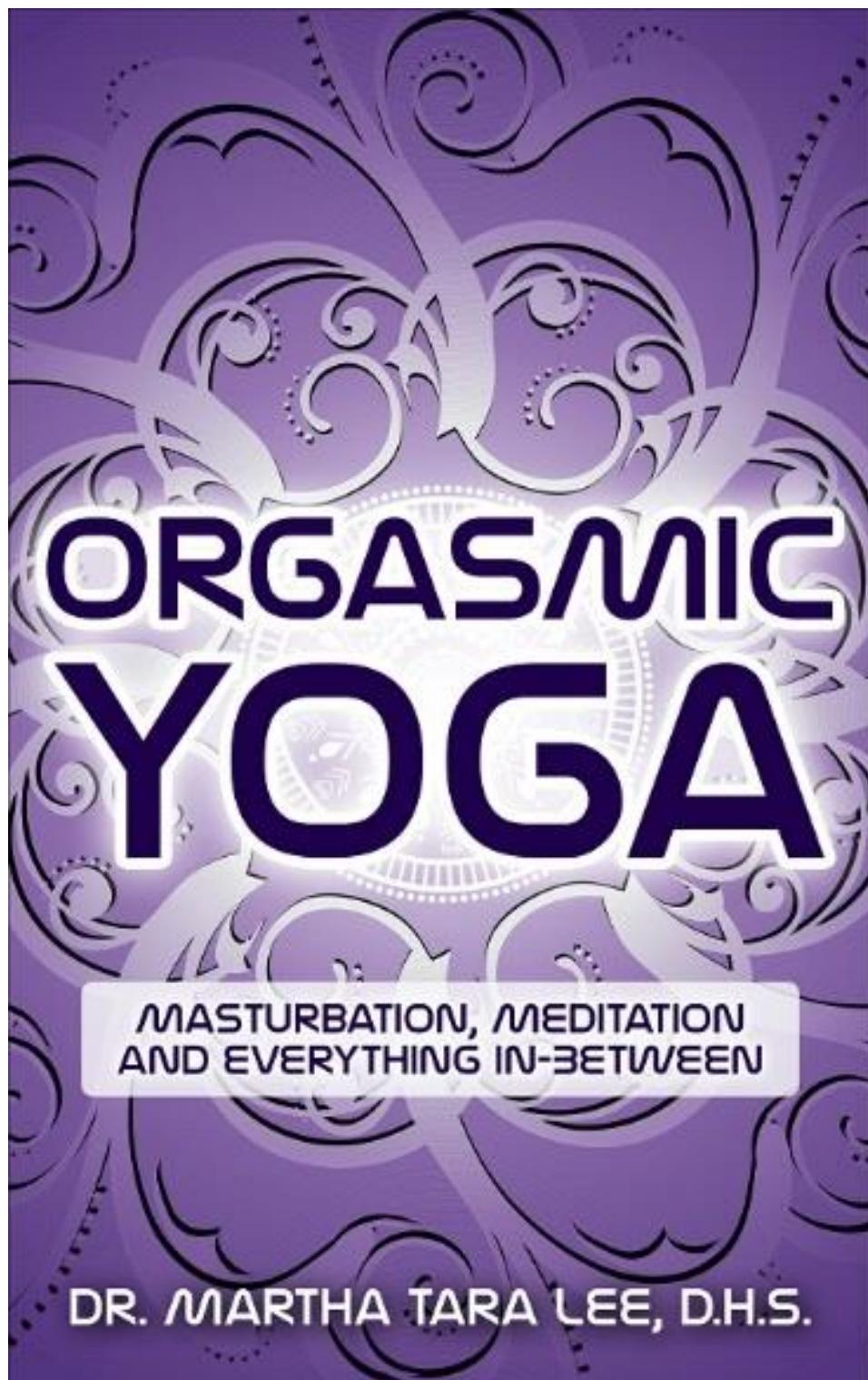


**PREVIEW**  
**Containing 6 of 30 Practices in Upcoming Book**  
**Orgasmic Yoga**

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## Preface

I was introduced to the term Orgasmic Yoga as part of my training towards Certificate in Sexological Bodywork in 2008. Sexological Bodywork was offered as a separate course where I was pursuing my Doctorate in Human Sexuality at the Institute for Advanced Study of Human Sexuality.

I was told that Sexological Bodywork would be profound and life changing. The practices would equip me with more tools to better support my future clients. That was all I needed to know to enroll. Indeed, Sexological Bodywork shifted a lot of things for me, and changed my life. I was able to understand and appreciate through embodied practices how our sexuality is connected to the core of who we are, and the link between our sexuality with our spirituality.

Back then, I did not take the home assignments including Orgasmic Yoga seriously. Much as I love learning, I did what I usually do - just enough to earn the credit necessary to pass. Life would have us repeat the lessons we need to learn.

Three years ago, when I went through a relationship breakup which triggered a year-long hives attack and plunged me into depression. A friend suggested that I return to doing Orgasmic Yoga. In my effort to stay open to love and life, I took her advice and embarked on not one but two Orgasmic Yoga cycles within six months. The 30-day practice made a profound shift in my energy, and contributed to my emotional healing. I began to thrive once again. Since then, I knew I wanted to teach more people about the power of our orgasmic energy.

This book is the result.

Do join me at our Orgasmic Yoga Facebook group  
<https://www.facebook.com/groups/oyoga/> where your questions and discussions will take place.

Much love,

*Martha*

Clinical Sexologist  
Eros Coaching

*P.S. From the start, I made the decision that I would not offer any hand-on work in my practice in Singapore. Instead I taught what I learned through Sexological Bodywork with the use of visual aids and instructions.*

## **Introduction**

Many of us are not aware of our extraordinary capacity for orgasmic experiences. This power to feel good lies within each of us, yes, including you. In order to unleash our orgasmic potential, we must confront our beliefs and attitudes about our sexuality, as well as develop skills to attain even more sexual pleasure.

Coined by one of my teachers, Joseph Kramer, Orgasmic Yoga is an intimate way of stretching our capacity for pleasure. The premise of it is this: engaging in solo sex or self-pleasure for 30 minutes a day for 30 days.

There are many benefits of orgasms. Orgasms lower blood pressure, improve joint pain and function and help us control pain and other mental or physical conditions. They can also have a positive impact on anxiety and depression.

Having said that, Orgasmic Yoga is less about the orgasm and more about becoming aware of and being able to generate orgasmic sensations in our bodies. The beauty of Orgasmic Yoga is that over time, we can achieve a state of arousal that is free of fantasy, unfinished emotional business, religious dogma, cultural caveats, or habitual sexual behaviors – and just enjoy our bodies as is. We can just be – while completely aware of our body as a source of wisdom, happiness, and freedom.

I've created 30 unique Orgasmic Yoga practices for your body, heart and soul that will stretch you as a sexual and spiritual being. While Orgasmic Yoga is practiced where you are – solo or with the companions you choose, this book is written with solo practitioners in mind. Feel free to modify the practices to suit your needs including doing with your partner if you wish. Be creative and have fun! Building blocks of this practice include: conscious use of our pelvic floor muscles, breath, sound, touch, movement, fantasy, and intention.

Although Orgasmic Yoga is a practice, the main goal is to focus on “being” rather than “doing.” You are encouraged to rest quietly for at least five minutes at the end of each session. This will increase your chances of reintegrating everything that came up during the session.

As Joseph says so well, and whose wisdom I am truly beginning to appreciate:

*“Change the way you masturbate and you’d change your life.”*

As you journey through this book, be patient, open-minded and by mindful of every step forward you take - no matter how small it may seem. It takes a brave person to go where untraveled. Things may come up as you continue on this journey. You will never be the same.

## **Before You Begin**

Your body is the center of sexual arousal.

Orgasmic Yoga teaches us that pleasure can be obtained by using our senses, not just erotic imagery. Through this practice, you can consciously reach erotic wisdom deep within your physical self. All you need to do is to be open and listen to the signals, voices, and wisdom of your body.

Here are a few things you might like to do:

1. **Purchase a journal** where you can pen your brief notes per day. After a while, time blurs and unless you commit thoughts, feelings and reflections to paper, precious morsels of learnings could be lost forever. Documenting your journey will be a good way for you to later look back and see the ways in which you have shifted.
2. **Identify a place** or several locations where you can have uninterrupted time for 30 minutes per day. You need to have the space and privacy so that you can go deep.
3. **State an overarching intention** that you have as you begin this month of Orgasmic Yoga. Why not use this month to liberate yourself from sexual habit? I wonder when you have ever committed so much time and energy to pleasure. This would make it the perfect time to get out of sexual routines and ruts.
4. **Remain committed.** There is a reason Orgasmic Yoga is 30 minutes for 30 days. Experience it for yourself, and feel the difference within yourself.
5. **Get support.** Do join me at our Facebook group where your questions and discussions will take place.
6. **Stay open.** You are invited to journey into a raw and primal realm. Set aside logic, reason and everyday experiences. Some of the practice won't make sense. Trust the process.

## Your Frequently Asked Questions answered:

### **1. What is an orgasm?**

An orgasm is the climax of sexual excitement, characterized by intensely pleasurable feelings centered in the genitals and (in men) often experienced as an accompaniment to ejaculation. Muscle tension around the pelvis during sexual excitement. During an orgasm, all this built-up tension releases. When this tension (or myotonia) is released, a flood of feel-good hormones flows into the body.

### **2. Does it have to be 30 minutes for 30 days?**

Yes. There is a reason Orgasmic Yoga is designed to be in such a way. I noticed that the biggest shifts for me came within the first week of doing Orgasmic Yoga, with the other weeks having incremental shifts in terms of my energy. Even if you cannot commit to 30 days, can you commit to seven consecutive days? There is the law of incremental changes that starts to kick in.

### **3. I am a man. How can I masturbate for 30 minutes without ejaculating?**

It is possible. Because you will be doing self-erotic massage, you can vary the speed, pressure, and rhythm so that you do not ejaculate. Remember, ejaculation and orgasm are not the same thing and can be separated for men.

### **4. I am a woman. How can I masturbate for 30 minutes without having an orgasm?**

You could reduce the speed, vary the strokes, and lighten your pressure. Orgasms do not tire out women in the same way as men when they ejaculate. Allow yourself to have one or several orgasms during this time if that is what your body desires. However, the commitment is to 30 minutes.

### **5. I have a sensitive body. I can't take so much pleasure!**

I like to invite you to reexamine your belief that there is an upper limit to pleasure. Is it really true that there is such a thing as too much pleasure? Do you not trust yourself to be able to handle it? Breathe. Surrender deeper. And see if things don't believe to shift for you.

### **6. I am not sure if I am doing it right! What if I hurt myself?**

There is no "right" or "wrong" technique when it comes to your Orgasmic Yoga practice though the only recommendation is constant self-touch. Use your hands to caress and stimulate the genitals. Pay attention to both your feelings of being touched and on the experience of touching. If in doubt, go slow and be gentle. If there is no pain, stop or slow down. Whatever you do, keep breathing and feeling. Trust in your body's wisdom.

**If you have any unanswered questions relating to Orgasmic Yoga, do check out <https://www.facebook.com/groups/oyoga/> where the discussions are taking place.**

## **Day 1: The Journey not the Destination**

Contrary to the term Orgasmic Yoga, it is not about orgasms and more about orgasmic sensations within your body.

It is possible to enjoy your body without thinking about reaching an orgasm. This can be a beautiful change of pace in your masturbation sessions. Most of the time, we rush and try to reach orgasm as fast as we can, out of fear of running out of time, being interrupted or with experiencing some form of physical fatigue.

We need to slow way down so as to *feel*. Hence, the need to focus on the sensation, not the orgasm.

### **Your 30-Minute Practice:**

Find a place where you can be undisturbed for 30 minutes.

Allow yourself to get comfortable and begin to self-pleasure in the exact manner you usually would when alone. Just notice what you find yourself doing, without judgment.

If self-touch is new to you, experiment with what feels good in your entire body.

Be sure to allow yourself at least five minutes to “come out” at the end of your 30 minutes. This is a time where you integrate sensations and feelings.

Write brief notes in your journal. What happened? How did you feel? Did you receive any thoughts, insights or decisions?

Please continue to write into this journal through this 30-day journey.

*"Self-pleasuring is the foundation of our potential to love and to be loved."*  
— Barnaby Barrat, Ph.D., Somatic Psychologist and Psychoanalyst

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## **Day 4: Activate Your Love Squeezes**

Our pelvic floor muscles are located between our legs, and run from our pubic bone at the front to the base of our spine at the back. They are shaped like a sling and hold our pelvic organs (uterus, vagina, bowel and bladder) in place.

Like the floor of a house, our pelvic floor muscles hold up the rest of our body. These muscles support the bladder and bowel, and give us control when we urinate. They relax at the same time as the bladder contracts (tightens) to let urine out.

You can feel your pelvic floor muscles if you try to stop the flow of urine when you go to the toilet. However, it is not recommended that you regularly stop your flow of urine midstream because this can increase your chance of getting urinary tract infections and weakening the muscles.

### **Your 30-Minute Practice:**

Clench your pelvic floor muscles with each breath.

Visualizing that you are pulling energy from the earth into your genitals.

Then add genital play.

Do this for 30 minutes and notice how you feel.

Finish this meditation lying on the floor with five minutes of stillness.

Return to your journal. How was it today? What came up for you?

*“...when we say we’re looking for a spiritual adviser, we’re really looking for someone to tell us what to do with our bodies. Decisions of the flesh. We forget to learn from pleasure as well as pain.”*

— Anne Michaels, Fugitive Pieces

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## **Day 8: Conscious Breathing**

Our breath is so important that it should be the first step as we begin any self-pleasuring session. It is the only means to supply *our* bodies and its various organs with the supply of oxygen, which is vital for *our* survival.

Hence, our breath is one of the important building blocks to conscious sexuality. Our breath can be used as a tool to spread energy within our body, as well an enabler in being able to control our orgasmic responses – including erection and ejaculation confidence for those with penises.

### **Your 30-Minute Practice:**

Breathe in through your nose and out through your mouth to increase your consciousness and understanding your body.

Start with shallow breaths and then proceed to deep ones. I recommend doing two shallows breaths followed by a deep one.

Repeat this process a couple of times.

Conscious breathing will help keep the muscles in your body relaxed while masturbating.

During high erotic states, breathing will keep you in touch with your body.

By constantly practicing this technique, you can even reach a breath orgasm.

When this happens simultaneously with an erotic one, you'd feel your levels of consciousness expanding like never before.

Write in your journal. How was it today? What came up for you?

*“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within.”*

— Elisabeth Kübler-Ross

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## **Day 15: Opening Your Heart**

Masturbation is often seen as a shameful and taboo practice. As children, we've learned to fear and block our sexual feelings. This deeply rooted behavior can be changed if you choose to channel your sexual arousal into your heart.

If we look masturbation from a different, non-judgmental angle, we can see it as a spiritual practice. The intense energy generated in our genital through masturbation can be used to connect our bodies with our hearts. This energy can be used for emotional healing and for our evolution into better persons.

### **Your 30-Minute Practice:**

Today, we will be channeling the orgasmic energy beyond the genitals to the heart.

Begin by doing your pelvic floor clenches.

Add breath so that your squeezes are in sync with each breathe.

Once you have a comfortable rhythm going, you may wish to rock your pelvis back and fro to build the energy up further.

Place one palm over your heart, and cup the other over your genitals.

Set your intention for the orgasmic energy generated in your genitals to be channeled to opening your heart.

*Hint:* You can also visualize your heart pulling erotic energy up from the genitals.

Write in your journal. How was your practice today? Did anything come up for you?

*“The erotic is a measure between the beginnings of our sense of self and the chaos of our strongest feelings. It is an internal sense of satisfaction to which, once we have experienced it, we know we can aspire.”*

— Audre Lorde, Uses of the Erotic: The Erotic as Power

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## Day 29: Microcosmic Orbit

The Microcosmic Orbit meditation is highly valued in qigong practice. This simple *chi* (life-force energy) meditation allows you to influence the flow of chi in your body.

This ancient Taoist breathing technique aims to connect two essential life force channels in your body: the Conception (genitals) and the Governor Vessel (mind). We learn to circulate our chi in a continuous circular pathway joining the Ren and the Du meridians.

### Your 30-Minute Practice:

Constrict your pelvic floor muscles on your inhale. This maneuver will move the erotic energy you are generating in your genitals up the back of the body to the top of the head.

When you exhale, let go of your floor muscles and try to focus on the flow of sexual energy down the front of the body, through your heart and back to your genitals.

Each breath will make you more conscious of your erotic power.

Did you have difficulties with holding the visualization in your mind? Through practice, it will become easier.

*Hint:* With every breath and squeeze, open and clench your hands. At the end of this meditation, lie still for five minutes.

*"If you keep your tongue gently pressed against the roof of your mouth, your internal energy can flow through its complete circuit. Your tongue should remain in contact with the roof of your mouth through most of the sexual occasion and through most of the day. Then, your internal energy can flow from your head back down through the front of your body and through the entire circuit."*

– David Deida

Write in your journal. How was it today? What came up for you?

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## In Closing

Our body is a beautiful gift, and we have to cherish it. Some of us are afraid to explore and get to know ourselves. Yet others do not know how. Inundated by negative messages related to our sexuality, we know not where to turn. Religion also plays a huge part in this – leaving us confused, scared and worried. Pleasuring yourself is quite the opposite of sinning and actually helps you attain inner enlightenment.

The main goal of Orgasmic Yoga has been to challenge old notions about our sexuality and change how we relate to our bodies. These self-loving sessions focus on discovering our bodies through erotic awakening and meditation.

Through these profound practices, you'll become one with your body and liberate yourself. These practices are called practices for a reason. We can only get and feel better as go deeper. Each session starts with "doing" and ends with "being". In savoring – for what is the point of *doing* if we cannot *receive* from ourselves?

I hope you've had noticeable and significant shifts during this month. Loving yourself is crucial for your sexual awakening and supports you showing up fully in your professional and personal life. Opening up to new experiences, the way you have been, has expanded you. Life will never be the same again.

Close your eyes.

Let yourself go.

And you will find your way back to yourself.

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## **Recommended Reading and Resources**

Visit ErosCoaching.com

If you've been inspired by Orgasmic Yoga: 30 Day of Transformational Solo Practices, why not take your development to the next level?

To learn more about my work, please visit [www.eroscoaching.com](http://www.eroscoaching.com).

Each week, I share my thoughts relating to sex, love and relationships. Sign up for our newsletter and read our blog posts. I have several annual online campaigns including Febulove in February and Masturbation Month in May, which are absolutely free. Sign up to them here [www.eroscoaching.com/subscription-options](http://www.eroscoaching.com/subscription-options).

We can also connect on social media:

Twitter [@drmarthalee](https://twitter.com/drmarthalee)

LinkedIn <https://www.linkedin.com/in/leemartha>

Facebook <https://www.facebook.com/eroscoaching>

YouTube <https://www.youtube.com/user/drmarthalee>

Google+ <https://plus.google.com/u/0/+MarthaTaraLee>

SlideShare <http://www.slideshare.net/drmarthalee1>

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In Closing

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Meet Dr. Martha Tara Lee

## Meet Dr. Martha Tara Lee

Founder of Eros Coaching, Dr. Martha Tara Lee is a Clinical Sexologist, who conducts sexuality and intimacy coaching and runs sexuality education events in Asia. She is compassionate, practical, honest, interactive and solution-focused. Dr. Lee incorporates a blend of conventional and alternative approaches and draws upon a variety of styles and techniques to support each client as they work to resolve both current problems and long-standing patterns.

Based in Singapore, Dr. Lee utilizes her years of experience in professional communications and volunteer counseling to optimize her coaching work. A well-traveled Singaporean Chinese, Martha welcomes individuals as well as couples of all sexual orientations.

Often cited in the media, Dr. Lee is the appointed sex expert for [Men's Health Singapore](#), and [Men's Health Malaysia](#). She also contributes regularly towards [YourTango](#) and [Elephant Journal](#). She is also the host of weekly radio show [Eros Evolution](#) for OMTimes Radio.

She is the first certified sexologist and certified sexuality educator in Singapore with a Doctorate in Human Sexuality. She was recognized as one of 'Top 50 Inspiring Women under 40' by Her World in July 2010, and one of '[Top 100 Inspiring Women](#)' by CozyCot in March 2011. Her first book [Love, Sex and Everything In-Between](#) was published by Marshall Cavendish in Oct 2013.



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