



**TONGUE  
TWISTERS**

## **Bonus 1: Breath**

**Dr. Martha Tara Lee:** Hi, this is your bonus video for Tongue Twisters and in this video I want to share with you something that is not really about the tongue actually however, I feel that it would be really useful for you to know this and this has to do with our breath. Okay? Breath. Let's breathe. So I'm talking about specifically the air that comes out of your mouth and the two main ways in which we can breathe that can bring heightened pleasure and sensation to our partner. And when we purse our lips and we push out is actually cool air, cool air. And you can experiment with this on yourself and you can vary the speed in which the air leaves your body and you can do it in short or pulses like (breathes in pulses), right?

This can be quite fun. Okay, so that's cool air and then there's warm air. So warm air is actually from the back of your throat so you do it more like an A. So you go (breathes out) pushing air out (breathes out), okay? How is this useful? When you are giving your partner oral sex playing with the nipples or the genitals with your tongue motions that you now are quite getting good at and you start having the saliva there. Saliva is a form of lubrication so, you know, there's liquid in it and when you blow on it it's a very different feeling. So this can really heighten the sensation and vary the play that you have with your partner. So just about what you're doing is also about how you vary it so that your partner can feel a lot more with the very, very simple things that you're doing.

Sometimes less is more and just by varying it a little bit with your breath your partner can have a great state of, attain great state of ecstasy. And so this has been Dr. Martha Tara Lee. I hope you enjoyed this little bonus video and I have another one for you. Stay tuned to the next one.

**We hope you've enjoyed Tongue Twisters! Be sure to check out all our other online products here [www.eroscoaching.com/category/products/](http://www.eroscoaching.com/category/products/)**