

BEAUTY IS A BEAST

**The Supreme Guide To Getting
Him Hooked**

DEDICATION

This book is dedicated to Sabre a woman who had so much but couldn't see what she had. This book started as a letter to you about how amazing your unique body was and how much it pleased me and it grew into something more. I wish you continued success and hope you will one day realize how amazing you are.

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Zenity

PREFACE

What the hell, women like to get it in between the sheets too!

And what is wrong with that?

My name is Montique and I am a fitness coach that specializes in sexual strength training. I am also lead trainer for Zenity Fitness a company that develops holistic programs that benefit the sexual relationships of men and women. And one of the things that I hear most from women is that they are ashamed that they enjoy wearing their partners out during sex. They enjoy being able to push them over the edge leaving them snatched.

If you feel this way, I congratulate you and any one would be lucky to have you and I want to help you become even more better at what you love to do.

No you should not be ashamed.

No you don't have to feel like something is wrong with you.

No you are not necessarily a dom

No, you should not hide the fact that you enjoy making him beg you to give him a break and telling him, “nope” tonight you are going to have to take it.

Now don't get me wrong I am not against women who enjoy laying there and letting him take control.

I am not against women who like to sit back and watch him go to work on you, nope not at all.

As a man I love women in all of your queenly styles, shapes and sizes. However, what I am against is the idea that you women can't and shouldn't show what you can do sexually if you want to.

Hell, if it feels great to have him there trying to catch his breath unable to articulate how what you did to him DO IT!

If you like the sensation you get when he is praising your body and the wonders that it is capable of ... DO IT!

If it gives you this tingle deep down when all he can do is hug you and tell you that you are the best...he loves it too... DO IT! DAMN IT!

I would be lying if I said that you get the same kind of response from a man that you do when you take him by surprise versus holding back. In fact, I am against holding back in the boardroom or the bedroom. You have this life, you have a beautiful amazing body push it to its limit on the open road, see what it can do!

As a counselor I heard such an outcry from my clients that they were afraid to show their partners up sexually that I decided to develop a program that specifically helps women to hone their sexual talents, backing it up with the physical training they would need and to use them as long as they would like.

My message was embrace your love of sex.

Embrace your need to express yourself.

Embrace that feeling inside you that says I'm a goddess and this bedroom is my throne room!

So Tight Fitness is one part yoga, one part calisthenics and one part sexual technique training.

It is going to teach you how to wield your kung fu grip like a shaolin master.

Let me be very clear, it is going to strengthen your pelvic floor and PC muscles but not like anything else out there.

You are going to get a stronger thorough functional training the same moves you use when training with your So Tight Fitness training and they are the ones you will use with that special someone.

Do you get it?

Practice makes perfect or in this case practice makes your guy start moaning like a wild beast.

This book is going to give you a jump start on the essential first step which is recognizing your unique sensual talents and training your intuition into how to leverage those attributes for your pleasure and the pleasure of your partner.

This book is all about how to write a love letter to yourself as a woman, as self love is the door way that you MUST pass through in order to please anyone else. The concept is simple that this body is yours... you have it, love it, learn it and leverage it to make your sex life so much more than it has ever been. Leverage it to help you enjoy life, living and loving like you never have before. Smile each and every time you catch a glimpse of yourself in the mirror because you appreciate the power of those arms, those legs, those hips, those buns, shoulders and yoni have. You smile because you would not be as happy as you are with any other body, you smile because your partner would not be laid out trying to find their brain if it were any different.

Learning to love the skin you are in is good but learning to snatch someone up is so much more pleasing, and that is what we are going to do.

You can finish this book and then get the So Tight Fitness course and membership or you can start today but no matter which way you decide to start...you must start as it is an investment in yourself and in the joy you deserve for being as blessed as you are to be you.

You can start by visiting our website at: www.sotightfitness.com

ABOUT YOUR SEXUAL PERFORMANCE STRATEGY COUNSELOR

MEET MONTIQUE

This is your sexual fitness counselor, Montique Stephon. I'd like to take this opportunity to tell you a little about myself, my journey, and how my work in this space began...

I've dealt with some very low lows, but my success in redefining my body and my self-confidence is the reason I am here today. It took the tragedy of almost losing my entire livelihood and a very close friend that got me to start studying the S.T.R.O.K.E. (Systematic Tactile Rhythmically Organized Kinetic Exercise). I want to tell you what inspired me to create this program so that we have a connection and mutual understanding.

Tara Fischer is an amazing woman whom I met back in my college days. As a lawyer and accountant in the early 90s, she made a fortune trading commodities on Wall Street. But unlike a lot of other successful people, Tara did not forget her roots. When she made it big, she offered to help build the MMA training facility which we had talked about in college (we were huge fans of the UFC and SHOOTO very early on).

As a mixed martial artist, I had many connections in the world of fight. With my connections and Tara's finance background, we were up and running in no time. As the interest in MMA started booming, so were our revenues. Being a trainer for young fighters was a dream come true. It was going so well, we were attracting many of the best teachers around. Fighters kept the speed bags humming and the gym mats warm and sweaty. At that point, I bought a house and Tara bought more homes.

It was about a year or so in when Tara came into the gym and told me she was dropping her business interests in the gym and moving back home. It was because of her husband. He apparently had been medicated for depression and Tara felt she was at fault because of her inability to satisfy him.

I was shocked because first off we had never discussed Mike (her husband) and definitely not in this capacity. But, she was my friend and business partner and the foundation for our business was her knowledge of how to engage investors. Her problem quickly became my problem.

Tara told me that she used to be in marital bliss, complete with great sex, intimacy, and a really satisfied husband. But over time, what he enjoyed seemed to change and what Tara knew no longer worked. He stopped being interested in her sexually. After that, he fell into a deep depression.

Tara had cajoled him into visiting a therapist and discovered that even her husband could not bring himself to orgasm. He felt like he was incapable of receiving pleasure. The therapist suggested medication and gave Tara a warning: "You must solve this or you will lose him." At this point, my friend was almost in tears. As uncomfortable as it was seeing my close friend break down, I tried to focus on how we might find a solution.

After convincing Tara to give me some time to find a replacement for her, I set about the task of uncovering a way to have Tara stay. That meant figuring out a way to rekindle the passion that she and her husband once shared.

I hated that I was in this situation. I was a fitness trainer for fighters, not some marriage counselor. But I decided I would work through the process with her and together we would have to succeed. My career and her marriage depended on it.

I transferred my classes to another instructor and virtually lived in the library for days on end. After ruminating on the problem for days, I boiled the whole situation down to the base problem: Mike was not sexually satisfied. If he were, then he would likely come out of the depression and reunite with Tara.

What I couldn't understand was that in the past, Tara and Mike had a great sex life. But then something happened. Something changed. I researched this and actually found that a decrease in sexual satisfaction was very common and the no. 2 reason for divorce.

When this happens, everyone takes it personally. It can quickly escalate into infidelity or divorce because people want a second opinion about their performance. They need a confirmation that there is nothing wrong with them.

It didn't seem so complicated to me. I figured that if your partner's body or desires changed, you simply would start with what you knew they liked and then just experiment to find what brings them pleasure now.

I called Tara, excited that I'd found an answer, but quickly learned that she knew very little about what he liked. Sure, she knew the stuff all women know - touch him here or use this position - but nothing around the details and specifics of what he liked sexually.

After more digging, I came across an article that changed everything. Tucked away in the library of the National Institutes of Health was an article on something called the Coital Alignment Technique or C.A.T. It was a way for the man and the woman to align with each other to help achieve mutual orgasms through sexual intercourse.

Again, I called Tara ready to bust but alas, she had already tried it. After seeing the diagram I sent to her phone, she said that is how he USED to like it, but said now he is just... well she said some unkind things. I could tell she was starting to move past the phase of sadness into the phase of anger. I needed to move faster.

The C.A.T was the best thing I had found at the N.I.H. Library. I talked to a friend who is into Chi Kung Kung Fu, who told me about Mantak Chia and Tantra. Chia defined Tantric Sex as the capacity to use energy transference through breathing, which would increase blood flow and stamina.

Dr. Shin, a Chinese doctor of sexual healing, recorded a very interesting position that had similarities to the C.A.T. but with a slight difference,

whereas the C.A.T. was in a missionary style position. Dr. Shin's was with the woman sitting on top. But the similarities were in the motion and the positioning in their intimate parts. I recognized the importance of the positioning in regards to the in stroke, friction, and the exit stroke.

A light bulb went off in my head. If the C.A.T. worked at one point, what about trying different kinds of C.A.T. movements at different rhythms? One was sure to work. The Coital Alignment Technique was not a position; it was truly a technique that could be used in many ways. Dr. Shin had proven that with his Eastern version.

Since leaving N.I.H. library, I had gone home and looked at several hours of videos specifically of women straddling their men. I clocked about a dozen ways they moved up and down on their partner. And with each one, they did Coital Alignment. Then I came up with an idea.

The guys had already closed up when I got back to the gym that night, but I was inspired and determined. As a creative coach, I'd come up with dozens of training sequences to throw kicks and punches from several different angles. I knew I could transfer it over to something of this nature. Jenny, my assistant, was still at the gym, cleaning up. I told her about Tara's situation and how I intended to fix the problem. I asked Jenny if she would help me. After looking at me like I'd lost my mind (at that point, I felt like I had), she agreed to help.

I took out my note pad and started crafting movements that would recreate each of those 12 different sequences I had recorded from the Internet. Picking up my pad, I saw my scribblings from the Tantra breathing chapter of Chia's book. I thought why not incorporate that?

I had Jenny breathe using the instructions I had noted and she said it gave her a boost of energy. Each movement she made seemed to charge her for the next one. I turned on my camera and recorded her doing the new moves.

With Tara and I both preoccupied, we had completely forgotten about an inspection that our gym was due for. When we found out that the inspection had taken place, we knew we were in trouble. A court summons came in the

mail. They were looking to close the gym down for a series of outstanding fire code violations.

At court, we were told that we would need to file what seemed like an ocean of paperwork within the next several days. Tara looked less like a Yale graduate and more like a court appointed attorney. She was in bad shape. All I could think of was how is she going to get motivated enough to handle that stack of papers because I am damn sure she don't know what to do with it.

Afterwards, we stopped at the gym. I told Tara to hit the shower and come out ready to train. I had wheeled the TV into the training space. Along with my notes, I showed her the video outlining how each movement implements Coital Alignment and what it effectively does to a man. The first day we got through 3 exercises and we had drawn a crowd at the gym. All chuckles aside, everyone had to admit that it made sense.

My phone was ringing off the hook that night with several of the girls from the gym raving about having tried the stuff out with their boyfriends, but I had to catch them on the answering machine because I was busy teaching those moves to my girl.

The one call that I was waiting to hear never came. Tara also didn't turn up the next day. I called her phone several times and sent emails. I was worried and planned for the worst.

I finally popped up at her house a couple days later. I started to leave after knocking a couple times and thinking she wasn't there. But then I heard a couple thumps and Tara came stumbling out into a robe. Before I could say anything, she starts hugging me like we won the Super Bowl. She was beaming. I heard Mike yell downstairs, "Tara what are you doing down there?" She smiled and we shook hands. Then she scampered back inside as I headed back to the car.

We took care of the court situation. Tara was on top of work like never before and I was back to normal; kicking guys in the head for several hours a day.

But one thing had changed. Every day, Jenny and the women who were around for what had become known as “Operation Stroke”, met up a couple times a week after class for 15 minutes or so to do this special set of exercises. The way they empower your whole being and make you incredibly strong is nothing compared to what they do to your man. Trust me on this. Teaching these techniques to my girlfriend was the best decision I have ever made.

Tara is currently off doing business in China now, but we still check in with each other. Her marriage is not only still going strong, but it is at an all time high.

Ladies, your world will change because your perspective about yourself, sex, and intimacy will have changed drastically for the better. With your new skills, you will enjoy the satisfaction of pleasing your man. Your abilities will be a point of pride with you.

You will love yourself and you will appreciate what you bring to the bedroom and to your relationship. And that will only improve as you continue to build your skills. When you feel that way about yourself, it leads to earth shattering orgasms for you both.

The Zenity vision is your guidelines for your new perspective and skills. Great sex has nothing to do with your figure. It comes from understanding yourself and your body. That is what this book is all about. It is going to help you to look into yourself and see an assortment of unique sensual attributes that you can be proud of.

It does not matter whether you are maintaining the body you have or looking to make a change it is extremely important that you love and appreciate yourself in the present, in the here and now.

USING THIS BOOK

The way that this book is structured is as a guide. Sure you can read it straight through, but you can also get what you need. It was designed for the modern woman with dreams, aspirations with an involved life and responsibilities. I think that you will find the perspective unique as I am a heterosexual man that wants to see you as a woman realize how amazing your body is. And I give lots of suggestions on how you can choose to leave your partner in shock and awe. I want you to see how good it feels.

You First

So first off I will take you through an overview of what wonders your unique body holds.

Your vagina, your arms, your legs they all hold the secrets to a beautiful sensual style all your own.

Then we will look at the options available to you, the best positions tips and tricks that you can try all with a focus on what works best for you. Remember, this is about discovery and appreciation of you, who you are and what you have, you take what works and leave the rest.

Understanding Them

Men do not do much explaining about their likes and desires, about what they really want and what they don't. Thank goodness you are a woman and have the super human talent of intuition. In you lies the ability to know without him saying a word. Being able to identify his personality and behavior gives you the insight into what will blow his mind.

Communication for you both

Ultimately great sex is achieved through both parties being in sync, it is achieved when you both can teach and be taught during the act. To do this there are a couple things that you can adopt into your vocabulary that will make this conversation easier to have. There are also some things you should eliminate so as to keep the lines of communication open.

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YONIQUE: YOUR MOTION, YOUR OCEAN

You have to understand that for me this is such an honour. I mean that the idea that I get to spend time with you, helping you to understand just how powerful and amazing you are. I love it because at some point in time you are going to expose and deliver some of these skills that we are talking about to some man, that is going to have absolutely no idea what you are capable of and from him you are going to hear the exact same thing that you are hearing from me which is, “Damn”, and then silence. It’s that effect, that wow effect that truly sets you apart and today you are just going to learn a little something extra to add on top of the stroke skills that you are already ingesting, that is just going to give you a tad bit more that you can have you know just how to push him over that edge.

Let’s start at the inside with understanding which elements directly impact your ability to consciously tap into the sensual talents that you and only you have.

What is the basis of being able to snatch someone?

1. Think about sex like massage
2. The kegel & you breathe
3. Mixing Sensual Breath
4. A treasure chest of S.T.R.O.K.Es
5. Knowledge of self.

There is something about sex that tends to bring out the primitive instincts in us all; sex feels good, it is a primal instinct that we all have, to procreate and to feel good. However, today via media we have learned to get a bit too

primitive and go about sex as if they are a battering ram trying to knock down the castle doors and yes this is men and women.

It is amazingly tragic how much we pick up from porn subconsciously. I once had a client tell me that her husband out of the blue started to refer to his penis in the third person as “the cock.”

Porn.

Similarly I have had male clients complain that their girlfriend started asking them strange questions like “you like that huh, you like this tight school girl pussy.”

Porn again.

I have to have a discussion about it with just about everyone who comes to see me for training no matter where I am in the world New York, Rio De Janerio, Dubai, UAE, it is an international problem plaguing relationships all over. It is key to scrub the influence of porn from your mind when you start building your STF S.T.R.O.K.Es (sexual movement) because if you don't you will never find your own style.

Look, in films there is a position called director, this individual dictates how the actors dress, where they stand, what they do and how so it can be captured on camera.

The Director of the film will have them do it in certain ways, altering their point of entry, the position, the stroke and pacing so that the vision they want to relay can be caught on film. This is not how these actresses and actors really have sex, it's a scripted routine... scripted by someone (the director) who is likely awful with an unsatisfied partner. Now let me be clear nothing is indefinite, there is a good chance that there are some exceptions to the rule but more often than not, this is true.

So if you are duplicating the way that these actors are making love with your lady thinking you're doing it like a porn star, in reality your doing it more for a porn director than for your man. See mimicking what someone else does discounts what you bring to the table as a unique woman. It denies

you the ability to share what makes you unique sexually and ignores his needs as well. You aren't sharing in a mutually pleasing experience; you don't have to demonstrate your knowledge of him. There is no need to express your affection for your partner via the way you kiss, touch and move with him.

No. Instead you treat them just like a stranger. The kind of S.T.R.O.K.Es that really make women climax into a pool of wetness, the kind of S.T.R.O.K.Es that make a man yell out like someone stole his car from the drug store parking lot you won't see in porn. Maybe they don't look as good, maybe the director doesn't know that they exist, but in any event you can't copy the good stuff because it simply isn't there. But, you are fortunate because you have the ability to join the ladies at So Tight Fitness and learn and give thanks because millions of women don't and won't. They will live out their sex lives in a comfortable misery never experiencing what it feels like to give and receive the best.

So to date, you likely do not have the STF S.T.R.O.K.Es and So Tight Fitness workouts but it doesn't matter because you will become better with the moves you have today by truly grasping one basic concept.

SEX IS INTERNAL MASSAGE

I go into porn mode sometimes and I am sure you do too. I mean think about it what other examples do we have that gives us examples of what people do and say during sex other than..porn? So even if it's a turn off our mind is recording unfortunately. In this day and age it is normal: the goal is to simply program it out, just like it got programmed in.

Straight in and out works great if you are on a pogo stick, but when it comes to sex, it is useless. You end up missing the right spots and most likely will be hitting the wrongs spot over and over again, which, instead of causing an orgasm it will either be painful or cause you to lose feeling totally in that area. Unfortunately, I know that you have experienced this.

Sex is meant to feel good, inside and out. Have you ever had a massage? It feels amazing, but when the massage therapist starts to go to work, they start off slow to warm up your body and then the massage gets more intense. You do not just lie down and have them start at full blast right away on you, that would hurt right? Sex is just like a massage; you need to start off with a warm up before you get to the heavier stuff.

During a massage, the massage therapist roams around your body. It would be a poor massage indeed, if they only focused on one small part of your body, ignoring the rest. That one part will soon become painful to the touch and your pleasurable massage turns into something quite the opposite. Massages vary in pressure and location, and all of those various massage techniques turn into something very pleasurable indeed.

Let us apply those same concepts to sex. Stop coming at your partner as if he is the ground and you are riding a pogo stick; instead think of yourself as the masseuse, ready to make her feel good. Only instead of using your hands, your body is how you will massage her. When it is done right, sex is

an internal massage and you are in control of your own pleasure, and can deeply impact his.

Instead of just going in and out, you just be moving your body so that you cause him to hug your curves. Your goal is to press him against your slippery slopes, changing between them. As you will read later that is what makes it feels so good to us as men.

By doing this you will be able to warm him up, desensitizing him a bit so that he lasts long enough to bring you to orgasm, most likely to even more than one.

Remember watching the movie “The Karate Kid” and how the teacher told him to “wax on” and “wax off”? Your movements when you have sex should be the same; you should be moving in more than one direction, using your yoni as leverage to drag him in and out against your wetness.

Note if the slide in and out is too fluid the focus is off and he will just drag the moisture out of you letting it evaporate in the air. Make the focus that you are massaging yourself against him. He is a arm chair and you’re a pussy brushing up against it so you can get a much needed itch at your favorite spot.

By seeing sex instead as an intimate massage session the benefits will be much more than just ending in an orgasm. It can have benefits that promote health and well-being in your entire body. After the climax you both will feel relaxed, stress, anxiety will have been massaged away, and your efforts will have promoted a feeling of well-being and relaxation in her entire body and her spirit.

When used as a method of internal massage, sex will also increase your self-esteem, making you feel good about your desirability, attractiveness, the body you have and your skill as a lover. And as for him how could he not feel the same way with all of the attention that you have just lavished on him. Instead of making sex about the climax, you will be making sex about a physical expression of your affection for them. It is about bending pleasure to your will it is about demonstrating your ability to make each other feeling good. It is about a slow build up to her orgasm through careful

attention and movements on your part and theirs. Your focus will be on your own pleasure allowing your hips, your hands your subconscious to take control giving him back everything that you are feeling 10 fold. Believe me seeing you please will make him feel beyond special, it will make him feel more grounded by his masculinity than anything.

The reason that people feel so good after sex or a massage is because it triggers the release of endorphins into our blood. Those endorphins make us feel good and improve our mood. When done right, sex will release these endorphins, making something that feels good already into something that feels fabulous!

Just like a massage, sex encourages us to sweat, which helps us flush waste products through our skin. It also improves our circulation, helping to bring more oxygen to our muscles and skin, improving both the look and feel of our skin. Because of the increased circulation, it helps to detoxify our bodies as well.

Sex is internal massage and your massage tool and his are perfect for each other no matter what yours or his looks like. There is only space and opportunity to work together to create the perfect combination of push and pull, of contract and release of slip and slide to get you both where you need to be.

Just like a masseuse has more than one technique, you should also have a variety of moves at your disposal to adapt your body to his, opening up his ability to use himself to please you. You control the weather in this world; the environment is your domain. The more moves you have, the better you are able to temper the conditions to fit your body, his and your unique kind of encounter.

See, when you view sex as a massage it let you understand that anyone can give a good massage regardless of the tool they are massaging with its all about what's their skill as a masseuse using their tool and your skill using yours!

Short masseuses, tall masseuses, wide, masseuses, muscles masseuses, frail masseuses, long masseuses, thick masseuses, short masseuses thick

masseuses what matters?

Their skill as a masseuse using their tool and your skill using yours!

As women you have a choice and a chance to sharpen your skill as a masseuse and to also discover how to wield your pelvic floor, your hips, your body parts and your mind taking you to the level of mastery. This is a level that no one can compare to, a level that no one can compete for, a level where you are alpha and omega. This is your style and yours alone a Goddess in her wheelhouse

What is left but to start building into your sexual skill beginning with the key to all life... Breathe.

SNATCHING BREATH

If, for a second, you can consider strengthening your pelvic floor as any other physical activity,

such as jogging, swimming or tennis, you will notice that there are several stereotypical movements and breathing patterns characteristic to each of these sports. Think about STF the same way our exercises have a breathing framework that will assist in your getting the greatest fitness results that you will gain through So Tight Fitness.

The breath is really important to your snatching skills. Learning to Kegel Breathe will ensure that you receive the full benefit of each movement that you perform with your partner. You are programming your body to understand when and how to hold and when to release through practicing it becomes like second nature. Ultimately, this is what allows you to lose yourself in the moment and rest assured that your ascension to bliss does not put a damper on your partners. Namely your body makes sure that they are taken care of so that you can release and enjoy. The role of breath in intimacy is truly one of the aspects that we do not engage enough and millions of women suffer as result.

Holding your breath can be problematic. Each time you contract a muscle and you hold your breath, your arterial tension will rise. This is caused by the effort that can create an increased corporal pressure, which, in its turn causes an increase in the arterial pressure. Normally, the increase is small and it should not be a problem, but if you have hyper-tension seek first a doctor's advice on whether or not you can do these exercises or similar ones.

When you work on these breathing regime avoid holding your breath, and try to breathe as normally as possible.

Relax. Exhale only when there is an effort. If you discovered that the exercises are easier to be done when you hold your breath, then, as a solution we suggest that you count aloud when contracting the muscles. Then change the rhythm of the breath and contract the muscles while inhaling and relax the muscles when exhaling. Repeat the exercise even more rapidly, without having any coordination between the contraction and the breath. Breathe normally and continuously, instead of holding your breath.

Do each of the beginning contraction rhythms described in our previous articles, in each of the poses that will present you. Some positions are easier to get into than others. It is normal and natural because each position of the legs influences the resistance and the range of movements of the exercise.

HAVE FUN WITH IT!

You enjoy snatching them up so you have to enjoy the process of sharpening your skills. Ensuring that you are having fun is also essential to helping you to be consistent.

Try to work out a flow to some music that you enjoy, try to visualize how amazed your partner is going to be and try to feel their appreciation and affection.

The kegel breathing and contraction exercises below are further explained and demonstrated in the So Tight Fitness digital course. There you have video and demonstrations of these and you can start whenever you want by visiting: www.sotightfitness.com however, you can just as well start here.

There is a specific reason that we pair these kegel breathing exercises with stretches. Sure, as discussed earlier it is so that you can program your muscles to do them automatically when you are in a certain position during sex. But there is another reason.

Many women do not know that a naturally tight vagina can still house a weak pelvic floor and that kegels alone could be actually hurting them more than they knew.

Micheal Castleman, a writer on multiple books on sexual physiology wrote,

...vaginal muscle tissue naturally contracts–tightens–again. Intercourse does NOT permanently stretch the vagina. This process, loosening during arousal and tightening afterward, happens no matter how often the woman has sex.

The vagina stretches a great deal during childbirth, like an accordion opened all the way. Post-partum does it re-tighten completely? Yes, usually, at least in young women, that is, women in their late teens and early twenties. Within six months after delivery, the typical young woman's vagina feels pretty much how it was before she gave birth.

If you stretch elastic a great deal, over time, it fatigues and no longer snaps back entirely. That can happen to the vaginas of young women after multiple births. Their vaginal muscles fatigue and no longer fully contract. In addition, aging fatigues vaginal muscle. Whether or not women have given birth, as they grow older, they may complain of looseness.

Today, many women delay childbearing until after 30, and some have children after 40. Combine the rigors of older childbearing with the effects of aging on the vaginal muscles, and many women complain of looseness. Women who give birth after around 30 may notice persistent looseness after delivering only one child. Individual differences account for the fact that birth- and age-related looseness happens to some women and not others.

So the fears that most women have about:

- VIRGIN VAGINA IS SUPER TIGHT
- DEFLOWERING MAKES YOU LOOSER
- HAVING PARTNERS MAKES YOU SUPER LOOSE
- CHILDBIRTH MAKES YOUR VAG LOOSE FOREVER

The truth is, a vagina is elastic, and it has "tightly folded muscle" like an accordion. Yet that does not indicate its strength. Women are naturally built to snap back into the original form (most of the time) yet the pelvic floor can become very weak without consistent and active training. For the longest time kegels has been what was prescribed not just by doctors but by the media. HOWEVER; alone it's just not enough. YES COSMO and other magazines are lying and also endangering your health. Zenity has been researching kegels for several years and is up to date on new studies that have found that alone, the kegel can actually be damaging. Although when

combined with So Tight Fitness exercises it can become a powerhouse of energy, longevity and of course tightness needed by many women.

A few years ago, Katy Bowman (a physical scientist and Mom) offered the following advice for a strong pelvic floor (PF)

A Kegel attempts to strengthen the pelvic floor, (but done Alone) can pull the sacrum inward promoting even more weakness, and more PF gripping. The muscles that balance out the anterior pull on the sacrum are the glutes. A lack of glutes (having no butt) is what makes this group so much more susceptible to pelvic floor disorder (PFD). Zero lumbar curvature (missing the little curve at the small of the back) is the most telling sign that the pelvic floor is beginning to weaken. **An easier way to say this is: Weak glutes + too many Kegels = PFD.** The pelvic floor's problem is weakness; it was weakness that is the result of too much tension - not weakness that comes from flopping around. It's the alignment of the pelvis and sacrum that gets out of whack, so knowing where your pelvis should be as you move throughout the day (sitting, standing and walking)

So what does that mean, it means that the weakness women have in their pelvic floor comes from rigidity. An overly compartmentalised structuring for movement and flexibility. Think of your arm or leg after it goes to sleep, it is weaker, but because it was held or pressured within a certain position over a duration of time, so when you want to use it, the thing just does not work right. Your PC muscles have the same kind of weakness. Scientists noticed this and noted that kegels were reinforcing the restrictive structure of women's PC muscles because the contractions were being done within that confined space. Simply put it was supercharging the weakness, further cementing its closed nature.

Studies have shown that the key is for women to incorporate exercises that would help them to develop a strong core as well as glutes and quads in conjunction with kegels. These exercises consist of squats, lunges and arches of many kinds, some suggest running and aerobics. They act by heating muscle, elongating muscle and causing contractions that can reverberate all the way to the pelvic floor (as everything in the lower body works together). Following this model many fitness programs and

professionals have modified there, suggestions to women and it has yielded some success.

STF looked at the research further and found some serious gaps in the theory however, specifically around the concept of compartmentalization and rigidity. We thought, ok, if the reason why the kegel alone can be dangerous is because it is reinforcing the average format that the PC muscles are pressured then a strong core, glutes and quads must come from exercises that re-inform the pc muscles. The PC muscles must be opened through movements that will allow it to benefit from the strengthening of the core, quads and glutes or making those muscles stronger could just further cement the PC muscles into its state of rigidity. THE EXERCISES MUST RELIEVE TENSION they must work areas of it that do not get worked in its normal use so that the user has an understanding of where their pelvis should be when they do activities thus maintaining the correct alignment.

Zenity searched hard for a solution that women regardless of age, condition and stamina could engage in. We needed to create something low impact but with the cardio burn of a high impact dance class. We would incorporate squats, arches and lunges yet would decide not to use weights to lessen pressure on joints, instead deciding to focus on what we call pump build. Targeting the lower appendages the exercises activate the psoas the power muscle in the pelvis that connects the upper and lower body. Women who practice STF learn to manipulate the psoas using the glutes, quads and abs. Though engaging those massive muscle sets, in conjunction with kegels results in a true solution to the kegel dilemma. In practicing STF workouts the muscles are relaxed, the full spectrum of the pelvic floor is activated, the vagina gains strength from the combined benefits of the pelvic pump backing up their kegel squeezes and **lengthen the pelvic floor** ultimately making them become more aware of proper pelvic alignment. Additionally, we incorporate several new positions to work out from specifically for lengthening the pelvic floor so the whole body inevitably gets involved resulting in an amazing workout.

It is important for your sexual maintenance that working the PC muscles becomes a regular function, engage this function as a part of their daily

lives, improve their sexual abilities and ward off PFD while maintaining their reproductive function. These breathe /kegel / stretch combinations are a great start because they will help you understand the connection between your body and your breath. From here the sky is the limit you can use the talent you learn here to tap into several advanced S.T.R.O.K.Es that will leave your partner speechless and it will be because you built on top of the foundation of body and breath.

SNATCHING BREATH TECHNIQUES

It's probably not what you're thinking about when you're having sex, but your breathing can have a huge impact on what you get out of the experience.

When you're having sex, it's natural to focus on the person you are with and the sensations you are experiencing but, what you may not realize is that while your attention is on these pleasurable pursuits your breathing is what sets the tempo for the experience and when you're in the bedroom good rhythm is an awful lot better than bad rhythm.

Think about your breath like the drummer in your own personal band. The drums percussive beat isn't always the sound in the forefront but it sets the pace and ties the beat together by giving it a cadence. Breath works the same way during sex.

There are some simple exercises you can do to enhance your breathing and improve your sex life. When you're doing these exercises think about this, it's not just that better breathing means a better sexual rhythm. Improved breathing also means that our blood flow which can give you a stronger erection or enhance sensation in your clitoris, both of which are rather desirable during sex.

Breathing Exercise #1: Deep Abdominal Breathing

Deep Abdominal Breathing is the key to breathing for better sex.

Focus on your lower abdomen; begin to breathe into your hands increasing the depth of your breath; fill up your chest completely every time you inhale. Now focusing more on your exhale; try to suck your naval strongly into your spine on each exhalation.

Breathing Exercise #2: Breath Retention

With this breathing technique take your exhales longer and retain your breath at the bottom of your exhale; hold there as long as you can without gripping your breath; then gently inhale through your nose. Inhale for two to four seconds and exhale for three to five seconds repeating the retention at the bottom of each exhale. With this exercise you'll increase your lung capacity which can increase your stamina and flexibility.

There are also breathing exercises that you can do with your partner. Although these exercises provide the same benefits as the other exercises they all seem to be intimate and intensify the impact of using breath to enhance your sex life.

Breathing Exercise #3: Tandem Breathing

Be with a partner touching in some way; start breathing together as you go deeper; this will also create an amazing connection with your partner which can translate into fireworks in bed.

SNATCHED BREATH DURING WORKOUTS

Kegels are good exercise, but studies are showing that you need more than that to maintain good pelvic floor health.

The Snatched STF workout has a consistent breathing regimen that is done while you exercise.

Women are asked to kegel at various rates in conjunction with the breathing exercise.

Health Benefits

This breathing pattern will allow your muscles to get more benefit out of the exercises.

It also helps you to maximize the benefit of the kegels.

Intimacy Benefits

Doing this consistently trains the process into your muscle memory.

The process is locked into an association with your STF S.T.R.O.K.Es allowing you to perform them internally and externally without having to think about it.

General Contractions from STF Positions

With each of these exercises engage the breathing techniques in the section Snatched Breathing for Intimacy. (for videos get the So Tight Fitness Course)

Contractions sitting position- sitting on a chair, knees bend and spread, contract and then relax the pelvic muscles, practicing each of the starting rhythms you will find below.

Contractions in the missionary position - stay on your back, with the knees close to your chest and spread. From this position, contract and relax the muscles.

Contractions in the Half Missionary position - lay back and bend one knee to your chest, while the other leg will be stretched. Contract and relax, then switch legs.

Contractions from Reverse Missionary Modifications- lie on one side and stretch the upper leg out front, to the level of the hips. The leg will be resting on a pillow and you will raise the leg slowly. The lower leg will be stretched, with the knee just a little bent. Contract and relax, then switch sides.

Contractions from Riding position - from the position sitting with the legs forming a wide angle, bend your chest a little to the front, but keep your spine straight. This position will force the inner muscles of the hips, and this position will increase your flexibility. If these muscles become sore, bring the legs closer.

STF BEGINNING RHYTHMS

STF Uses rhythms to match the STF exercises you are performing so that your breathing and your movements compliment themselves and promote good circulation, strength building and endurance.

The basic rhythm - contract and relax with moderate speed for twenty times. Go further to faster rhythms.

Slow and easy - contract the muscle; keep the contraction for 3 seconds, then relax other 3 seconds, for 20 times. Increase gradually the time of keeping the contraction up to 20 seconds.

Slow Rhythm - contract and relax the muscles as if you simulate a heartbeat. Continue thus for 3 minutes.

Fast Rhythm - speed up the “slow pumping”. Make sure that each muscle is completely relaxed before the next contraction. Continue for 3 minutes.

Offbeat Rhythm - contract rapidly each vaginal muscle, with irregular pauses between contractions, the sequence is 1-23, 1-23, 1-23 Continue the exercise for as long as you can. Take a break. Repeat five times.

THE ADVANCED POSITIONS

STF's advanced positions include movements that have a greater mechanical and gravitational resistance. Do the contraction rhythms in each of these advanced positions.

Contractions from Low Table Top - Sit on the floor then use your legs and hands to hoist yourself off of the ground.

The ballerina position - stand with the heels close and the toes spread drop to a squat and contract the pelvic muscles.

Contractions from Slanted Table - lie down on your back, the knees bent and spread and the soles on the floor. Raise your hips and push your pelvis back and forth, as if you were making love. Vary the speed of the movements.

Contractions in the reverse missionary position- lie on your stomach, knees bent and slightly spread, and contract.

Contractions from Quadra (doggy)- supporting your weight on the hands and knees, on all fours, do the contractions.

Contractions from the lunge - stand on your feet, and take a step with your right leg, as far as you can stretch it. Keep the left leg stretched back, as far as you can. The soles of the feet should have the same orientation. Bend the right knee; lower your hips as much as you feel comfortable

without losing your balance. Contract the pelvic muscles, then switch the legs and repeat with the left leg bent in the front.

ADVANCED COMBINATIONS

Grind Stretch Basic Rhythm Missionary - lie on your back, bend the knees and spread them widely, with the soles on the floor. Lift your hips and move your pelvis back and forth. Contract and relax the muscles, as if you simulated a slow heartbeat. Contract the muscles in the same rhythm in which you move your hips. Continue the exercise for 5 minutes.

Grind Stretch Rapid Fire Missionary - lie down on your back, bend the knees and spread them widely, with the soles on the floor. Lift your hips and move your pelvis back and forth. Contract and relax the muscles, as if you simulated a slow heartbeat, and after few such contractions speed up the rhythm of the contractions. Make sure each muscle is relaxed before the following contraction. Continue the exercise for 5 minutes.

Grind Stretch Slanted Table - lie down on your back, knees bent and widely spread soles on the floor. Lift your hips and move your pelvis back and forth, in and out. Vary the speed. Contract randomly the vaginal muscles, with irregular pauses between contractions. Continue for as long as you can in one session. Repeat ten times.

Grind Stretch Sumo Squat, - from the sitting position -sit on an imaginary chair, knees bent and spread, and move your hips back and forth. Contract and relax the muscles as if you simulated heartbeats. Continue for five minutes.

Grind Stretch in Reverse Missionary - lie on your stomach, feet spread and move your hips back and forth. Use the movements from the slow pumping, but accelerate the rhythm of the contractions. Make sure each muscle is relaxed before contracting it again. Continue for three minutes.

Grind Stretch Half Missionary irregular rhythm - lie down on your back and hold one knee tight at your chest. Keep the other leg stretched. Move the pelvis back and forth, while you contract randomly all the pelvic

muscles. Continue for as long as you can, then repeat the exercise for ten times, then switch legs.

Grind Stretch From Side Position - lie down on your back on one side, and lift your leg up to the level of the hips. Support your leg on a pillow, and the bottom leg is slightly bent. Move your hips back and forth as in the slow pumping and accelerate the rhythm. Make sure each muscle is properly relaxed before contracting it again. Continue for five minutes, and then switch legs.

Remember that each exercise has a specific objective.

SNATCH HIS SANITY

USING YOUR KEGEL BREATH DURING INTIMACY.

I want to respectfully say that as a man during sex we LOVE how kegels feel during sex but often we cannot feel them and it is a issue of timing. The most sensitive part of a man's penis is the head and the underbelly and your kegels need to be focused there or a man simply will not feel it. I said it is an issue of timing because when he thrusts knowing when to exhale and squeeze is directly connected to the pleasure he feels. This means that the moves you are using now could be FAR more pleasing if timed just a bit differently. We have a training tool called A Yoni Maraca that you use with your workouts that will automatically give you this timing process but until you have it and the workout to do with it you can start with the practice below.

During intimacy your attention should be on your partner, watching their reactions and their movements in conjunction to yours.

Thinking about what your vagina feels like, if they like it, if it feels good or distracting from the moment and from the intimate experience of lovemaking. Focus on your breath, your squeezing and your movement to try to swim in the rhythm trying to drown in the sensation.

The idea is to have the pleasure generating aspects of your vagina on auto pilot it is a real key to the art of snatching. To do this you train STF moves while doing Kegel Fitness Breathing.

The movements are locked into your muscle memory, your subconscious so you can do them without having to think on them.

The Kegel Fitness Breathing also becomes second nature, it becomes something that you naturally perform when you are doing the STF S.T.R.O.K.E

An STF S.T.R.O.K.E stands for Systematically Tactile Rhythmically Organized Kinetic Exercise and to put it plainly it is the way you swim your motion in the ocean.

What happens is that your breath causes you to squeeze at certain times during the S.T.R.O.K.E. , and relax during others. Many women do not understand that their vagina has times that it should be tighter and times that it should be able to relax.

Not understanding, this causes many women to feel pain during sex, and many other women to not have the kind of encounters that they want.

During each S.T.R.O.K.E the kegel breathing exercise helps women to relax as a man travels into them and to tighten as he is pulling back, with the greatest amount of grip pressure being in acted around the head of his penis at the beginning/end of his movement in and out.

Being unable to relax when a man is traveling into you can make you numb due to over stimulation; it can also cause you to tear if dealing with an especially aggressive lover.

The most sensitive part of a man's penis is the head of his penis and using your Kegel Fitness Breathing to squeeze around the head at the beginning/end of his stroke is when your vagina will feel best. This also can help man that deals with blood flow issues to maintain an erection.

How to time your KFB during intimacy?

Your breathing/squeezing combo is trained during your workouts. Your muscles and breathing harmonize through your exercising.

During intimacy, no matter what STF S.T.R.O.K.E you are using you will squeeze at the right time by breathing at the pace of his thrust inhaling at the beginning and exhaling and holding at the end of his thrust until he pulls back and starts again.

This will automatically time your kegel to squeeze around the head of his penis but relax as he penetrates deeper.

How to time your KFB during deeper lovemaking

In some cases you will want to keep your partner deeper inside restricting him from coming all the way out during intimacy. In this case inhale when his stroke starts and exhale as he retreats but without squeezing hard at the beginning/end of his stroke since you will not be wrapped around the head of his penis and thus it is less likely he will feel it.

KFB sensations

These are the ways that the combination of your breathing and S.T.R.O.K.Es feel to your partner

Polishing Action

This sensation is created by an action similar to polishing door knob handle.

With polishing action focus on performing it while wrapped around the head of his penis, the slower the better.

Sucking Action

This sensation is created by squeezing around him while exiting.

With sucking action focus on squeezing hardest when his head is in the first 1-2 inches of your vagina. Remember to inhale relaxing as he pushes in.

Licking Action

This sensation is created by arching your body while he is exiting

The underbelly of his penis is the second most sensitive part of his penis.

When you arch as he exits it causes extra friction on the underbelly like a long wet lick.

Pulse

This sensation is created by squeezing and slightly lifting your body while he is deep inside.

When he is inside and still lifting your body in this way feels like a two hand massage around his penis.

Twist

This sensation is created when you tilt your hips when he enters and then tilt them back as soon as he pushes inside. In this case you use a strong kegel at the inception of his stroke.

INTRODUCTION TO THE STROKE

Snatched is a state of being that every man wants to be in and every woman feels good about. Being able to bring our partner to orgasm is a victory and an ego boost.

Every single woman is perfectly equipped to please men. Your very anatomy is the only tool that we need; any lover you choose can fit like a puzzle piece inside of you any man can feel amazing because you control what makes them feel good to you from the inside making them feel good from inside.

The problem is that we rely so much on chance and so little on true skill. Many women in this world are naturally talented and even you likely have had men tell you how amazing you made them feel, but could you duplicate it? Perhaps you could! Women are amazing and there are absolutely no boundaries that you cannot surpass. However, what if you actually had a skill you developed, what if snatching was something you worked on...kind of changes everything right?

That way you would be more likely to understand what you did that drove him over the edge. You would be more likely to remember what to do to keep him active, what keeps him engaged as opposed to what knocks him out. Do you see the kind of control that gives you over your pleasure and his?

If you own the skill you have more than one style, you have diversity, you are versatile and can problem solve in the bedroom. No more of this, he is too big, he is too small or any of that...everything is perfect you command it to be. No more you're not being able to feel him or him not being able to feel you as that is the result of not having options. But when you can

change your S.T.R.O.K.E you can find a way or create one to ensure you both are satisfied.

As women you know that your body is the most advanced technology on the planet you are working with a physique leaps and bounds more complex than that of a man. You likely have no idea what your body is capable of so you can imagine how in the dark a man will be (even the most intuitive men). This puts you in the position of needing to lead, in needing to be a guide...

Now who wants to feel like you are having to teach anyone what to do in bed? As a counselor, I receive a lot of blow back from my clients when I suggest that. Often women will speak on how its not their responsibility to teach a man anything. And I respectfully say, you got a driving lesson in what? They would say a car. I ask "what kind of car." To which they respond some model. I ask them now when you drove that car was it the same as any other car? They would respond no. And then I would make the point, you had to drive each car a while before you fully understood them right? And they would agree. And then I would ask, now how much faster would you have understood if someone showed you?

Sometimes it works and they try (normally with great success) add sometimes not at all.

But the point stands this is your body, it is extremely complex, allowing him to follow the leader and seeing how much he retains is an excellent way to identify how serious he is about you.

If he truly wants you, he will remember and even more than that he will improvise and expound on what you taught him.

In fact 99% of women will have never felt the sensations that performing these strokes will give her. They are called base strokes because of their being the foundation of all your So Tight skills. These strokes are perpetual meaning that there is never a point where they are not in motion, they are consistent and when you use them you will only have to do the exercises and your body will do the rest. These strokes are to be used even when he is not thrusting to keep yourself warm, wet and happy. They give your yoni an

ability to make its self orgasm, they also walk your partner to the edge of his sanity and gives him a gently push where after you watch them tumble down the cliff into pleasure. You are going to be introduced to the four STF Base S.T.R.O.K.E's but I want to explain exactly why they are important...

Each base stroke focuses on causing his penis to massage your walls in a different way. Lets talk a little about your vaginal walls, about the walls within your yoni. You already know that it physically it is friction against these sensor filled walls that create the pleasure that you get from sex... but any idea why?

The male reproductive organs are fairly straightforward, what you see is pretty much what you get. As women your reproductive organs are not so straightforward; however, men tend to think of them as such, focusing only on what they can see (men and women). People tend to think of women as having two separate pleasure zones, the vagina and the clitoris. After all, the clitoris is easy to see and easy to find and the vagina is thought to be a separate entity.

During intimacy focus is normally on the outer realms of the clitoris during foreplay and then on the vagina only during intercourse. I am sure that to get pleasure you routinely will massage the outer realm of the clitoris during penetration (and you may be able to achieve a clitoral orgasm) but many women still neglect something very important.

The clitoris is not just a visible piece of sensitive skin located just at the top of the vagina, which is only the tip. Much like an iceberg only shows just the tip above water, the clitoris only shows a small piece, but the clitoris itself expands deep into the woman's body, down either side of the vagina. The walls of the vagina are pressure sensitive; they are the key to unlocking your ability to have an orgasm through sexual penetration.

Think of the clitoris as a wishbone, with the top of the wishbone visible at the top of the vagina and the two sides traversing the walls of the vagina, inside of her body. Those sides of the clitoris that extend into her body can be stimulated through reverberation, impact or by pressure of the walls of the vagina.

Many women are missing out on the opportunity to engage the inner clitoris which many believe is responsible for the orgasms that are achieved via penetration. Until recently women were led to believe that this could happen only with a specific size man or with a very skilled man, and while both are great, you discount that this is your vagina and you control everything that happens inside of it. You have more direct control of penetration driven orgasms than he and anyone else ever will.

The vagina is an interactive organ, the shape of the vagina and clitoris is genius, it is designed to bring pleasure in a variety of ways, but because most of the sensitive parts are inside many of those sensations are ignored. However, that is where you come in ladies. Your kegel breathing, your Stroke Skills Fitness, Your STF S.T.R.O.K.Es are all dedicated to your understanding how to master control of that space you call your yoni for your own pleasure and benefit.

With your S.T.R.O.K.E you can move him to help you experience orgasms through vibrating, impacting or compressing your vaginal walls at the places that feel amazing. No pain, no frustration just maximum pleasure and sensation.

There are two ways in which you can use your S.T.R.O.K.E to push the pleasure sensors inside yourself to achieve internal orgasm. There is point pressure which is when you steer the head of his penis to target a specific spot to impact it, triggering those nerves and sensations in that spot. The other way is by shifting the length of the penis, as opposed to just the head, to compress pleasure spots in your vagina that require massage. There is a unique kind of self love and confidence connected to owning your sexual pleasure as a woman. I have seen it shine from a number of my students as you cannot help but love yourself for being able to use your body in order to pleasure yourself, a technique that is easy to understand and to use but that you can invest a lifetime mastering. As in mastering it you are truly mastering yourself.

Your yoni is a conduit for self-love and also self discovery as the more you invest in it the more beauty it will reveal to you. Your journey will be in recognizing yourself as unique and worthy of the skill of using your S.T.R.O.K.E to author the way that you experience intimacy.

BASE STROKES

I teach women S.T.R.O.K.Es to help them to re-take control of their sexual pleasure but they are also very helpful in giving a man insight into what pleases you. The S.T.R.O.K.Es themselves are ways you move your hips and legs during your workouts and you use these same movements during sex. Through your practice you understand how to perform each correctly and also maintain the stamina to do them without getting fatigued. But its more than that you realize which will likely give you certain sensations during intimacy. Yes, you will know which areas of your vagina will be stimulated when you perform this S.T.R.O.K.E during sex. This means that when you feel that tingle that tells you need to feel something to get satisfaction. You no longer need to hope that he knows (and how would he know) or hoping he gets luck or worse still barking “deeper” or “harder” (neither of which giving you what you need) and having him do something that robs you of your orgasm all together. This becomes a problem of the past because you will understand how to move him in the direction and against the spots you need massaged. Gone are the days where you are almost there, all he has to do is keep doing what he is doing... and right before you feel it happen he changes his thrust or rhythm. See at that point if you had STF S.T.R.O.K.Es you could simply shift your hips and have him rebound back inside of you in the way you need... success!

The same goes for when you are intimate and you can feel him easing back; you can feel him losing interest, losing momentum. He could be tired, it could feel too overwhelming or like not enough... it could be anything, you have to understand that as a man he himself is not aware how to use his penis in more than one or two ways. Men lack training they do to you what worked for their last partners, they do not customize their thrusts to your body what so ever. So in addition to not stimulating you they often do not properly stimulate themselves often doing too much and climaxing before

they would like too or doing too little and losing their erection. Enter a you a senso- intelligent woman who can move through her treasure chest of sensual movements (S.T.R.O.K.Es) until you find a combination that remedies the issue whether it be teaching him how he should be moving inside you, helping him last longer, or bringing his penis back from the dead. Your pleasure is certain in any event because only in experiencing pleasure during intimacy will your partner get Snatched. Your success is his.

Chances are you do not currently have any STF S.T.R.O.K.Es in your treasure chest, but does that make you a bad lover? No! The opposite it means that you cared enough for yourself to search out and discover answers to your questions. You are absorbing a way to have sex specifically with your own pleasure in mind. You are absorbing skills that are increasing your sexual self worth. It's time to take it to the next level as I am going to introduce you to the four base STF S.T.R.O.K.E's. But, first allow me to introduce you to exactly what a Base Stroke is.

Let me try to help you reference an experience where an STF Base S.T.R.O.K.E would have come in handy. So, as a woman you are already aware that it is consistency in massage with the right pressure and the right rhythm that relaxes you into an orgasm right? And from the information we discussed above its clear that your clitoris (which is huge) is being massaged through the walls of your vagina. Now often when you speak on having a spot you know now that you are talking about a unique part of your vagina and where that part of your vagina interacts with your clitoris. So, think back and try to recall a time when he got tired before you were able to climax. If you had STF Base S.T.R.O.K.Es in your treasure chest of skills you simply would sit him down and use an S.T.R.O.K.E you know engages your spot at the frequency that you need it touched until you climaxed. You can make sure you get the pleasure you deserve then turn your attention back to him it's your choice in what fashion to finish him in...I personally like those deep mixing S.T.R.O.K.Es that you can do, they make it hard for me to stay aware, I've been told my left eye twitches (too much information?)

BUTTERFLY

This is a detail piece about your Base STF Strokes. We will focus on the Butterfly Stroke in this discussion. As I told you earlier, the category of strokes that you are learning is called base strokes. These strokes are the kind of strokes that you do repetitiously. They are the kind of strokes that are the foundation that other strokes you learn will build off of..

The Butterfly can be done on him either facing him or turned away from him. If you do it facing him the focus will be massaging the underbelly of his penis with your stroke and kegels. Use the butterfly facing him if you want to make a point. This movement puts a man under, it is a finishing move.

The visual, the massage of the lower/bottom part of his penis it will not take more than a couple to take most men out. If you do it facing away from him it will be massaging the tip of his penis. Do it like this if you want to tease him.

With the Butterfly you have all of the control you completely control the depth and also the range of movement. The butterfly you generally are going to perform slow. If you really want to be especially naughty use the offbeat rhythm when he is close to a climax. There may be no better time to ask for something than after using the butterfly.

THE PUSH GRIND

Snatched Base S.T.R.O.K.E

Pushes are the most functional of the base strokes for you as a woman because this stroke will help you to press spots inside of yourself. You use push strokes to massage the top surface of his penis with a tugging action. They work going north and south.

To him it will feel like a warm towel wrapping around his penis and then it being vertically pulled off. Forward pushes wrap more of the penis, backward pushes focus more on the tip.

If you ever watch the way he touches himself and can remember the rhythm using your pushes you can actually mimic the way he masturbates. Yes, you are that amazing; you can create the same tugging, release pulling action. The difference is that he is using his hand, and you will do it with your body.

And trust me you doing it with your body and as you go it feels amazingly warm, moist and pulsating.

WIND – TWISTING PUSH

Snatched Base Stroke

Winds are visually tantalizing to men and because you have been training, yours are going to look specifically amazing. For you Winds are great when you want to awaken your spots. Yes the twisting push is yet another Base S.T.R.O.K.E you can use to push him against the pleasure sensors and enliven all of the spots inside of you.

When it comes to using the Winds on him, Winds have two purposes to stir and to polish. If you do them shallow it feels like a polish, just imagine the action of polishing a door knob for a visual. If you do them deeper it's is a rub against either the east or west walls. I know it looks like a circle outside but inside it's really like a wax on wax off kind of action. They always favor one side more than another whatever direction you are winding in will be the side of his penis that receives the most pressure.

The key to making him love winds is to really put your back into it because he feels pleasure with the action of being pressed against your wall and the relief when you roll your hips. It is that pressure and release action that feels good so the harder you can push him against your walls the better the relief aspect will feel. With winds use your rhythms to amaze him go in one direction then switch when he least expects it, so that you can catch him off guard. That is the best way to keep a man erect is to not let him get too used to an action. It also looks amazing but check for yourself while drowning him in your twisting wetness look in your mirror and you will have to admit that you look amazing.

Winds are the stroke men dream about, but even he is not ready for how you can do it. Every now and again, mix it up and throw something

different at him and you will see him start breathing like he is going to have a heart attack.

Your Yoni has a built in signature style, a certain talent, a predetermined skill motivated by your body's shape. I am going to touch on each style

Let's be clear here. There is no wishing or wanting anything else other than what you have. When you start this process you must claim what you've got and the love yourself up until your skill develops a razor's edge. Each of your bodies are beautiful, each is unique they are equally amazing and equally powerful. You are going to see about five different body shapes, now these body shapes are not indefinite, you could be a combination of one or two of these body shapes or maybe even three or four, but the point of it is to recognise that each of our bodies has specific abilities built in that your body already defines what your sensual super power is, what your sensual stroking ability can be when you tap into it and learn to love what you see in the mirror, because like anything else once you learn to love it then learn to use it to its greatest capacity.

Our next step will be learning to appreciate your own body AS IT IS TODAY. When you recognize how the unique elements/ aspects of yourself play into how you should express yourself intimately you will start to see your true potential as a Goddess.

YOUR SIGNATURE STYLE



Click the Link to
Start STF Today



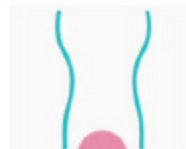
Stroke : Butterfly
Mobility, Ability
To Perform Wavy
Stroke Movements



Stroke : Grind
Leverage, Ability
To Stroke Angles
via Wide Circles



Benefit : Pop
Range, Ability To
Perform Impact
movements



Stroke: Rapid Fire
Speed, Ability To
Perform Strokes at
Fast Speeds



Stroke : Smush
Tightness, Ability
To Use Squeezing
Strokes Easily



SO TIGHT
strokeskills.com

MOBILITY TYPE

In the first graphic we are going to see the mobility type, this type of shape actually is pretty even, the bust in the hips often are in similar ratios, what does that means? That means that this body type has the ability to move where one area of the body is connected in apportion to another area in such a way that when one area moves the other area follows almost in a direct sequence.

Now women with this shape have to recognise that they are going to have to seriously put work on arching their back and pushing their butt out when they do their winding/waving strokes. What this is going to do is actually add range to your stroke, it is going to create more distance to push on and off him when you “surf board” (kudos to Beyonce) of a, expand of distance and an extra effect, an extra pulling effect on their partner when they do this move. All you have to do it lead with your chest and guest what and guess what.... your back and your butt is going to follow. Again just remember to open your back, open and stretch out your hips, poke your butt out so that when you follow it really creates that waving motion, but you are not even going to have to think about it, you just push your chest forward, flex your back, pop your hips and your body is just going to flow in that motion. You will know you are doing it right because that man is going to be like, "Damn! Damn! Damn! Damn! Damn!" You slow it down, east it back, go easy on him but not too easy.

Look at merging your waving strokes, with the bouncing strokes and other strokes that go in circles just because that waving stroke is going to be putting a lot of pressure on the top of his penis and in some situations on the base or the under belly of his penis, so what happens is that those areas are very sensitive, specifically the under belly of the penis is very sensitive to a man, you sometimes want to be able to alternate just so that you can kind of not put him out the game too early, because you sisters can easily do that.

LEVERAGE STYLE

Who is up next? Yes up next we have the leverage style. The leverage style is indicated in the second graphic on the top row. A lot of people would say this is considered to be a bottom heavy body type but I think it would be better described as balanced. Yes, this body type actually is fantastic for women who love to be on top, the reason being is that you can do a wonderful grind stroke, let me explain why; we know that the grind strokes rotate while she is on top and while other body types can do grind strokes as well, the thing that differentiates the leverage style or the leverage body type is the capacity to put extra pressure into that grind, because you have those hips and because you have that lighter upper body, you can throw those hips around and have a lot more leverage between your upper body and your lower body, this means that when you grind you can put extra hip into it, which causes him to run across those walls with a lot of pressure. It kind of feels like an amazing, amazing, amazing, hand job when you do that, okay I am saying this as a man, that feels fantastic.

You have to understand that when you use this you want to change speeds, you want to move into it slow and then speed up the end or maybe you move into it hastily and then at the end slow it down and really put that hip into it, sit down on it and grind it up against those walls. It should feel good to you too, you are just going to have to keep that man under control because let me tell you something, when you get a really good grinding stroke put on to you as a man, it really kind of makes you feel like you are losing control. As a man you feel like this woman is doing something to me, I need to get back in the driver seat. Just so you know what he is going to try to do, often he is going to try to grab you and start kind of like thrusting from under you, what you need to do is use those hips again, pop them forward, put his ass back down and say “you know you know you

going take this, you going take this grind stroke.” What can a man say to that except, "ah! yes maam".

RANGE TYPE

The next body that we are going to cover is the range series. Now the range series is actually a lot different than it is in that graphic. The range style is better defined by a woman who has a busty top and also a busty bottom but having a curvature when it comes to the hips, a lot of people would call this the hour glass shape but it can come in various different ways, the idea is that if you have that curve in and then lift back out at the hips then this is the shape that you have, you have a range style. Now let me explain what makes a range style so deep, I mean outside of the fact that it's beautiful, outside of the fact that men love this body type. . Now you might have noticed, ladies who have a range style body type that when you are working out; when you do planks it's a lot easier for you to do planks than a lot of other women. Why?

Because the area of your body that matters the most in planks is your upper body and then your butt and because of the fact that they are evenly balanced, it's actually easier for you to do these on your back. Woman a lot of times that have a smaller upper body and bigger lower body or vice versa have a harder time with planks just because they are not used to carrying that weight one way or the other but to you, you have this balance between your upper body and your lower body, so your form is actually used for maintaining that synergy between top and bottom, this can also be extremely beneficial in the bedroom.

You have two things that you have in spades to work with one is range and the other is dexterity is the reason how comes you can do exercises like planks and feel less pressure on your back, your back has normalised to holding the weight of your upper body and your lower body so you have a naturally strong lower and middle back. Now sensually when it comes to range you can use this because it means you have the ability to actually use impact strokes.

Now impact strokes are strokes like the pop, these are strokes that actually allow you to use your hips, reel back and then kind of whack em with your Yoni on stroke. Now men love this, I love this, I am sorry I just kind of got caught in the memory. It's fantastic because you really feel like this woman is putting it on you; it's a very defining moment when you realize that you have come across a woman who knows how to throw it down.

You have to understand when you do these popping motions for a lot of other body types, it can take more exercise, it can take more STF practise to be able to reel the hips back and then launch them forward and be able to impact him for more than one time, so for other women it might take them more work for them to be able to this 10-15 times but for you it's going to be a lot easier because of your strong middle and lower back and also because of your dexterity and balance that your upper body and lower body has.

You are going to automatically brace yourself when you have that collision with his pelvis when he launches forward and you take him inside of you and crash or crash against him. Now for a lot of the other styles, I am going to give you various different things that you can mix and match with your stroke to make them even better and kind of create another experience but see for you and this range style I have to be honest, that pop is really all you need to put a brother under because you can gauge and change the strength of that impact. Yeah, you can make them soft sometimes and when he least expects it up and really whack him really whack him with your Yoni and you can just watch him squiggle like a little girl, I mean if that doesn't turn you off, I mean it might turn a lot of you off having a great big strong man in there squealing like a young girl but you should still try it at least once.

THE SPEED STYLE

So the next area we are going to talk about, we are going to talk about the speed style. Now you will be actually surprised because a lot of people will say, “How is that the speed style, she has such a big busty top and her lower body is smaller”. Well you all need to look at some athletes because that is how athletes are built. A lot of times they are going to have a larger torso, so this allows women with this body type to be able to swim and run and do gymnastics at a very high level, it’s a body type built for speed and you can see it in a lot of female athletes. Well we are going to talk about how that athleticism can be brought to the bedroom within stroke skills. Let’s be clear, when you have a smaller lower body and a larger upper body, it allows you to be able to create weight differentiation, what am I saying there? I am saying that you can actually hold more weight with your upper body, which makes your lower body lighter, which makes your lower body be able to move faster, does that make sense?

Your lower body actually weighs a little bit less you can throw it around, seriously you can move it at a really fast speed over and over again and it’s not going to take the same amount of toll that it does with other body types simply because that part of your body will weigh less and you can counter balance that weight using your upper body. It is going to benefit you to practise your STF skills faster you want to do many of your strokes at rapid fire simply because that’s the only way your flow is going to get better.

I would also look into to a lot of the STF level two moves, specifically ones that rise and drop during your stroke skills, I mean you have this lower body that you can throw around you might as well use it in ways that only you can use it, does that make sense? You can put together combinations and do things with those combinations that other women can do but that other woman would have to practise more to be able to do them fluently and consistently. You are going to have to make sure that your breath is

matching your rapid fire speed because if it's not you, you are going to get tired fast and then burn out.

TIGHTNESS STYLE

Now let me be clear, each and every one of you, each and every woman that engages STF is going to be tighter and not just tighter, you are going to understand how to control your tightness to fit and suit your man. For some of you achieving tightness are going to be naturally easier and that is the specific case when it comes to the tightness style.

You have to understand, ladies that carry around a little bit of extra hips, a little bit of extra boobs and a little bit of extra butt, those ladies have a thickness to their skin, often their lipid layers have more water, so that means that thickness isn't just on their skin externally, it's thick on their skin internally, so if you put it together, we are talking about thicker skin equals thicker walls equals a naturally tighter yoni.

Now it's a serious gift and a curse because so many women that have this shape actually get naturally harder sex from men and it's because men are often intimidated by the way that you look, it makes them feel like they have to do a little bit more, so one of the things that you are going to have to do is learn to use positions that are going to keep his ass at bay until your yoni is ready to receive him in that way and perhaps it never will be but the idea is that you will have to start using positions where you can control his depth because often they will go over board and sometimes not even recognise how tight you are naturally but I am getting a little bit off topic.

The reason, how come I said that the stroke for you is smush stroke, is because often you really want to be able to put it on a man so that he really recognises the tightness that you possess naturally? Now those of you who know what the smush is, you know that after a smush a man is extremely, extremely, turned on, it's probably the most heightened sense of pleasure that a man can get in sex. I really think that the smush is probably more

potent than any of the rest, because it's a tease that just feels so good. So after you smush this man, he is going to be rearing and ready to go and believe me he is just not going to expect what you have waiting for him. When you are smushing him I want you to talk to him. I want you to tell him that if and when you decide to let him inside, that it's going to be you that is going to tell him that you need him to follow your instructions. And he will because at that point in time he is going to be so over the top turned on that getting inside of you will probably have the exact same feeling as winning the super bowl. It is important to understand that every time that you use your smush your body is going to contract every time he washes over your clitoris each time making it tighter and tighter and tighter. When he finally does gets a chance to slide inside of you, it's going to feel like he is running butt naked through a car wash, he is going to regress to his childhood and remember sliding across those slip and slides on his front yard.

I want to make sure that you are happy with the sensual experience that you are having. You can start by continuing your training with So Tight Fitness and engaging the stroke suggested for each of you from there you will learn more about which strokes fit you, fit your spirit, fit your style and you continue learning. This has value ladies, understanding yourself and your own motion will make you so much better in so many ways.

Yes, sure it's about pleasing your partner but honestly it is more about your own satisfaction. It is important for you to arrive at the climax because you will feel more respected and honoured and appreciated for whom you are, for your unique body.

You recognise that your body, no matter the shape, no matter the texture, no matter how your breasts sit, no matter how your stomach sits, no matter stretch marks, spots, cuts, none of that shit makes a second of difference because the pleasure, the customise tailor fitting pleasure that you are giving your man is platinum, is perfect, and could not be duplicated by any woman because it is yours, it's yours to own, it's yours to own and it's yours to give.

Diving Deeper

Every single day that any of you practise your stroke skills, you are affirming to yourself that you are a powerful human being and without anything, any cars, cloths, riches, without any degrees, without any famous friends or contacts or accesses, stark buck naked you are incredibly unique and beautiful in that skin you wear.

Now listen for all of you ladies I want you to pick up this program, I want you to add these skills to your life one time and to work with the rest of us and making this a part of your lifestyle, so that every single day you are maintaining and maintaining your reproductive system but also strengthening, tightening and toning your abilities to be so much better in so many ways.

As you go through feel free to stop and touch, feel, tap into yourself because the further you dive into appreciation and love for your body the more your unique body will reveal about your unique sensual style. I support you and urge you to keep investing in your sensual skills as it is an investment in your confidence.

SEXUAL SILVER LINING

The idea is for you to be able to find your unique, inherent, sensual skill based upon the body, the form and the sensual style that you were given, this way no matter how you changed you can always look in the mirror and find something that you can love and appreciate about the woman that you are here and now because the past is past and the future isn't promised, it is right here and right now that your love needs to be stationed within yourself. Now to help you do that, we are going to look at various attributes that your body has, now we are going to find the sensual silver lining in each attribute of your body so that when you move through your so tight fitness work out, you can pinpoint various strokes, various positions, various experiences, various styles, all that your body is made for, all that your body naturally agrees with, this is going to help you create a flow and a confidence within yourself, around your body and the response that you get from your partner is going to become even more incredible than it already is.

LARGE BREASTS & SMALL BREASTS

So what is the sensual silver lining in having larger breast or having smaller breast, there are benefits in both of these cases, the idea is that you recognize and understand how to use the ones that you have to the greatest functional capacity within your relationship. You need to be able to look into the mirror and see just how unique of an experience you bring with nothing else; with just what you have their right here and right now, so let's start.

Women with smaller breasts, you can look at yourself as being an all-around player because your breasts are not ever going to be an obstruction to a sexual experience, what that means is that you can take various different positions and use various different STF strokes on your partner and know that doing these strokes is not ever going to cause you pain. There are some very vigorous strokes within the STF treasure chest of stroke skills and these strokes for women sometimes require you to move very fast or turn your body at angles and different speeds that would swing otherwise large breasts around making it painful, you on the other hand are built for speed, so know that one immediate benefit that you have at your disposal is that you are versatile.

It's easy for men to play with your nipples while stroking in different directions and from different positions, it's a simple task to find your nipples and areola and to trace them while doing various different things to you, this allows him to be able to multiple your pleasure and maybe even give you a nipple orgasm, because there is not a lot of shifts and movements, what you have stays put so that way he doesn't necessarily have to look in order to find it, he can be focused on his stroke or focused on keeping the momentum and rhythm that he has to keep in order to help your orgasm going and then simply reach around and know that what he looking for is right there.

Lastly you can do an amazing talent called raking and basically, when your man is on top of you, when he is performing on you in some style of missionary positions, when you're facing the ceiling you can put your chest towards him and allow your nipples to graze over his, scraping against his body as he strokes up and down against you, the nipple area and chest area of a man is also very sensitive during sex and this is an additional stimulation that he can actually feel in his penis when he is stroking, for this reason alone many man fall in love with women with those little handfuls that pack a big punch.

Now let's discuss ladies who have larger breasts. What functional benefits, what sensual silver lining does your form have? How can you use those breasts to further discover what your personal, personal and unique sensual abilities are?

Well for one, majority of men find larger breasts to be visually appealing, so first off being able to turn him on is a benefit that you have too, because your breasts are larger they are going to be closer to him while you are performing your STF strokes on him, so when you are riding him it's easier for him to engage your breasts with his mouth and also with his hands simple because they are easier to reach, they are right there dead center. When he is behind you he can find and reach down and massage your breasts when vigorously stroking from that position that can be difficult to do with a woman that does not have the same size. When you are on top of him, you can use those breasts to smother him, to push them into his face and allow him to feel just immersed in your softness and depending upon the sensitivity that your breasts have.

There are various STF strokes that you can choose, specifically those that face away from him, those that you would do in the reverse cow girl position or sitting on a couch in reverse cow girl position, where you can put his hands on your breasts and allow him to massage you while you perform various strokes on him, giving him something to leverage and something to hold on to while you put it down. For men intimacy is an experience and the idea is that the more you know about the various abilities that you naturally possess the better experiences that you can craft.

There are various secrets hidden in both your make up, in your body type and your own personal style. There are several abilities that you can use no matter what the breast size is, so when you look into that mirror, it's no longer going to be I wish I had this, I wish I had that, this is not right, I don't like this, I don't like that, no that's over. From this point forward it's going to be I can do this and only I can do that, I am going to find even more different combinations that make me unique as a lover, I am going to make sure that my body is as best as it can be and that I know how to use it better than anyone ever could, and listen it's the truth and you shall and you will simply because you have the time and with that body than anyone else, you have an understand for your form more than anyone else could. Why not learn to love it and really see what it can do, because only after you love it will truly be able to work for you in the full capacity that it can.

I urge you to add as many STF strokes and abilities into your treasure chest so that you can continue your investigation of your greatness, because once you reach and understand the knowledge of self, you learn how to share yourself with the world in so many ways.

BIG BUTTS AND SMALLER BUTTS

There is a sensual silver lining in having a larger butt and in having a smaller butt. There are benefits to both of these physical attributes and it's important that no matter what you want to aspire to, that you understand how to use the physical attributes of the body that you have right now.

So let's start with the bigger butt. Now having a bigger butt is a clear asset, specifically in the United States right now, it's trendy and many women are aspiring to grow a larger behind, but how does this larger behind actually engage functionally within the way that you make love? What changes? What things does it make possible?

The visual aesthetic behind is clear it's larger, it's rounder and men more like looking at it. When you are engaged in love making having that larger rounder behind gives a man more to grab on to, additionally he can also use it for leverage when using certain positions with you. As far as the way that you individually use your large butt, you want to use stroke skills that keep you closer to him in proximity when riding, those are the skills that you want to use, the reason being that because of your larger posteriors, there is going to be additional space between your partners penis and your vagina. Yes this means that when your partner pushes into you, there will be an additional obstruction to him pushing into you fully, now this could actually be used as a benefit simply because you have more control over the depth, it's easier for you to control how much penis is inside of you.

This is good if you know what makes you orgasm, because you can help to put him exactly at the depth that is going to be pleasurable to you. I suggest using strokes that keep you in close proximity to him, because it will allow you to normalize and adjust to his size, if you don't do that, because of the fact that your body is going to keep a certain amount of him out of you, if

he doesn't move at some point in time and trots into you when you least expect it, your vagina will not be primed and prepared for that injunction and it can be painful. Does that make sense?

It's almost as if you want to be able to know how much of his penis is going to be inside of you and then slowly either prime or prepare your body to accept him, because if you do not it's a shock to your system and often this shock can be responsible for dryness and also lack of orgasm, and don't worry you can shield and guide and mask your guidance of him inside of you in ways that he will never know. I will give you the perfect example: if you push your hips forward your butt is going to pop in the back okay, so if you push your hips forward your butt is going to lift and pop behind, what you don't know is doing this type of action also creates more space between him and your vagina, so if any point in time you want to actually create more space between him and your vagina, you just push your torso forward and allow your hips to rise behind you, that's going to make it so that your thighs and your vagina lift so when he thrusts it's not going to go all the way in. This is the way that you can allow a man to do the stroke that he wants to do on you and make sure that it's comfortable. So in a nutshell, the greatest sexual function benefit that your big butt has is actually control, control and guidance.

Now let's talk about the sensual benefits of the slimmer or less thick pair of glutes, having this style allows you to be closer to the surface that you are laying on, it gives him the ability to straddle you and also a keen ability to angle strokes into you. Seeing at times having a larger gluteus maximus makes it more difficult to perform angles on a woman, simple because you have to manoeuvre around that butt.

Men will find a way to do it, however, it's in the maintenance and consistency of the stroke that becomes difficult at times with a woman that has a larger butt. You have to understand that he might find the perfect stroke and the perfect position to apply that stroke to your walls in a way that is extremely pleasurable to you, in a way that you can feel yourself becoming ever closer to an orgasmic massage, ever closer to an orgasmic experience but what... he can't continue, his leg might charley horse, he might feel some type of cramping action and that's because engaging and

delivering that stroke is difficult because of the positioning that he has to engage in to maintain that, so he will be able to do a couple of them but not enough to get you there and that can be an extreme let down.

Women that have larger butts often need men that are more skilled at using their penises, men that have stroke skills, but see if you are gluts do not have that amount of size, it's possible for men to find positions to deliver strokes that will engage the sparks in the walls that are most pleasurable to you without having that obstruction. You are also going to be more mobile, so this means that when he does find a good position and a good stroke, you will have the ability to be able to move within that position because you have more space to move in. Often when making love to a woman that has a large posterior, you are kind of relegated to a certain number of movements simply because there is not a lot of spaces that you can move and still stay inside of her, however, with you since you are close to the surface, you are close to the actual surface that you are laying on and because you can be, straddled, there is a range of different motion, there is a range of different movements that we can do, so that means that there is a lot more space between yourself and your partner via the stroke, this allows you to be able to tilt, rotate, lift and drop at various different times and titillate your partner and additionally to help push him to the positions and the spots that are most pleasing to you.

So in this case, the skills that a woman that has a more slender or less round set of gluts has, has the same underline benefit as a woman who has larger or more defined or rounder gluts, they are just used in a different way. In both cases it's all about navigation, control and directions during intimacy, the two types just have to use theirs in different ways.

Additionally both types have attributes that make them extremely important when selecting the STF strokes to use on your partner. So it doesn't matter if you are trying to lose some of your butt or you are trying to gain some of your butt, it's important that you know what to do with what you have right now. The past is long gone and the future isn't promised, all you have is today and it's important that you recognize where your power is today and then learn to wield that power first please yourself and then (if they deserve it) to please your partners.

BROAD SHOULDERS AND SLENDER SHOULDERS

I am sure that no one has ever really looked into the functional and sensual silver lining of having broad shoulders or having slim shoulders.

So let's say that you are a woman with broad shoulders, how do your shoulders actually play a role in the decision, style and choice of sensual interactions that you have with your partner? What abilities do these shoulders give you and how can you use those abilities to please your partner in so many ways? Well first off it is important to understand that the shoulders do play an important role as it pertains to positions, and the capacity to leverage in different positions. To be exact having broad shoulders should and will allow your partner to gain additional leverage and be able to increase pressure and increase friction, specifically when he is behind you he can reach forward and put his hands around your shoulders and use those shoulders to pull you back into him, he can also reach under your arm when behind you, wrapping his hands around your broad shoulders and using those shoulders to pull you in, because of the distance between you and he when he is behind you and performing strokes on you from behind, your shoulders need additional width so that he can effectively wrap his hands around them from that distance he is away from you.

This can come in very handy when you feel like he is so close to being able to help get that perfect massage, that one that's going to help you to go into a state of orgasm, when you say if only he could just make it a little bit stronger, when you feel that tell him to put his hand on your shoulders and pull you back into him as he strokes and then later after the orgasm be sure to give your shoulders a pat, because they played a huge role in helping that to happen.

Now if you are a woman that has more slender shoulders the same rules apply, however, from a different position. Your shoulders allow him to create additional leverage when he is inside of you and that leverage translates into pressure and when moving under pressure friction is created and friction is the thing that helps to message both you and him into orgasm. Whereas when you have broad shoulders, your shoulders comes most into play when he is behind you, when your shoulders are more slender you are going to have the exact same effect but it's going to be when you are on top, he is going to be able to wrap his arms up under your arms when you are on top of him, gripping your shoulders around the base of your neck and then pulling you down and into him. The reason how come having slender shoulders is an asset when you are on top, is that he needs to be able to grab your shoulders and if they are broad it is difficult for him to grab them from that position, it's a different type of grapping action than the one that he would engage if he was behind you , because less of his arms are actually involved and more of his hands are involved in the grabbing and pulling action and a man's hands have to be able to fill over your shoulders securely and have them in a position where he can grip the ends of them, the rounded out parts of your shoulder that fold into your arms, that is what helps him to hold on. So if his shoulders are slender he can effectively grip you there and then use that grip to power you down into him creating an additional friction that can help massage the orgasm out of you both.

So yes there is a sensual silver lining to the type of shoulders that you have and now that you understand how to use them, you can understand how to better equip yourself, how to better stock your treasure chest with strokes and skills that directly align with the type of body that you have, so that you are more confident, more willing and more successful when you make love.

SHORT ARMS AND LONG ARMS

Short Arms versus Long Arms - The sexual silver lining

We are going to look at the sensual silver lining on long arms and the sensual silver lining on short arms, let's start with long arms. So if you are a woman with long arms, your long arms actually have a functional value as it pertains to love making. You can use your long arms and cradle his face, cradle his body and bring him close to you, you can do this when you are on top or when you are below him and many men really enjoy the feeling of being brought close to him and being held when you're making love.

Your long arms can create a certain amount of comfort in their strength, additionally when you are on top of your partner, when you are using various different STF strokes to please him, you can use your long arms to create leverage when you are on top of him and by this I mean that when you are riding him, when you are using your STF strokes on him, if you take your hands and push him away from you while you're riding him, what is going to happen is that his body is going to move up towards himself, so his penis inside of you is going to push further and further towards the ceiling the further that you push away from him, this is going to create additional friction, this is going to create additional pressure as his penis pushes hard against your northern wall, this is the same wall that houses both your g spot and your clitoris. When you can vacillate between that pushing away and then bringing him close, it can create almost a swimming sensation, it feels similar to a very wet and juicy hand job and the way that you mix in various different STF strokes you can create sensations and feelings that he has never felt before, mixing and maxing them to his pleasure. So yes there is a fantastic functional sensual silver lining to having long arms.

Now let's talk about if you have shorter arms. Having shorter arms has one specific value, one specific important value as it pertains to intimacy; you can move faster and with more sharpness and accuracy. See when your arms are shorter there is a shorter distance between your joints and your body; this means that you can make instantaneous and fast reactions. Now you can use this in a multitude of ways, you can use it to scooch your body forward when he least expects it, you can quickly compliment the rhythm that he has set in his strokes by using your arms to adjust your body, adjust your position, without necessarily making him stop or throwing him off his rhythm, this is really important for women that really enjoy strong orgasms from penetration, when a man finds your rhythm you want him to be able to stay consistent in that rhythm because it is that action of building up, that action of investment, of friction over and over in a right way, that is going to help massage the orgasm out of you. If you enjoy using your hands on your man, this will help you to be able to vacillate speed, being able to go very slow and then move into very fast at a moment's notice.

Again often women with shorter arms will be able to be in action for longer, meaning their arms have more dexterity and endurance simply because the action takes less work to happen. When you have longer arms it's more of a chore to take a certain action because there is more muscle that has to work but as your arms are shorter, there is less muscle that has to work and there is less space between your joints which makes the movement in and of itself easier, so when it comes to doing something like placing your fingers and your hands behind his neck, you are pulling him into you, pulling him into you within the rhythm of his stroke, you can do so and not get tired, when he is behind you and stroking from behind, using your arms if they are shorter, you can do things like push away at a rapid fire pace and men really enjoy that, especially when they come closest to their orgasmic experience.

So yes, they're most definitely a functional and sensual silver lining to having shorter arms. So know no matter which type of arms you have, long or short, the important thing is that you experiment, is that you continue to unload more and more STF stroking skills so that you can find the specific ones in those specific positions that your body is actually made for, that's your sweet spot, that's your signature, that's the thing that only you have and that no one else can duplicate.

THICK THIGHS AND THIN THIGHS

There is a glaring sensual silver lining in having thick thighs or having thin thighs, in both cases there are abilities and attributes that you naturally have hidden in this body part. Let's start first with having thick thighs. Having thick thighs gives you a unique ability and that is to engage a man's interest in impact, let me explain; men really love the feeling of that cataclysmic clash that they have between their body and yours when you're making love.

There is something just carnal in especially raw and animalistic about that process that makes men ravenous. Now for many women it can be painful because of the fact that they do not have the proper armament to maintain that type of stroke but as a woman that have thicker thighs, you can position your body so that the impact is actually absorbed by those thighs and so that your vagina is not injured by the impacting action. Many times women can become numb and also feel pain because of the fact that their bodies are not made for that type of stroking. To go into further detail, when the man strokes into her with that cataclysmic clash, at the end of his stroke he is directly impacting the vagina, specifically her vulva, to many women this can be painful and it also can help stop lubrication, making sex harder and less pleasurable for both partners. The vulva in and of itself is not made to be impacted, it's just not, it's made to be stroked, it's the thighs that bear the brunt of that impact.

There are some specific positions that are perfect for your partner to use impact strokes on you and these positions will shield your vulva from being impacted and allow your thighs to take that impact. They can feel somewhat like a spanking to you and it can remain pleasurable in allowing your vagina to still be stroked but not having to bare that impact at the end of the stroke. You can do various modifications of this position, it's simple; when you are on your back what you are going to do is lift your legs into your

chest, you are going to put your legs together and lift them into your chest and holding your thighs there, looping your arms around the backs of your knees. It is similar to the cradle pose, what is going to happen is when he penetrates you; your thighs are going to absorb the impact from his pelvis while your vagina will still benefit from the stroke that he delivers.

There is other alterations as I discussed earlier where you can cross your legs and either way, left of right or right over left, you can also arch your back up towards the ceiling or down towards the floor to change the direction of his stroke, so if for some reason it feels really good if he massages a certain wall, you can actually control which wall he massages simply by arching your back one direction or the other and he will flow in that specific direction. Your body sets the pace, you set the road map, you are like Google.

Now if you are a woman with thinner or slimmer thighs, there is also an array of sensual silver linings to your body type. Your body type specifically will help a man to be able to find more angles within his stroke. An angle essentially within the men's version of stroke skills is the direction by which he enters and exits your vagina, his angle is directly responsible for the wall within your vagina that he is massaging and the capacity to find which angle massages the wall that is most pleasurable to you is key in allowing him to massage your body into orgasm, because again what is sex?

It is internal massage, because your thighs have a slimmer built, what you are able to do is give him more room to manoeuvre. A man need to be able to manoeuvre his hips to find the correct angle for you, he needs to be able to tilt his hips in various different directions and often if a woman has thicker thighs it can be more difficult especially for an unskilled man to tilt and find angles in various directions, why because the space that he is working in-between your legs is lesser if her thighs are thicker, does that make sense?

The fact that your thighs have less thickness, he has more space to move, and your flexibility is maximised. Now another benefit that you have being a woman with slimmer thighs, is that you can hold your thighs up for longer, yes as simple as that, if your thighs are naturally lighter it's going to

give you a greater ability to orgasm from positions where your feet are not planted on a surface. If your feet are planted on a surface it's going to allow you to relax and breathe enough and focus enough on that stroke, on the strokes that you are receiving in order for him to massage you into orgasm, however for many women who have thicker thighs, especially those who are not consistently working out, it is going to be very difficult for them to hold their legs up for long periods of time and orgasm, so they will be able to orgasm but they will have to orgasm out of positions where their feet are planted on the ground or their partner is actually holding their leg up... but you know, you can be comfortable in positions where your legs are not planted on a surface because it's going to be easier for you to hold those legs up without having to strain, without having to focus your attention outside of the intimacy and onto the function of holding your legs up, you can do it effortlessly, this is a huge benefit especially because men really like using various different positions and they want to see you cum in various different positions.

This is the reason why many times women will say, "I can't come out of this position or that position", it's not because they don't have the ability to, it's because they cannot focus when in those positions. You have to be able to focus on your own pleasure, you have to be able to visualise what is being done to your body, you have to be able to meditate on the sensations that you are feeling and that combination of things allows orgasms after orgasms to flow.

So yes there is a benefit to having either thick thighs or slimmer thighs and these benefits give you a road map to what positions, what strokes and what your power is in the bedroom. What can you bring to the experience or your own? I can't wait until you understand the benefits of each aspect of your body including your vagina.

Do you know what that's going to do for your self-worth?

Do you know what that is going to do for your feeling of self-empowerment that you feel?

Do you know what that is going to make you feel you are capable of?

Do you understand how that is going to make you feel, what somebody will have when they have you?

This is all very important because you bring something extremely unique to the table and in order to have the reciprocal relationship that you deserve you must understand what you are bringing to the table and be knowledgeable how to use what you are bringing to the table. Self-worth and self-confidence are the foundations of fantastic sex.

Sexual Silver Lining in Situations

It is very common for each of us to use a situation that we are in as a reason why we can't do something. It is common for us to use a situation in which we find ourselves as an excuse to be less than our best. This goes double when it comes to sex, double.

Subconsciously we tell ourselves that we can't change, that we won't become better, that we shouldn't even try because of:

Child birth

Feeling less attractive

Gained Weight

Lost Weight

Stressful job

But how come we decide to focus on the negatives of each of these situations versus the positives. Why isn't our mind focusing on what these situations could do to make us better as opposed to worse?

The answer is simple...programming.

Our minds are programmed to look for the negative and just as it got that way through practice, we can re-program it to do the opposite. We can learn to use the situation that we are in to make us better lovers, to make us aware of new abilities and I am going to start by showing you how today.

I am going to walk you through the sexual silver lining through each of the situations above guiding you onto the platform and from there you can take off!

SEXUAL SILVER LINING : I'VE HAD KIDS

In this environmental modification, I want to talk to you about child birth. In many cases women will feel like child birth should be a burden on their relationship. Of course there is a responsibility that comes into play when a new life is brought into the world as a mother and a father yes you are going to have to make sacrifices, however, with proper scheduling and also a positive mind set focused on the pleasure that you all can give each other, sex can actually become better... yes, better.

What if I told you that one of the issues that women have about child birth can actually be turned into an extreme benefit? Women are often worried that when having a child their vaginal canal, having it to stretch to accommodate that child can be a malady on the relationship. Now we all know that doing kegel exercises specifically with weights, specifically with callisthenics can tone the vaginal canals and tone the vaginal walls, so that you can get it back to well even tighter than it was before but in SSL in the sensual silver lining you need to look at where you are now, right now and how to make now work for you.

There is nothing wrong with looking into the future but what is now doing for you, how is now making you better, how is now improving your relationship and demonstrating to your partner how you can physically appreciate them. That's what we need to focus on and if you are in a situation where you are moving towards regaining the tightness and tautness that you had prior to your child, you can use the vagina that you have right now to please your man. To do so you are going to look at the idea in understanding that you can use your vagina in a multitude of ways and that you can use it in ways that actually work with a set of vaginal walls that might have more space than before, specifically when a man has a woman with very tight vaginal walls, that woman is held to strokes that allow him to move in and out directly, however, when there is a little bit of

extra room there you can do something called folding strokes, these strokes actually allow you to press him against your walls at high degrees with increased pressure, why.... because of the fact that a penis can actually move inside of you in more way than it could if you were extremely tight.

If you grip your wrist you will find that your hand has a certain amount of mobility however if you release the grip a little bit you will find that in that space you gain extra mobility, so what this means is that you have an arsenal of strokes that you can use when you have a little bit of extra room in your yoni. This extra room can be used to give your man a lot of pleasure and it's something different and diversity is the spice of life. Trust me if it feels good to him and he is going to want more of it. So the idea is that you pick up some extra strokes, some extra strokes that you can use while you are in transition to getting back to that body that you wanted but at the same time feeling the love, feeling the affection, feeling the attention and the positivism that you should feel for being the woman that you are within your relationship. These folding strokes will add a whole new sensation to your love making capacity, and guess what? Since when you learn them they are actually locked and loaded into your muscle memory. After you regain the body that you want, after you transform back into the woman that you were prior to having this baby, you will still be able to use these strokes whenever you like. So see there is a sensual silver lining to having a child and there is a sensual silver lining to the change that your body has gone through to have that baby. There is nothing wrong with accepting where you are here and now, recognising where you are here and now and then strategizing where you are here and now to make your life so much better in so many ways.

SEXUAL SILVER LINING : I DON'T FEEL ATTRACTIVE

You might feel not as attractive as you used to be. Things have changed; your body may have changed, your skin might look different, your breast, your stomach may not be the same form, it might not have the same texture but wait a second, what does that have to do with you being attractive? What does that have to do with you being sexy? Those things are yours to define, those things are yours to decide and I know it can be difficult. It takes a lot of internal fire and self-confidence to label yourself as sexy and attractive; it can be a lot more helpful. If there is someone that you care about around you that can clarify and rather certify the fact that you are a very attractive and very sexy woman but really it's going to start with you because if you wear it well other people will notice. So what can you do to help realign the way that you think about yourself (this new self this different self)? This is what I need you to do.

First of all I need you to find a song, some music, something that when you close your eyes you feel very beautiful things, something that settles your heart, something that soothes your soul. I need you to find this song and I need you to grab it- put it on a disc, MP3 digital media, your laptop; something, then get a mirror, some oil and then you're going to find some place with some low light. If you don't have low light you can turn the light on in an alternate room just so you have enough to see yourself in the reflection in the mirror. You're going to rub that oil on your body and you're going to turn on that song and you're going to gyrate. You're going to sit in front of that mirror legs open, head up and watch yourself gyrate in that mirror covered in that oil with that low light bouncing off of your flesh. Maybe you have a candle, maybe you see candle lights flickering resonating off your skin; your beautiful skin. You're going to look at that reflection of yourself and realize just how much of a gift you'll be giving to

your partner and allowing him to touch, kiss and caress this beautiful form that you see in front of you. When the song is over I want you to close your eyes, I want you to focus on that feeling, focus on the feeling that you felt when you realize just how beautiful you are in the present, right here, right now. You're going to recognize that there's things about yourself right here and right now that are better than they've ever been before. You're going to recognize that in this new form there are so many beautiful things that you can share with your partner; so many amazing textures. I want you to rub your hands over your skin. I want you to feel the slip and the slide as your hand glides over your body. This is you, this is all yours. I want you to inhale and exhale inhale and exhale. I want you to slowly open your eyes, slowly rise to your feet and turn on that light. Look in that mirror and see your radiance; see yourself in real time. Now, now you're ready.

So the next time that you're feeling frisky, I want you to go ahead and put that song on. You're going to put that song on right next to your unsuspecting partner and you're going to walk out with nothing on, only your well-oiled sexy skin and I want you to watch his face as he marvels at your body; as he marvels at what he's lucky enough to have. I want you to use positions so that you can see yourself in that reflection, so that you can see yourself in that mirror, so that you can see the pleasure that he is having with this new original body that you have. It's new and original. This is the present version of you, the most recent, the newest, the best version of yourself. You know it and he definitely knows it. That music, it reminds you of that feeling you felt when you were in front of that mirror alone, under that flickering light when you remember just how beautiful you were, when you got a little wet just looking at yourself in that mirror, that same feeling that's flowing through your body. You're breathing in, you're breathing out while he's inside of you and you watch yourself release, you allow yourself to exhale and you look down at him and see just how much pleasure, just how much appreciation that you're giving him.

And just to think, you know that you weren't as attractive but instead if lamenting it you went and found your sexual silver lining in where you are right here and right now. Being able to diversify and customize your approach in your lovemaking with your partner. It's like maintenance for your relationship because there is nothing more sure on this planet than

things will not stay the same, things will change and the best defence for this is an acceptance and ability to modify and adapt to change and loving that process; a process that will make you so much better in so many ways.

SEXUAL SILVER LINING : I GAINED WEIGHTS

If you remember our core concept in this series is to help you as a woman to recognize the importance of being able to look at your growth and your changes through a positive lens; through a lens of positivism. Our goal is to make it so that even as you change the idea is that you recognize that where you are here and now is a good place and a place from which you can operate with power. There's nothing wrong with wanting to change, there's nothing wrong with wanting to aspire to something new but it's important that even as you aspire to this new form, to this new being that you want to be. That you do so from a position of confidence and a possession of self-love otherwise the actual act of trying to become better can become habit forming and it turns into something that is not positive; it turns into a band-aid. Yes, change can turn into a band-aid for a woman with low self-esteem, a band-aid that you have to apply over and over and over again. So as you recognize the power, the strength, the confidence in what you have, where you are and the experiences that you are experiencing right now. In this moment, you allow yourself to feel thankful, to feel appreciative and to feel joy. And those elements are the elements that heighten self-image, body image and self-perception.

So, let's talk about added weight. For one reason or another you may have picked up a couple of extra pounds and you look in the mirror and you just don't feel the same. There's something unsettling about knowing that you once had this form that didn't appreciate as much as you could but now you're looking back at it saying "I wish I could get back there." There's nothing wrong with that and you know what? You will do that! You will achieve that goal but right now with this little extra weight that you've put on you have to recognize that it's not going to be a hindrance on the relationship. It's not going to be something that you cannot help your

partner to enjoy and also to appreciate. What it's going to take are you taking a good look at what attributes... what things can you use this extra weight for to enhance your relationship and make it better? How can this extra weight be used to please your partner? How can it be something that is looked at as a positive experience? How can it transformed into something fun, something exciting or something new? We're going to look at the sexual or sensual silver lining of the situation where one might have picked up some extra pounds.

First and foremost, it has been proven that heavier women are actually women with the tightest vaginas. Yes! Heavier women naturally have tighter vaginal canals. So off the bat, one attributes that your partner might recognize is that he feels a little more snug when inside of you. Second, an attribute that you have when you put on a little extra weight is that you can learn to apply that weight as friction pressure through your STF strokes. Your STF strokes if you remember are your stroke skills for women, these are essential motility exercises. These are your moves, these are your tools, and this is your motion in the ocean to apply to your partner. Now each one of these tools have a different purpose and as you pick up more and more STF moves to use in the relationship they lock into your muscle memory and then you can mix and match them in different sequences to provide different experiences for your partner. In each case it is the way that these moves work in conjunction with the way that you move that creates friction and a different sensation for your partner. One attribute that you have having added a little bit of extra weight is that now you can apply more pressure through your STF strokes and make your partner feel that deep massage on his penis. Yes! It is that pressure and that friction that creates pleasure for your partner. Let me give you an example, take your right hand, grab your wrist, squeeze tightly and now turn the wrist of the hand that you're grabbing. Do you feel that heat? Do you feel how it gets hot? That's friction! Now, I want you to release that hand slowly and continue to turn the wrist of the hand that the other hand is holding. Do you feel how the heat subsides? That's the power of pressure in the solution of friction. So when you're trying to put some strokes on your partner that will really make him feel that hot, moist, sensual feeling, the one that makes him sound like someone stole his car from the CVS parking lot, in those situations you're adding extra pressure to his penis through your vagina.

This is how you can do it, using a little bit of that extra weight that you picked up. When you're on top, I want you to lean forward and then shift your weight into your hips, shift your weight into your hips, try to focus and think about yourself balancing and think about yourself balancing at the place right under your belly button. I want you to actually think about pushing your weight there and then I want you each time that you do one of your STF strokes to move that weight along with your body. Sit down on the weight and then you almost shove it with each stroke that you do; shove it. You allow your centre of gravity targeted towards the ground and then you push that centre of gravity back and forth with each stroke that you do. It doesn't matter which strokes that you use, the idea is that you're throwing your weight into the stroke, that's going to create extra pressure and then your movement along with that pressure is going to create extra friction and that means extra heat. This is also a technique that you can use for yourself when you feel like you're close to orgasm or you want to re-lubricate; you want to get it a little wetter. You can do this because this is going to press him against you and your pleasure sensors are also turned on by friction. So this friction is going to make him feel larger inside of you, it's going to make him feel deeper inside of you and guess what? It's all because you picked up a little bit of extra weight.

So see there is a sensual silver lining to having become a little bit thicker and now that you know that your partner likes it you can start appreciating where you are right here and right now and understanding that even as you change you're not going to be changing for the better you'll just be changing so that you can interact and engage a different experience. You're good no matter what. Continue to practice your "So Tight Fitness" regime and maintain you're sexy and always look for the silver lining in any experience in any changes that occur in your life.

I LOST WEIGHTS

We are going to find the sensual silver lining in having lost weight. In some cases throughout life you might actually have lost weight that you did not want to lose, this can sometimes make you feel as though you look gaunt, you might not look as full and your skin might take on a different texture, you might feel it saggy. There can be various things that you are saying to yourself, negative things that you are saying to yourself about the fact that you have lost this weight and it was weight that you did not want to lose. This isn't weight that you have lost intentionally, it happened for some other reason, maybe a sickness, maybe a medical condition, maybe it was a diet that went the wrong way, maybe it was some circumstance in your life that just took you to the point where you do not want to eat and now you are seeing the physical effects and although you are changing, you are making it right, you are actually moving back toward where you want to be, it's important that you recognise where you are right here and right now and the power in that. You can't let your personal issues with your visage and your negative self-talk destroy your relationship with your partner. You have to find the sensual silver lining in having lost this weight and that's what we are going to talk about right now.

First off, having lost this weight you might as well get defined, this is an opportunity for you to actually turn this weight loss into something really sexy, do your STF exercises in a room that is hot and sweaty, what this is going to do is make your skin more taut, it's going to make your skin adhere to your muscle and the STF exercises and other exercise regimen that you do, whether in the gym or at home, whether it's calisthenics or lifting weights, can actually bring some of that feminine muscle to the surface and allow it to be visible, this can be extremely sexy.

Take advantage of the situation that you are in and use it to motivate yourself, use it to drive yourself forward towards greatness. There is no

point in time on this earth when we should not be able to find something to be appreciative of, some type of gratitude for yourself. So in this case getting defined, having the ability to bring some of that feminine muscles to the surface is an element that having lost that weight brings into a realm of possibility, it makes it reachable, does that make sense? Good, now the second thing that you can do is that you in having lost this weight will be able to perform some very amazing and acrobatic STF strokes, you know that STF has a range of different abilities, a range of different sensual movements, motion in the oceans that they can actually perform on your partner, well having lost this weight you have two things working for you; first off you have dexterity because of the fact that you lost this weight, it is going to be easier for you to do various so tight fitness movements, this will allow you to do these movements for a longer period of time and feel less fatigue, why, because you have less weight to hold up, you see?

So this means you can do things like be on top for longer and an additional benefit is since you have more ability to move your weight, you can select more STF strokes, STF strokes that might be more difficult, more acrobatic, more intricate, like anything else you take these movements, you practice with them and use them to build your muscle, to build your body, to build your cardio baccarat activities, to squeeze and tighten your vagina but at the same time you are loading them into your muscle memory, so that when you are with your partner you have a treasure chest, a treasure cove, of various different abilities to pull from, mixing and maxing them until you find the combination that just makes his toes clear, that is every man's dream. I can tell you that as a man, the last thing he will be thinking about is the fact that you lose weight; in fact he might be thinking it's a good thing. So you see there are benefits to having lost weight that you didn't mean to lose.

This unwanted weight lost can be turned into a positive to make your life better because it's important that right here and right now, you recognise that where you are right here and right now is a good place, that there are things that you can build off right here and right now. So even as you are moving towards what you feel is a change for the better, you are still appreciative of where you are right now and you know where your power is right now, you are not allowing this to interfere with your relationship, with

your partners perception of you or your perception of yourself. You were awesome then, you were beautiful then, you were sexy then and guess what you are awesome, beautiful and sexy right here, right now in this moment, you know it and so does your partner. I am proud of you.

SEXUAL SILVER LINING : I HAVE A STRESSFUL JOB

Let's talk about the change that happened in many women's lives that they work in a very high stressed job, a job that is demanding and often a job that they can be held at fault if something goes wrong. These jobs change your personality; you spend eight hours a day in a whole different personality and only about two to three hours a day directly interacting with your partner. You might have this feeling like something is not working with your partner, you might feel like there is just a disconnect, when in many cases it's the fact that your job is changing you and since it is happening gradually, you might not necessarily look at the job as being the culprit, this can have drastic effects on a relationship because you see anything that you do consistently is a program, yes a program.

Your job and this high stress program that you are in have you running on a high stress frequencies outside of the environment where that's relevant. You don't necessarily need to use this program at home with your partner, so what do you do? You get angry at yourself, you get angry at your life, you get angry at your partner and all of that negative energy goes out there and pulls in more negative energy. In most cases a negative thought is going to connect to a negative thought and a positive thought will connect to a positive thought, so you have to create a program that will allow you to survive this stressful job that you have and not allow it to ruin your relationship, you have to reprogram yourself.

In the case of intimacy you might not feel that you even have the same type of passion for your partner and your partner might feel the same way about you but this is a communication issue and it's stressful, but you know, you are managing it, why is that? Because this stress is far less than the stress that you deal with at work, so what are we saying? We are saying that we

need to create a new program to is going to allow you to leverage this stress training that you are getting from your job, in your relationship in a positive way because right now your leveraging in a negative way because if you leverage this in a positive way, you can use it to curve ego, you can use it to stop fights, you can use it calm nerves and you can use it to become a better lover. Any situation and scenario can have a silver lining; it can be used in a positive way to positively impact a relationship.

You are going to use music first and foremost to help reprogram yourself and reprogram your partner to take you out of that program that you have from your job. Music has a way of tapping into your soul and helping you to remember another time. So think back around music that you and your partner listen to when you first got together or think about music that makes you feel especially feminine, especially the relaxed, you're not going to feel stressed out when you turn this music on around your partner. You are going to borrow from the training from your job and you are going keep a cool head as you tell him that you want him to wrap his strong arms around you. Yes! You want to give him a compliment and make him feel wanted and you are not going to worry about his response because that stress training that you got on that job is going to help you maintain, you are not going to be rattled by his response, if his response is negative you are going to tell him that right I have really need your arms around me, you have to know that whether he accepts or declines that's going to tap into the soul of him and the music that you have you have playing in the background is going to help him to remember that.

We are people outside of the environment and outside the situations that we are in, these situations and these environments are going to shift but the thing that drew us together from the beginning is eternal, it happened and it's real. You are going to use that training that you got in your high stressed job that training that you used to keep yourself calm when you push him on to a couch or to a bed and you get on top of him. You're not going to worry about what he thinks or any fear or apprehension about your body because your training through your job helps you, this is small potatoes to what you deal with on a regular basis, you are going to let him watch you, witness you moving through each of your STF strokes ever so gracefully, watching all the time and attention that you are putting into it and he is going to

realise that this is the real you, he is going to understand that this is who you truly are and that the person that you transformed into when you handled your job is only a mask.

You are going to use that stress training to tell him that and to remind him that you are doing it for us, you are unafraid, you know that you are going to be alright and you know that you can sustain and you can achieve in this situation because you have achieved in one but the stress rate is so much higher. That man is going to love making love to you, he is probably going to love that song too, might hear him playing it in his car just so that he can remember.

So you see there is a sensual silver lining to working a high stress job. You can leverage the environment that you are working in to benefit your relationship positively, however it takes some time and strategy and a will to leverage the positivism in your life from places where you thought there was none. It is very important that you as a woman recognise that no matter what you are looking to do in the future and what you have done in the past, you must find joy, gratitude and appreciation in the here and now or the past will never be remembered for the good and the future may never occur for the positive. It is your perception here and now that defines the future that you will have and as long as you can locate the positivism in this present stance, in this present environment, in this present self, you are ensuring that you will be able to do the same in the future.

**YONIOGRAPHY - USING MUSIC AND
MOVEMENT TO EVOKE SEXUAL
EMOTIONS**

INTRODUCTION TO YONIOGRAPHY

A big part of your coming into your own power is in trusting yourself and trusting your instincts. Being unafraid to express yourself as yourself is a huge step toward your digging up the gems that lie within. Diamonds and jewels that you left buried because it takes courage to be an original, yet as in fine art the original holds all the true value. And when it comes to relationships as a man I can say that I value the traits of self love and authenticity over everything else and I am sure that many other men would agree. This element is about you and about how no matter what you gravitate to there is power in it; once you realize it you can sharpen it and master it.

Here we're going to go through the power that you wield in your use of rhythm and music during intimacy. We are going to uncover the sensual silver lining in your music choice.

In western culture, there is a 'men should lead' concept that is deeply entrenched in how we think. There is nothing wrong with this, but, as a woman, you too should understand how to lead.

The bedroom is as good a place as any to start.

Let's be clear, we are not talking about initiating sex, were talking about something a bit more subtle, that you are absolutely going to love.

Did you know that your choice in music, when aligned with your communication skills, can actually allow you to control the way he feels during lovemaking?

Let's say it in a different way. You, as a lady, can control how he feels during and after sex when combining music, communications, and your

STF skills.

How does it work?

Well, you understand that music evokes emotion, that much is clear. We all have certain tunes that make us want to cry make us miss family, and also that make us smile or feel sensual.

Music also plays a direct role in how we move during sex.

Think about it, when you hear certain tunes you naturally move your hips at a certain pace and also in certain ways. This is because you sync to the beat in some way. Some women connect to the bass (drums, low treble instruments), others to treble (keys, guitars, strings). It is actually a good exercise to listen to some tunes and realize how you as an individual connect.

So, getting back to the point, as the music plays, you move your hips to the music and your partner has to move with you in order to continue the sexual process. Because he has to sync to your pace in order to stay engaged, it puts you in a position to control how he moves in and out of you. A deeper look will tell you that this also allows you to create the overall mood, because in intimacy, mood is defined by the ambiance and the movement involved.

GETTING STARTED WITH YONIOGRAPHY

We are going to explore how you will be able to choose music and communicating techniques pairing them with your STF S.T.R.O.K.E abilities to author sensual experiences within your relationship. We will deal with five larger sensations you can create and then some modifications that will allow you to make some additional ones.

Each will require a couple things to be successful.

- The right kind of music
- The right STF Strokes
- The right words
- A knowledge of your partners personality

Your STF Strokes & Your Music

There are a few tips and things to remember about building experiences:

1. When you take control of the experience you will find more enjoyment, and that means it can sometimes be harder to focus on completing the experience. The remedy is to practice to the music, build the strokes you will use into your muscle memory so that even if you lose focus, your muscle memory will keep you on track
2. Pay attention to the response section of each experience. You should know going in how he will respond so that you do not feel you are doing something wrong. You will know how he will respond if you are accurately delivering the experience.

3. Positions play a part in delivering experiences. They will either lend to or take away from the experience. The key is knowing which positions to engage in his thinking about his personality. Does he mind being looked at, does he take pride in his appearance, and does he have body issues? In the case that he has body issues, you want to primarily face a direction that would allow you to glance at him without feeling that you are staring. Many men will not enjoy themselves if being looked at constantly. However, others do. You will have to read the man and make a decision.
4. Use your intuition. Think about the experience that you are creating and add your personal flair. Think about what you are wearing, what you smell like, and what accessories might be present. Use your intuition, as it is your greatest gift. Use it to build onto the experiences, making them more potent. If you know what he is feeling, what can you do or say to push him further into the experience?
5. You can do no wrong. This is an ability that no other woman that he has been with has ever had. Everything you do will be well accepted and appreciated. Go for excellence for yourself, because you want to be your best and not be afraid or nervous. There is no reason to be hesitant – you are in a league of your own.

CREAT CALMING SENSATION

Calming: Placid, peaceful, serene, collected, and composed. It implies an unruffled state, especially under disturbing conditions.

The Calming Experience is created by music with medium paced rhythms, heavy on the bass, with light motivational treble

Music Suggestions: trip hop, ambience club music

STF Stroke: Use circular strokes that take him fully or mostly inside and keep him inside. When you move to this kind of music, it will allow him to follow you without much effort. You are activating the psoas, a special part of your body, that, when rotated creates a sense of security.

His Response: He will want to bring you closer to him. Allow him to wrap his arms around you and exhale. Rub his head and his face as you move.

Verbal Strokes: When speaking to a man that you want to calm with intimacy, his mind is at war; one side is sticking to the thing stressing him and another slowly being pulled into pleasure by you. You want to say things that will help to win him over, things that will help him to agree that he should let the drama go. Take his mind away from what is ailing him.

Use questions like: Doesn't that feel good? Isn't that good?

Who is this for?

This is an excellent way to relax a man who is anxious about an important presentation or nervous about an upcoming demonstration or something of the like.

*** Be aware of his personality type, as it will define the best communications to use along with this experience***

CREATE RAVENOUS SENSATION

Ravenous: 1. Greedy, starved, devouring, ravenous, ravening, voracious. Suggests a greediness for something an intense hunger.

The Ravenous Experience - is created by slow spaced bass lines, with a repetitious drum track that interlocks with the bass.

Music Suggestions: R&B, Slow Jams, Soul jams

STF Stroke : Use in & out strokes that take him no more than half inside, before moving away from him. Your movement will be based on only giving him a taste. The way the drum and bass work together will cause you to be easy to read for awhile.

His Response: When feeling this experience, he will know when you will be dropping toward him, and he is going to try and get as much as he can before you move away. Allow him to grab your lower back and try to keep you from rising, give him a little bit more every so often.

Verbal Strokes: When speaking to a man, you want to make ravenous with his passion; the key is in speaking into his intentions. You want to empower his ambition and his capacity. Don't speak on expectations just make notes on things that will make him feel like he can dominate you. This is the foundation of making a man ravenous...the confidence to act.

Use statements like: It's too much, I don't know if I can take it, Do you promise not to hurt me?

Who is this for?

This experience is good for helping a man feel catered to and enjoyed. Great for hard working men who forget why they are working so hard.

*** Be aware of his personality type as it will define the best communications to use along with this experience***

CREATE TANTALIZING SENSATION

Tantalizing : 1To tease or astound, as by tormenting with the sight of something greatly desired, but inaccessible.

The Tantalizing Experience is created by fast bass lines, with a repetitious drum track that is opposite of the base, creating a bouncy sound.

Music Suggestions: Southern Hip Hop, New Orleans bounce music, Washington DC go go

STF Stroke: Use STF Skills that include short in & out strokes. The rhythm is going to cause you to rise and fall fast. The focus and concentration is on the tip of the penis. The sensation and rapid action draws his attention to the action.

His Response: When feeling tantalized, initially he will try to sync up, but will not be able to keep up for long, so he will lean back, let you take over, and just enjoy the view.

Verbal Stroking : When looking to tantalize a man during intimacy you want him paying attention. You want him looking where you want him looking. The best communication for this experience type is through giving him orders.

Say things like: Don't move, hold your leg up, watch it come out,

Who is this experience for?

This experience is good for a man who you want to see smile and truly enjoying himself, it feels as if he is being catered to, like you are giving him something just for him, something unique and special.

**** Be aware of his personality type as it will define the best communications to use along with this experience****

CREATE MESMERIZING SENSATION

Mesmerize:

1 to hypnotize.

2.to spellbind; fascinate.

3.to compel by fascination.

The Mesmerizing Experience is created by far spaced bass lines, with a focus on the treble, emotive and passionate horns, and vocal tracking. Drums accentuate, but are not primary.

Music Suggestions: Hans Zimmer, Celtic Music, Epic soundtracks, epic theme music.

Play it loud.

STF Stroke: Use a position that allows him to hear you when you speak. Accentuate a part of your body with oil, so that it stands out. Use combination strokes that play with the treble, choosing long or shorter strokes as the song dictates. Be sure to lead with the part of your body that you want to mesmerize him with, and then tell him where to focus his attention. Use your hands to engage the area you want him to focus on during your stroke.

His Response: When mesmerized, he will not be stroking for your orgasm, but rather to demonstrate his passion. Expect plunging, sporadic strokes as you move toward him.

In this state, he will flow with you, stroking when you present him the opportunity.

Verbal Stroking: When mesmerizing a man during intimacy it is important that he feels that you really want him. You want to make him understand your passion, so speak in passionate ways, like closely in his ear, or by grabbing his face bringing his eyes to yours and saying things like:

“You don’t know what you do to me”

“I want you inside me”

“Once you put it in, never take it out”

Who is this for?

This experience is good for a man who you want to fall in love a little bit. A man that you want to dream about you; who you want to remember you and the moment.

*** Be aware of his personality type as it will define the best communications to use along with this experience***

CREATE AMAZEMENT SENSATION

Amazement:

1 Great astonishment; complete wonder or surprise, bewilderment or consternation

The Amazement Experience is created by non-repetitious music that preferably includes solos. Focus is placed on treble as the primary feature to sync your STF Strokes to. Drums accentuate, but are not primary.

Music Suggestions: Miles Davis, Charlie Parker, Billy Extine, Dizzy Galiespie, Mario Bauza

STF Stroke: Cue up your best STF Strokes, close your eyes and let the music tell you what to do. Music with no consistent rhythm makes you dig further into your creativity and use different strokes and techniques that you normally would not use. There is less pre-thought; you are pure expression.

His Response: In feeling amazed, he will try to find a way to push inside of you. He will try to pull you back into him. There is a tinge of excitement that grips him, where he just has to find a way to show what he can do too.

Verbal Stroking: No words are needed for this experience type;, you want to spring it on him. You want him to literally be taken back by wonder and surprise. You want to catch him off guard in a way where the only thing he is experiencing is you and your expression.

Who is this for?

This experience is good for a man who you want thank. Who you want to truly give your best to? This is for a man who you want to see you at your most authentic. A man who deserve such a gift.

*** Be aware of his personality type as it will define the best communications to use along with this experience***

Alterations:

- Make him feel Impressed - put his hand on your hip and tell him “try to stay with me”.

MAKE LOVE TO HIS PERSONALITY

When you make love it is mental so in knowing your partner you take their personality into consideration.

Their personality is going to give you cues on how they would want to be pleased and engaged sexually. The elements that go into understanding your partner

- Personality Type
- 2. Body type & design
- Personality type is going to give cues on how they want to be engaged and communicated with. Their body type and design will tell you what positions and strokes they are best suited for. When you understand both and can cross reference them they truly have a huge impact. When you can apply an understanding of yourself to your partners' personality and understanding and body type & design that is when the magic happens.

It allows you to wheedle down the list of communication, position, engagement tactics, and strokes that you have made for them and then pinpoint the perfect combination.

For example, she knows that he is an alpha male and his personality enjoys being serviced, he likes when you perform for him she knows that he likes to give instruction when receiving pleasure. He is taller than you so you know she can engage him standing, on top or lying down.

He being alpha tells her that he likes to watch and that means going slower, so standing is out. She figures she will use a So Tight Stroke on him from reverse cow girl.

She chooses one that she has really practiced so she can do it slow and not get tired.

She decides to use it on him while he is on the couch since he will be sitting up since it will give him the best view.

And so she can hear what he has to say, and let his hands guide her (other things that his personality tells him he would like). So he goes into this with confidence as it is a strategy based on real indicators, based on an understanding of her man. She is in it to win it, in it to demonstrate the physical manifestation of her gratitude and appreciation.

She is not worried about another woman or losing him to someone else. She knows that her knowledge of her man will make her better than anyone else ever could be.

Your intuition is your super human strength as a woman, training this insight is like pouring gasoline on the sensual fire that you create. In the following section I am going to introduce you to how to do this.

We will cover how to go about deciphering your partners' personality then how to connect that understanding to a list of options that would titillate him sexually. Knowledge is the power behind skill.

Training your intuition to discern what pleases your partner starts with identifying if they are Alpha, Beta, Omega or Gamma. I want to be clear that these are personality types. Star signs and wallet size alone are no way to identify your man/ideal man.

This identification is key if you ever desire to please your man. As you will learn to understand what specific kind of man he is. You will identify if you can be happy with him (level of compromise potentially needed, level of expectations etc.) and through your newly acquired knowledge of him – knowing how to evoke emotion from him will potential become effortless.

If you have ever met a couple who just seemed to fit, in most cases it was because there personality matches – this happens to be the most fitting

match for the two's personality – so naturally the compromises they would have to make clicked.

I have actively been studying the differences between Alpha, Omega, Gamma and Beta males for a long time, both in reading and in life experience.

It all began with requests from clients who had experienced debilitating breakups or started to sense a disconnection coming from their partner and even trauma within their relationships.

Many came to me thinking they had lost what made them special as a woman, the magic that had attracted their man in the past no longer worked and brought up thoughts that their partner was cheating.

From there I am going to suggest things that will likely please them intimately. This should not be the ends all to your investigation, treat it as an introduction. Use your intuition (your feminine super power) to imagine up new experiences that will leave them more snatched than ever.

ALPHA MALE

Alpha Males are the leaders of men for whom women naturally lust. Their mere presence will set off alarms in women regardless of whether she is taken or not. Women will actually ignore tall, handsome, wealthy, and even famous men for an Alpha once he has entered a room.

If you have ever felt something from a man, something that you couldn't quite put your finger on it – but it was like he had put a spell over you and he was just being himself, had nothing to do with materialism – was just how they came across, moved or just the man – this was probably an alpha male.

This male exudes confidence, can be aggressive, can be macho, may be self centred, sexist, demanding and can be very difficult to work with at times despite possessing charisma both in his personal life and at work. He can be attractive without having to be good-looking and usually has his pick of women to date or marry. Although he enjoys being chased, he finds it refreshing to be the one to do the chasing sometimes. Alphas are enterprising and can be outgoing, but his pre-marital relationships tend to be very brief. Women do not get overbearing comfort or support from a typical Alpha male.

Alpha men are attractive; even when they aren't conventionally beautiful and don't get intimidated around women. They may lack sensitivity and sympathy towards others and aren't scared of making the first move when it comes to their romantic interests. They normally get what they want: even other Alpha males rarely reject them

Now here are **Some Easy Ways you can ID an Alpha Man**

He does not use pickup lines

He is genuine and open about himself

He will ask direct questions that you might find prying

He is interested in demonstrating his capacity to you

He will want to show you off to his friends or he may not (depends on the alpha type)

He will choose to leave a conversation instead of argue

He is very aware of the time in many cases and will know what time it is without looking at his watch.

Now here is How To Please Your Man If He Is An Alpha:

- If your man is an Alpha be cooperative.
- Introduce him to your socialites and other influential individuals
- Be playful and interesting
- Don't be needy and call 500 times a day
- Keep it fun and exciting when it comes to love making, allow him to take you
- Alpha men enjoy feminine women who have amazing skills especially Oral skills
- He enjoys being performed for so lingerie and costumes are readily accepted.
- Fix your face so that you look extremely sensual when making love to an alpha, many have very visual memories and it will stick with him.
- Alpha men will want you to be working on your body he looks at personal maintenance as being connected to your confidence and self image.

- Being able to sit up on him and kegel squeeze him hard inside you with a confident smile will set him off.
- Sensual Skills that allow him to witness you in your sensual glory are perfect for Alpha men. He is confident and now that he has lured you into his den he wants to enjoy your ripened fruits and fruits he has the power to make ripe in you, use confident STF Skills like the wind and butterfly on him.

BETA MALE

Betas are reserved, responsible and moderate: you're average Mr Nice Guy, nothing spectacular but likeable enough.

Most modern men are Betas; they're more sensitive, less aggressive, and more argumentative than Alphas. They are easily nervous or embarrassed and play wingmen to their more suave Alpha friends. Betas make good friends and roommates, as they're considerate and somewhat idealistic.

Beta men are the least threatened by women who are more powerful or intelligent than them. A Beta man tends to be introverted and kind of nerdy while growing up. They're popular, they do well with women, they're pretty successful in life, and they may even be exceptionally good-looking. But they lack the Alpha's natural self-confidence and strength of character. They're not leaders and they're not the men to whom women are helplessly drawn. Most men who like to think they're Alphas because of their success are actually Betas. Most Betas won't change their game because they don't really have any need or reason to do so. Thoughtful by nature, women may consciously choose Beta men as better husband material, especially if they've been hurt by Alphas. However, they usually like Beta men as friends rather than fall in love with them.

Beta men make great friends. They're usually the imperfect characters you see in films and TV shows. Beta men tend to be passive aggressive and can get annoyingly obsessed with their partners. They need nurturing, often insecure about their looks, nervous about competing with other men and often end up lonely or with their second or third choice in a mate.

Some Easy Ways you can identify who a Beta Man is

- They will often lead with their wealth or successes
- You will see them try to convince themselves that their wealth makes them a leader
- You have seen him fly off the handle about annoyances
- He Does Not feel the Need to Protect Your Honour
- He requires approval from people who hold no real sway over his existence
- He does not mind having shiny lips
- His cologne smells a lot like perfume
- Becomes very excited by gossip
- It is easy for him to throw people under the bus
- They may be exceptionally good looking
- They will not upgrade their game if it works for one woman he will expect it to work on you.
- They will want to do things with you that they have done with other women.

How to Please Beta Men

- Compliment his performance in bed.
- Compliment him and his fashion sense.
- Unleash your inner nerd and let him participate.
- Learn about what his passions are and make them interests of yours
- When there are conflicts let him be heard, and sometimes let him feel like he won

- In bed betas will like to look at themselves acting on you, they will get off on themselves more than you specifically. Grab his butt cheeks, grab his hair, choke him, spit on him, be dominant and overpowering; channel an alpha.

OMEGA MALE

The Omega Male a rogue social wanderer who avoids binding attachments generally rejects social hierarchy treating everyone equally based on personal judgement, and refuses to be drawn into tribalistic feuds between groups of people.

The polar opposite of the Alpha Male.

Omega Males are the type that many women would consider a ~scrub~ can have friends and close acquaintances but prefer to accomplish things on their own without the help of a group. Omega Males generally don't belong to any cliques and have no desire to be the leader or most outstanding of said clique. Omega Males are resourceful and use their own intuition and skill to get a job done. This being said, an omega male can have great pride without it manifesting as "ego."

An Omega Male needs support, and often does not receive it which helps to maintain his low confidence. He has friends but only a few true friends who know him intimately and generally shuns shallow acquaintances. Though; that which doesn't kill them can make them stronger, but most never surmount the desperate need to belong caused by their social rejection. Omegas can be the most dangerous of men because the pain of their constant rejection renders the suffering of others completely meaningless in their eyes. Omegas tend to cluster in defensive groups. The Omega guy doesn't need to be recognized as strong, or powerful or whatever, he just is what he is and enjoys life the way HE wants to. He doesn't need to prove anything to anybody, but if he has a passion for something or someone, he will make it a point to pursue it the best he can.

Omega men can be very popular with women if they are financially endowed but will often become unhappy quickly because they are indecisive about what they want., he always lusts after an Alpha female and

ends up getting her (they're movies after all), only to reject her for his Beta best friend whom he hadn't previously noticed.

As an Omega would say, and their understanding of knowing other Omegas, I know that women don't need to worry much about an Omega boyfriend going out to cheat with a whole bunch of other women. While he may have a bunch of admirable qualities, the truth is, most women panic when they experience his very low level of confidence and insecurity.

Some Easy Ways you can ID an Omega Man is

- Rejection has scarred them and they can't help but discuss issues with failures.
- He can turn extremely cold, quickly.
- He will share off beat sometimes weird things prematurely.
- You may consider something about him to be mysterious that you can't explain and it may be attractive to you.
- He has a problem apologizing when wrong.
- He requires approval from people, who hold no real sway over his existence,
- Lacks accountability and the ability to see his own role in his situation,
- Lies for seemingly no reason anticipating your view of him will change if he lies.
- He anticipates that people will dislike him.
- He seems very unaffected by the suffering of others and can discuss topics that would normally incite emotion with absolutely none.

To Please an Omega Man

- Tell him to do things for you that he is good at, tell him he can do better, do not ever swoon over anything it will make him nervous

around failing the next time you ask him.

- Ask him if he is okay frequently, it will make him feel cared for.
- Buy him gadgets, books and aids that will help him as he does his projects alone.
- In bed get off on him, take control and get yourself off it using your skills it he enjoys being used in this way. Find other ways to use him to get off, sit on his face or use him to stimulate you.

GAMMA MALE

G ammas like to do their own thing and create their own rules without giving in to peer pressure. Alphas may mature into Gammas and become more considerate, socially conscious and relatively diplomatic than ever before. Gammas are aware of their needs and natures as well as those of the opposite sex. They demonstrate quintessentially feminine behaviours, values and expectations to win their partners' trust and love. This can be a turn off to women who are expectant for a male to portray masculine traits. Gammas generally appear to lack assertiveness, freely demonstrate their emotions and aren't very interested in status symbols and attaining popularity. They tend to put their family and community before their own ambitions.

They can be self made martyrs wanting to be praised and appreciated for their white knight behaviour. They can sometimes use their kindness in an in genuine way doing it to win praise not for the sake of being kind. All men except true Alphas will occasionally fall into Gamma behaviour from time to time.

Some of these kinds of males are considered loners; they are often getting thrown in the "weak male" shelf because of their lack of conforming to the masses.

Many people also tend to write off these men as "weak" by default because they won't conform to women who want to be "wooed" with inane attributes, something that most Gamma males will refuse to do unless their original personality is what woos the female.

Some Easy Ways you can spot a Gamma Man is

- He will often over compliment.

- He will try to move into a relationship by being your girlfriend in men's clothing.
- They will complain about their lack of female companionship and he will blame himself.
- He will always ask your opinion on his decisions.
- They really want to save you from every situation no matter how small.
- They constantly ask you `what's wrong.`
- They may be really into their religion or be religious around a subject.
- He will often compare women to his mother,
- He acts as the moral police at opportune times, he can't help it.

To please the Gamma Male

If you find you like to whine or complain about things the Gamma is a man who loves it. In fact he loves it when he feels like your complaining is it his fault.

The remnant of Alpha in him makes him want to be the centre of attention, but the Gamma in him makes him want to only be the centre of your attention. He wants to feel like you need him and you may find that he adopts traits from you. He might start saying colloquialisms you say or borrowing your laugh or lip gloss.

If you are around a Gamma and he feels you like him you will become his best friend, which is a gift and a curse because he will share everything with you.

Walk him through things; tug him along to events that will help him. Gammas will not want to do things out of their immediate environment but are quick to adopt new things they like.

Stretch it out, incrementally become closer based upon his actions. You may feel like a teenager but the Gamma wants to feel like he is earning his way to you. Gammas want to buy your love in many cases, as they don't feel that affection should be taken lightly.

Agree with him often stating that he is a unique thinker, Gamma men like to feel like they are different and more special.

Try not to look at other men; Gammas will look down on you for wanting a man who he feels is lesser. He will be angry at you internally and not tell you but just be passive aggressive.

In bed a Gamma will want to go down on you for extended periods of time. You might be concerned but he is really enjoying your femininity.

Be prepared to initiate sex with a gamma and he LOVES it when you complain about how he never does anything to her.

How was that for you?

Was this interesting? The first time you have learnt about the different types of men and did it give you a "aha that's why"....

Our next step will be to look at some different style options you have to choose from so that you can see what resonates with you. Again, when you start to become comfortable with the idea that you are going to be your best when you are doing what you do best your entire life will change.

STYLES NOT POSITIONS

Positions for women are far more important than they are for men. Positions for you often will dictate whether or not you will receive pleasure. You should choose very carefully with knowledge of your partner in mind. As a man I can tell you honestly that a man can climax from ANY position. Men who are untrained in the S.T.R.O.K.E are even more likely to climax from any position because they will lack strategy. They will push in and pull out repetitiously until they orgasm. Knowing this... it is up to you to choose positions where you feel comfortable engaging your STF S.T.R.O.K.Es. From a comfortable position you can ensure you own pleasure regardless of his action by using your skill to massage you in the way you need to climax. Sure, he will think it is him, but it will be you and your knowledge of self that makes it happen.

I have organized a series of what I call styles. I call them styles versus positions because these are for you to incorporate into your training into your workout routines. Each of these directly corresponds with the stretch/breathing/kegel technique above so you can train to master your ability to receive while in each one.

Again, I suggest you don't approach these from the perspective of positions, think about them as experiences and think ahead, visualize being in them try to feel out if they are pleasurable or not. If something inside speaks to you saying that it is for you, weave it into your workouts.

Missionary Style - Standard

The woman lies on her back with her legs spread apart. The man climbs on top of her with his arms supporting his weight. From this position the man has the freedom to thrust or make circular movements with his hips. If he lowers himself closer to the woman's body and rests some of his weight on

top of her mons, his pubic bone may provide gentle clitoral stimulation. The woman can also thrust her mid-body upwards toward the man using the support of her legs, or grasp his backside from behind somewhat controlling his thrusting movements.

Missionary Style - Tight-Legged

The same basic position as the Missionary Position - Standard, only once the man has penetrated the woman's vagina with his erect penis the woman should bring her legs closed raising the man up to rest up on her body and closed thighs. This will not allow deep penetration but will give the man extra stimulation and the woman will also feel some extra clitoric stimulation from the extra rubbing of the man's penetration angle.

Bent Style

The woman lifts and bends her knees, lifting her legs slightly with her feet flat on the mattress. Many women find this position more comfortable than the traditional missionary position. Men also enjoy the greater access to the depths of her vagina, which means that both partners will enjoy more intense stimulation. This position can be further enhanced if the woman can put her feet on her partner's buttocks. Adding a particularly delightful feel for the woman as the man's pubic bone gently rubs against her clitoris.

Locking Style

The woman raises her legs and wraps them around the waist of the man, locking her feet together. The higher she can raise her legs, the deeper the penetration because access to the vagina is easier for the man. By locking her legs around her partner the woman can contribute to his leverage by squeezing him close to her or just hold him with her thighs. Many men find that the feel of their partners legs around them to be a real turn on. One significant drawback of this position is that some men find it results in hurried orgasms. For this reason we might suggest that you leave this position to be used at end of your lovemaking.

Over the Shoulder Style

The woman places her legs on her partner's shoulders, on both sides of his head while he penetrates her. From this position lovers can attain the deepest possible penetration. Be aware that this position can allow too deep a penetration, causing irritation for the woman. The man should always take his cues from his partner and move slowly. The further back her legs are the deeper the possible penetration.

Rising Style

This is not a position designed for speedy movements or rapid lovemaking, but rather a slow and intimate encounter. The woman lies on her back on the bed with the man kneeling and sitting on his ankles between her thighs. From this position he grabs her thighs and brings her to him. Her backside and lower back are elevated while her ankles or shins rest on his shoulders.

To add to her comfort a pillow can be placed under her lower back and a couple under her head. There can still be some muscle strain experienced by the woman so this position cannot be held for a prolonged period. The woman can massage her clitoris manually in this position, or her partner can apply pressure with his thumb, since her partner and the bed support her weight. The man can view the penetration easily, which for many is an exciting sight. It also allows the man to deliver a sensual massage of his partner's stomach, breasts and arms.

Draped Style

The woman lies on the bed with her legs draped over the edge with her feet resting on the floor. The man then kneels or crouched on the floor between her thighs. The success of this position depends heavily on the elevation of the bed, which for some is not quite at the height required.

One of the beautiful things about this position is the range of movement possible for both partners. A woman has more control over movement as she can press herself against him to add to the penetration or rotate her hips for interesting stimulation. The man also has an unparalleled amount of leverage and freedom of movement.

Tantric Style

This is an enjoyable and very special position often found in Tantric literature. In this position the woman lies on her back on the bed. Her partner kneels sitting on his ankles close to her buttocks. From here he hoists both of her legs onto one of his shoulders. A little bit of guidance from his partner and you are both in a deliciously unique position.

This position is not for those who have problems with flexibility. You will both be surprised at the unique angle of penetration, which many women find delightful. The penis massages the sidewall of the vagina, which does not get the same attention with other positions. If the woman wants to try massaging the opposite wall of the vagina then all you must do move her legs to the other shoulder. The movement in this position is mostly up to the man.

Some men may find it difficult to thrust with both legs on their shoulders but with time it becomes easier. Allow yourself some time to become accustomed to this position because it is a tricky one to master.

T Position Style

The woman lies on her back. The man, laying perpendicular, (making a 'T' with their bodies) straddles the woman's leg farthest from him. For example, if the man lies on the left side of the woman, he straddles her right leg. The other leg lies atop the man. This position exposes the clitoris for easy stimulation by the man. The man will enjoy the extra stimulation of watching his lovemaking.

Rodeo Style

The man lies on his back while his partner straddles his torso. She controls the rhythm and depth of penetration. He lies flat with movement restricted somewhat by her weight and his lack of leverage. Some women prefer to lay forward so she may kiss her mate, while others choose to sit up straight and ride her man like a cowgirl at a rodeo.

Regardless of which you prefer, an interesting idea is to just rock back and forth or in a circular motion while resting on your partner's body. There is more clitoral stimulation this way, and it also has the advantage of the

feeling of deep penetration, which some women and all men enjoy. Another great advantage to this position is the motion is less stimulating for a man, and he can often last longer this way.

Open / Closed Style

The man lies on his back with his legs spread apart. She straddles his torso and allows him to enter her normally. She then lies on top of him closing her thighs. Because her thighs are closed, more pressure is placed on the penis, which can be pleasurable to both men and women. The sensations are intense and this position will normally bring most men to orgasm fairly quickly. Of course he is not the only one being pleased.

Reverse Style

This position requires that the woman sit with her back to her man. The man lies on the bed and the woman straddles his torso facing away, kneeling on either side of him. From this position she can put her hands on his knees, giving her the leverage to lift off. This position forces the man's penis into an uncommon angle, which many women find extremely exciting. If she wants to give him additional stimulation while in this position she can reach down with one hand and massage his balls. Gentle pulling or massaging is often very desirable for men.

Embracing Style

This position is not simple sex; it's true lovemaking in the complete sense of the word. Begin with the woman on the top position. The woman should sit up straight and get him comfortably inserted into her vagina. Then the man sits up with her, holding her in his arms and she is holding him. Now the important part: do nothing. Don't move, just look into each other's eyes, hold each other or talk lovingly to one another. Kiss, laugh, and close your eyes. For the next while, just enjoy the feeling of ultimate closeness and tenderness. Those deeply in love will relish this one the most, and behold, if done long enough someone will orgasm.

Quadra Style Sex - Standard

The woman gets either on her hands and knees with her lover behind her. He is on his knees, and develops leverage by grasping her hips. Depending on preference the man's legs can be inside of the woman's legs or outside of them. Couples may wish to have the woman's legs closer together because it creates more friction between the penis and vagina. In this position a man has a great deal of freedom for thrusting. Her movement is somewhat restricted but this can be easily modified with an ottoman or low bed. (A variation on the style is performed when the woman closes her legs tightly while the man is thrusting. Some of this will enhance his experience.)

Quadra Style - Draped

Basically the same as Quadra Style - Standard, only the woman lays over her bed or a couch back while the man penetrates her from behind. This position is less strain for the woman who would be somewhat massed into the floor in the standard position. (A variation on the style is performed when the woman closes her legs tightly while the man is thrusting. Some of this will enhance his experience.)

Recliner Style - 1

That wonderful recliner can be used for another very satisfying, very relaxing sexual position. This one is particularly great for those men who have limited mobility due to accident or illness. The man just sits comfortably upright in a chair while the woman sits down on his lap as if she was using the chair as well. Her back is pressed to his chest. The onus is on the woman to provide all the movement in this position but this movement is extremely easy. With the support of her arms the woman can use her legs to move rapidly or slowly.

Recliner Style- 2

If a chair is not convenient for you then you may wish to try a similar position on your bed where the man kneels down with his buttocks on his ankles. The woman is directly in front of him allowing them both to be elegantly joined. There is not a great deal of movement available to the couple but this position is very sensual and is recommended for after play.

When the couple is sitting joined in this way, the man can fondle her breasts or even massage her back. Often it is very satisfying just to sit and hold her with soft music in the background. From this position you both can move in unison and lay down on your sides allowing greater comfort for both partners. Lovemaking does not have to revolve around thrusting; it can be slow, intimate and tender. (A mirror might be a great enhancement to this experience.)

Face Down Style

The woman lies face down on the bed with her legs spread wide apart. The man then straddles the woman's thighs from behind. To enter easily it is useful to place a pillow underneath her abdomen to shift the angle of her hips. Also she can place a pillow beneath her head for added comfort.

Most men will find that establishing a rhythm with this position is quite difficult. The problem is that the penis has a tendency to slip out of the vagina forcing the couple to restart their lovemaking. Take your time and start with slow shallow thrusts until you get your rhythm.

Face Down Style- Sitting Position

Same as "Face Down" only the man slips his legs down each side of the woman's body and penetrates her vagina. This position is even more difficult but can be eased by the use of more pillows under the woman's body. She will have to do most of the work, but both of you will get a real fizzy out of this one if performed right.

Face Up Style

The man lies on his back on the bed while the woman lays on him with her back pressed against his chest. For the men who can support her weight comfortably this position is a delight. It allows the man easy access to the clitoris which can be massaged during the sex act. This position is also excellent for pregnant couples because it puts no stress on the front part of a woman's body. Spicing up this position is quite easy.

Massage oils can be applied by the man to the woman's breasts, shoulders and stomach. Some oils will heat up when they are applied which can add extra stimulation to the experience. If you are using condoms make sure that no oil comes into contact with the condom that is in use.

Another interesting idea to add to this position may be a vibrator. She can hold a powerful vibrator near her clitoris, which vibrates the vagina as well. Both man and woman will experience the stimulation.

Spoon Style

Both partners face the same direction and lay on their sides, man behind woman. The man may have to slightly angle his body so that entry is easier. Although thrusting and movement is inhibited in this position, it is very close and intimate and may be a perfect way to begin lovemaking. Also it gives the man's hands great access to his lover's nipples and front.

YOUR INNER COWGIRL

I have been in several long term relationships and can attest to how much we men appreciate a woman who honestly takes the time to learn to ride us.

When we see you practicing you're so Tight Skills it brings tears to our eyes as we know that the time that you are putting into developing your sexual talents is also for us.

Did I mention that it makes us drool?

We visualize you your feet tucked under us, straddling and positioning for deeper penetration, your hands on the sides of the pillow. We assist you, holding your thighs as you keep your hands stable caressing our body. We feel the warmth envelop us as you push us inside, then rock back on forth moving us in and out with slow deep methodic rhythm then switching it up by adding some advance so tight skill we have never seen by twirling or grinding in a circular motion then right back down pushing over the edge.

That mumbling you hear is us making a promise that we will do right in life, never forget to kiss our mom and to stay a handy man if we could only keep this in our lives.

Yes we can become that engulfed, the thirst is real.

As women your confidence is the perfect match for your sensual skills and abilities.

There are ten simple things you can keep in mind to ensure that each time you ride your man he loves it.

It will also help you to truly let go, digging deep into your arsenal of sexual skills leaving him truly snatched.

First, there really is no “Wrong” way to sit on a man, either you face him or your back is facing him. The thing you must remember that you are in control in this position and the angle of penetration must suit his body type.

Second. Weight doesn’t matter when it comes to sex because you’re always going up and down so your feet or hands are supporting you, besides if you slip down he will probably be holding you and the more pleasure for you both.

Third. He won’t be concentrating on how you look, and if he is then he will think you look sexy.

Fourth. Don’t do anything you’re not comfortable with, if you’re not ready to be on top, tell him, he won’t rush you.

Fifth. When you’re having sex, it’s hard to tell if someone’s tired because you’re usually breathing heavy anyway, and you’re not focused on your breathing, you’re focused on how you feel.

Sixth. Sex is never awkward, it’s passionate.

Seventh. To wow a man during sex, you can’t care how you do things or worry about doing something wrong, you have to feel confident even if your confidants isn’t real make him think you are.

Eighth. Be “Wild” that really gets men going, it makes them think you’re not afraid to do anything.

Ninth. Don’t worry about your facial expressions chances are he won’t be looking at your face, either his eyes are closed or he’s looking down at all the action.

Tenth. If you are self conscious about your tummy wrap a towel around it and give him the reins, he will be so excited that your stomach will be of no concern.

With great skill comes great confidence and also great responsibility ladies,
use your powers for good and for life and for love.

FOCUS ON THE FEELING

The best sex is seven-course feast? You never knew what is coming, every mouthful should leave you tingling all over and, by the end of it, you will be satisfied and content. However, if you are worried about his penis size or sexual dimensions not pleasing you that will create the reality that you experience.

To have great sex, you've got to focus on the feeling and what you want out of your sexual experience versus what you do not want. Turning on your positivity as it appeals to intimacy and feeling the attraction hours or days before you have sex triggers helps you to create muscle memory.

Prime up for sex

Women access different parts of the brains for multi-tasking were going to work toward segmenting a portion of your mind dedicating it to positive thoughts about your partner as it concerns your relationship.

There are some other things you can do to increase the arousal factor, but it starts in your head.

Your brain will focus on any pleasure that is occurring and increase blood flow to the area, arousal bio-chemically releases endorphins, and the chemicals that get us revved up and make us want to have more sex, more often."

You can even kick-start your own arousal to get yourself in the mood.

So Tight Skills are great to do these sexual motility exercises- that's the sling of muscles supporting the pelvic floor and surrounding your genital organs - stimulates the first part of the arousal process.

Having sex can be like going to the gym. Your mind and body rebels against it, but once you've done it, you feel amazing. The standard wisdom says a woman's sexual cycle moves from desire to arousal to orgasm. But new research suggests that for women in long-term relationships, desire often comes after arousal.

Something else that helps is to learn to mentally masturbate about your partner. They may or may not know what is taking place but you are actually manufacturing real desire.

One way is that some place you are sitting stare into their eyes no need to speak, start to remember the last time you made love and really enjoyed it. This exercise really makes the most of the mind-body connection, as you're calling on a real experience, so your body will remember the feelings and sensations. Focus on the little sexy details and the memory will ignite your body, making you feel incredibly turned on. What is really sexy is seeing the arousal written across your partner's face!

During the day never stop practicing asking easy yes or no close ended questions like, 'Do you like it when I do this? Is that good? Can you hold this bag? This way you gain are focusing on the feeling and naturalizing the process of discussing with your partner. This way you'll be more confident to ask for what you want in bed.

Make each moment count, so, instead of your usual peck goodbye, look deep into his eyes and give each other a long lingering kiss, then whisper, "Our bedroom, 10:00 p.m.". Not only will your partner spend the day anticipating sex that night, you'll be turning yourself on too.

Working on your instructive vocabulary prior to intimacy will change everything. Deeper and harder take a whole new meaning when combined with terms like, I like it when you.... push it up, push it down, sides push there, put it at the front, slower, pressure at the top , pressure at the bottom. Your partner can create the feelings you want if you are focused on feelings however they cannot change their dimensions and contextualizing them as not being sufficient is anti productive and can hurt your partner.

Don't be afraid to look into your STF workouts for inspiration. Sit and perform your favorite movements to music in the mirror imagine your partner. Flip through videos of your STF Skills right before you meet them in the bedroom. You have been positively reinforcing yourself, their body their scent, their touch, you want it. You have been turning up the heat and you are ready to set the bedroom on fire.

You are using your visualizations to positively reinforce the organism you will have. Your STF trained hips are working on your partner increasing their pleasure and yours. Your mind is focused on feeling the experience and you are reassured that your partner loves it because you are communicating. You are relaying what you want to feel and he is ecstatic as you help guide him toward your satisfaction. Pleasure is a choice, when we focus on the feeling of joy it transcends and spreads throughout our lives.

PENIS PRAISE

Something Every Personality Loves

In today's society a man and his penis have a co-dependent relationship. He is constantly worrying about it. He is constantly judging it. He doesn't trust it. It needs counseling and he is a stubborn partner. So what am I saying? I'm saying that... If he is not happy about how it looks or can't last more than a few seconds or if he has a hard time staying erect, he'll be carrying around that stress every time he thinks about sex.

In the U.S. more than 7 billion dollars a year is spent on MALE sexual problems of one sort or another, whether it be mental or physical. That's a lot of greenbacks, just concentrated on one part of the male body. But the penis is such a defining organ, one that hangs out in the open and cannot tell a lie. A woman can if necessary, lie on her back and scream in passion and fool a man into thinking she is enjoying herself, but a man has to "prove" his excitement by sporting a stiff penis. And since the male libido is a sensitive and delicate thing, it can become a problem even for the fully sexual male.

The more stressful situation that he places himself in, the more chance that he will experience performance problems. My research shows that in monogamous relationships where a couple has had no other sex partners, the incident of erectile failure is less than 1%, while for those males who have had 10 or more sexual encounters erectile failure has occurred at least once, or 100% of subjects admitted to some sort of performance problem under certain circumstances. A woman who knows how important her male partner's penis is to him will be way ahead of the game. And a woman, who will take the time to speak into him via his penis, will be the sexiest woman in the world to him.

A Truth: penis praise makes every woman a goddess If women would keep one sexual thought in their minds when approaching her lover in bed, she will always have the upper hand and will be his own personal goddess. As I mentioned at the beginning of this article, any woman, even a “plain-jane” can be a goddess in her man’s eyes, all it takes is understanding “penis psychology” and using that knowledge on her lover. A man knows when his lover thinks he’s sexy. He can tell by the attention she gives his penis. Whether you’re trying to rekindle your sex life with a long time lover or just starting out in a relationship, I guarantee you grand success if you try this.

When fully erect it resembles the fertility phallus, which has been a sign of godliness since the dawn of time. It is smooth and hard all at once and if properly maintained, it feels wonderful wrapped within the fingers of your hand, or between your lips, or sunk deeply between the folds of your vagina. Let him see you adoring his penis and you have won him over you’ll have a satisfied lover, and one who is less likely to have roving eyes. As an example, give him the best of your sensual skills the night before he has a pitch, closing or event related to work. Not only will he enjoy working more but he will appreciate your helping him to stay on his A game. A warm feeling that sticks to your bones when negotiating this cold cruel world.

LEAVING HIM SNATCHED

The Role of Glory In Your Relationship

An intimate relationship is about more than just sex; it is about empowering each other, boosting each other's confidence and giving your partner a sense of pride in their abilities. Intimacy without those elements will only lead to the degradation of the relationship, and will damage the self-esteem of both man and woman along with their libidos.

The dynamic between woman and a man is very complex. Just like she wants to feel valued, so does he. When a participant in the relationship begin to feel that there is no incentive, such as a feeling of glory, or if there is no feeling of having accomplished a successful intimate encounter, that relationship dynamic will erode and the man will be affected greatly, leading to less sex in the relationship or infidelity.

Ladies, when it comes to your man the partner makes him feel valued in the bedroom and who makes him feel as if he is a skilled and accomplished lover, such as promoting a feeling of glory, is a man who is less likely to commit adultery as opposed to a partner does nothing to boost his confidence and promote a feeling of glory. When a man does not feel valued, it decreases their confidence and with that comes a lowered libido, which causes further friction in the relationship.

Most men do not even know what causes their lowered libido; they just know that they have a lowered libido. Same with sexual assaults and infidelity; men might find themselves with urges that they must fight against and they are not even aware why they feel these urges. They might just think that there is something wrong with them, but in fact, the problem can be easily fixed. Increased confidence in yourself and your own abilities

along with the incentive of glory in your lovemaking will fix a lowered libido and decrease the instances of both sexual assault and infidelity.

Glory is an essential part of a man's sexual identity; it is tied into his ability to please his partner and to know that you have pleased her. Without glory, sex loses its purpose and men lose the desire to have sex. They certainly lose their desire to have sex with those who do not make them feel glorious for their efforts when it comes to sex. They may not even recognize that glory is the missing component in their relationship; they just know that something is lacking. You might be wondering what exactly we mean by glory? Men seek glory in all sorts of places, such as winning at sports or even video games. However, the only glory that should matter is the glory that you feel when with your partner.

I am going to see if I can tap into an experience you likely have had... to experience what men need from Glory is the mirror of your leaving a man Snatched. It is best defined as that moment that you are deep into an intimate moment with him and you can tell that he is at the brink and you take your finishing strokes that push him over the edge and his response is such that you feel glorious for making him feel that way. It is a better win than any sports victory, it is better than any feeling and nothing in the world compares to the glory that you feel at that moment. That moment of glory is what makes men protectors, kings, healers and lovers. Take away glory and you take away something essential to the man.

Glory gives men their confidence in their skills and a deeper sense of meaning in relation to their personal identity. When men do not get glory, their confidence fades and sex in the relationship will slow down or stop all together. Their partner's might wonder why and what is going on, but they never assume that it might be related to glory, and how they make their man feel valued and glorious.

In this article, <http://huff.to/10NcPAb>, several women talk about how their spouses have lost their interest in sex. One wife states, "Wearing sexy clothes and lingerie – it doesn't work." Another wife states, "My attempts to excite him with lingerie and high heels failed." These wives, and the 11 other wives who are included in the article are frustrated that they have

husbands with low libido and many feel that it is a physical problem that might keep their husbands from wanting sex.

However, it is our contention that by boosting their confidence and recapturing that feeling of glory, that a low libido will be fixed. For this, the woman plays a vital part. The package does not matter, yes, the lingerie is nice but it is the woman's role to make the man feel like a king and lover and to let him know, by your sexual response that his efforts are appreciated and valuable.

Ladies, the first part of recapturing glory is to increase your confidence. The best way to do that is to build up an amazing set of bedroom skills. When you are able to ensure that you are satisfied pleasing him becomes a joy, there is no pressure. But there is more because there is a kind of glory that once lost is recaptured. Instead of adultery, you will only use your gained talents on with one who appreciates the time and dedication you have invested in their pleasure. If you have ever thought about going outside of a relationship for satisfaction you will not find satisfaction out there. You will only find it inside of yourself, your partners pleasure is a by product of your joy about being you.

WHEN SNATCHED HE'S NEVER BORED

When you enter into a relationship with somebody, naturally, you are interested in making that relationship work long-term. However, often, the longer we are in a relationship, the harder it seems to be to make it work. Couples struggle to make their relationships work, wanting to recapture the magic and fun of the early days of the relationship but find that they are settled into a routine of sorts.

In any relationship, lust and trust are two important elements. In the beginning, there is very little trust and a whole lot of lust. Things are new, exciting and there is a high degree of spontaneity combined with new experiences and exploring each other's bodies. New relationships are full of lust and are wild and unpredictable and we just take them one day at a time.

Trust is not a big feature of a new relationship because that other person is still new to us and the bond and the connection that is needed to turn a relationship into something solid and long-term is just beginning to form. You do not know them well, so you do not fully trust them but that lust element is a sizzling fun factor and that drives the relationship.

As two people continue to date and get to know each other, they start to trust each other more and the relationship grows and matures. It is less about new experiences and lust and more about creating a life for two instead of just two singles coming together every now and then. We build up trust as we become familiar with our partners and we feel that we know them, inside and out.

Long-term partners trust each other implicitly; and if anything happens to shake up that trust, it can be a disaster. Lust has long stopped being a factor. For some reason, for many people as the trust factor goes up, the lust factor

goes down. If your partner suddenly wanted to surprise you in the bedroom with something new, it would shake up that trust.

What is with the correlation with lust and trust and why does lust end up killing trust in a long-term relationship? If it is your partner that you are lusting after, what is the problem? However, with trust, we become so comfortable with how somebody is that when they deviate from how we expect him or her to act, such as trying to spice up your sex life, we lost that trust in him or her. But yet, when we lust after somebody, it is usually the kind of person that we cannot or do not trust.

When the relationship has fallen into that area where trust is the driving force and the lust has waned, it becomes problematic. You are both probably craving the lust from the early days but are afraid of upsetting the balance of the relationship by asking to try something new and innovative in the bedroom so you stay quiet and everything stays in its routine. However, routine can be deadly too because boredom can kill relationships too.

The way to ensure that your relationship stays happy is to balance the trust element and the lust element so that you keep it even. There is no reason why you have to settle into predictability just because you trust and care for somebody and you can still be spontaneous and have fun without sacrificing trust.

Diversity in the bedroom is how you can balance lust and trust to keep your relationship happy and healthy. Stroke skills helps you bring diversity into the relationship, keeping the social fabric of the relationship strong and healthy. With stroke skills, it is just the two of you, so the lust element and blended with trust because it heightens the intimacy between the two of you.

Complacency and lack of lust will make both partners be unhappy; ending the relationship. Keep the trust while keeping the lust smoldering with stroke skills. Because of your investment in you you will have an S.T.R.O.K.E for every mood, from slow and sensual to quicker and more passionate. You can alter your strokes to fit the mood and to fit her needs.

What pleases her once may not work the next time because bodies are ever changing, and we like different things at different times. If you have the ability to always be able to respond to the needs of her body, then you will be showing her that you care enough to be want to put her pleasure as a priority. She trusts that you will be the kind of partner who cares about her needs.

Lust should not kill trust, it should work hand and hand with it. You can keep the sizzle in the bedroom and not have to worry about losing trust in them or them losing trust with you just because you want to keep the romance alive in the relationship. Every time you are intimate with you partner, it can be a new experience and you will be keeping the relationship stronger and better than ever.

Strokes can be stacked so that you can mix and match, so you can have a nearly endless variety of moves that are all designed with your partner's pleasure in mind. Relationships can transition to long-term relationships without losing the passion and the lust. Avoiding falling into a boring sexual routine or rut is necessary to keep things healthy because face it, if there are problems in the bedroom, it will cause the entire relationship to unravel.

When you are happy both in the bedroom and outside of the bedroom, your relationship is solid, on a foundation that is equal parts trust and lust. You can forge a relationship that will be long lasting, happy, healthy and full of passionate diversity and pleasure. Relationships matter too much to just let them fall apart.

Investing in yourselves and your sexual skill is in an investment in one another. are great for men and women; they are fun and exciting and will help bring you closer together. Make your relationship last longer with stroke skills and you can have both trust and lust at the same time.

POUNCE

When you are ready....

Do not warn him, do not even hint that something new will be happening, do everything as normal. Touch, kiss, caress, fawn, fondle just like normal don't let him on, you are going to make it a night to remember.

Before you climb on top start some music, its music that you workout your S.T.R.O.K.Es to you fall right in to rhythm. You slide on to him and begin doing some of the So Tight Fitness routines. The routines, no matter if using the instructor led routines, or if you have created your own with various So Tight Fitness S.T.R.O.K.Es. You see his brow furrow, something is different. Something feels different you can see him drawing into your motions. You feel him sink his thumbs into your hips, but he doesn't try to control you he is just strapping and holding on. The S.T.R.O.K.Es are designed to give your movements a sensual and fluid look and feel so as you move from one routine to the next, it will be seamless as you show off your flexibility and lean body and the rhythms that will be new to him. Your new rhythm and timing plus the fluidity of your movements will be such a visual treat for your partner that he will not know what to do with himself other than just say "Whoa!"

Where as a while ago you might have been taken back by his amazement in you, today, you're more concerned by keeping him conscious. You have something you want to show him but you need him to stay with you. As you move, make sure to stop every now and then and keep making eye contact. Let the rhythm bring out your inner tiger; seduce him with your movements and your eyes. Each time you pause and make eye contact it is like putting an exclamation point on the whoa factor, you are sexy and you

know it and you are showing him that you are enjoying watching him watch you. He doesn't dare blink to miss a single moment of this experience.

Men love to be visually stimulated. When a man gets excited it is 70% visual stimulation, and 30% to do with being physically stimulated. Only 30% has to do with being touched physically, and most women do not realize that. Because women respond better to being touched, they expect that their partners are the same. Crossed lines of communication are a common cause of bedroom troubles. This is the reason that we champion movement with So Tight Fitness. This is the reason that we champion you loving your body. It's that confidence that truly shines through. It is your confidence and your S.T.R.O.K.E that will leave his mouth agape following the word "whoa."

As a man I can tell you with 100% honesty that it is hearing that sound and seeing that face that is your certification that you have been snatched. You have far more moves, you have far more S.T.R.O.K.Es to amaze him with but he is satisfied, he has never seen a woman do what you just did. That sight is burned into his mind and he can't wait until you let him have a taste more. Again he has no idea as to how much you truly have in store. He doesn't know that you took it easy on him, nor that you have worked to become this good... he is just... snatched.

ITS YOURS, TAKE IT - CONCLUSION

Sex is all too often thought of as being something that men excel at. Men are expected to learn the skills that they need to please their partner and to take the lead in being active in bed. Women have been delegated a more passive role. There is still a persisting myth that women should be passive in bed and that a woman who is active in bed is seen as aggressive and for some reason, seen as a threat to men. So women tend to just take a passive role in sex.

Ladies, trust us on this, it's okay to be active instead of passive. Sex is a give and take, your partner and you should both be giving as well as receiving. If you are not both happily worn out by the time you are done, you need to re-evaluate things! Long gone are the days where women's wishes and desires are suppressed. Women love sex just as much as men, this is not a secret any longer.

You cannot scare your man off by being too aggressive simply by taking an active role in your bedroom activities. This myth that men want to be the one doing all the work is just that, a myth. They want you to get into it; they want to have that boost of confidence that you are loving what they are doing and fully into it. You should be wearing your man out in bed; he will thank you for it.

What is sex? It is friction, right? Let's say you let him do the work; that good feeling is caused by him creating friction against your body by moving his own. Friction, in the right places, causes the erogenous zones to engage, which leads to your orgasm, and his own. Now, let's say that you also move, so that the friction is from two moving parts, with that friction being in all the right places. That means you both get double the sensation and double the pleasure. Take that idea that women should be static and meek in the bedroom and throw it right out the window.

Welcome to the world of motion. Not only does it ramp up how good sex feels, but it is very empowering and liberating as well. It is a proven fact that men are very visual. When they see you get into it, taking an active role in sex, instead of being threatened, they will be thrilled. That means that they are doing something right and the visual of seeing you moving, enjoying yourself will turn them on even more. This is a huge self-esteem boost for you as well.

Self-esteem is a huge issue for most women. Women are held to this ideal of perfection that society helps to perpetuate. Because of this, women can tend to focus on flaws instead of embracing that they are beautiful creatures, inside and out, no matter what. When they take a more active role in sex, many feel like they've been put in the spotlight. Shed your inhibitions and let your body move to that sexy inner beat that you have. Any shyness or awkwardness will vanish after you see your man's reaction to your motion.

There are health benefits to this as well. The more you move, the more energized you feel. Your heart rate increases and your body pumps more blood, bringing more oxygen to your body, your brain, and to your skin. This means that you not only feel energized, but you will feel amazing. It is also an instant mood booster. You will feel everything better, every nibble, kiss and delicious motion both inside and out. Think of it like a sexy workout with a big payoff in the way of one of the best orgasms that you will ever have. If you think sex was good before, you should see how it feels after you wear your man, and yourself, out.

Other benefits include increasing your muscle tone in the pelvic region. This means that you will help by strengthening the muscles in your pelvis, which both you and your partner will notice. Better muscle tone and stronger pelvic muscles can stop incontinence issues, improve sex, boost the libido, help keep reproductive organs healthy, and prevent vaginal dryness. The more you get into it, the better your health will be. Not only does it feel good, but your body will benefit from your active role in the bedroom.

Sexual dysfunction impacts both men and women equally. The problem with sexual dysfunction with women is that it isn't widely talked about.

Who hasn't seen advertisements for those magic blue pills on TV to help men, but what about the women who have sexual problems? This is just one more reason why women have low self-esteem. When you start to move, to let your body show your partner how much you are into it, your body can actually heal. Sex is better and the self-esteem that comes with sexual dysfunction in women will go away.

You will start to feel better about yourself. Your body will start to feel better, more energized and you will notice that your stamina and endurance will improve as well as your muscle tone. All it takes is to stop being passive and to start being active when it comes to sex. This adds a highly erotic note to something already sexy and erotic. You have inner muscles; let them work for you, and for him, in all the right ways. You will wonder why you ever waited so long to start moving. Wear him out, build up a sweat for both of you and let the feelings flow through you.

The more active you become, the sexier you will feel because you will not only feel good but your partner will reap the benefits of this as well. Be sexy, be playful and most of all, keep moving. Stop letting men have all the fun!

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