

Photographs From the Random House
Published Book:

Better Sex Through Yoga

by Jacquie Greaux & Garvey Rich

Photography by Garvey Rich

Yoga with sensuous accents to invoke the intention of the Sexy Yoga sequences featured in the book. From “*Bed Time Booty*” to “*Peep Show*” and “*Sexy Secretary*,” yoga for our lowest or highest common denominator depending on your outlook.

Clothing provided by: Stella McCarthy & KD Dance.

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BETTER

SEX

THROUGH YOGA

Jacquie Noelle Greaux

Photographs by Garvey Rich

*Easy Routines to
Boost Your Sex Drive,
Enhance Physical Pleasure,
and Spice Up
Your Bedroom Life*





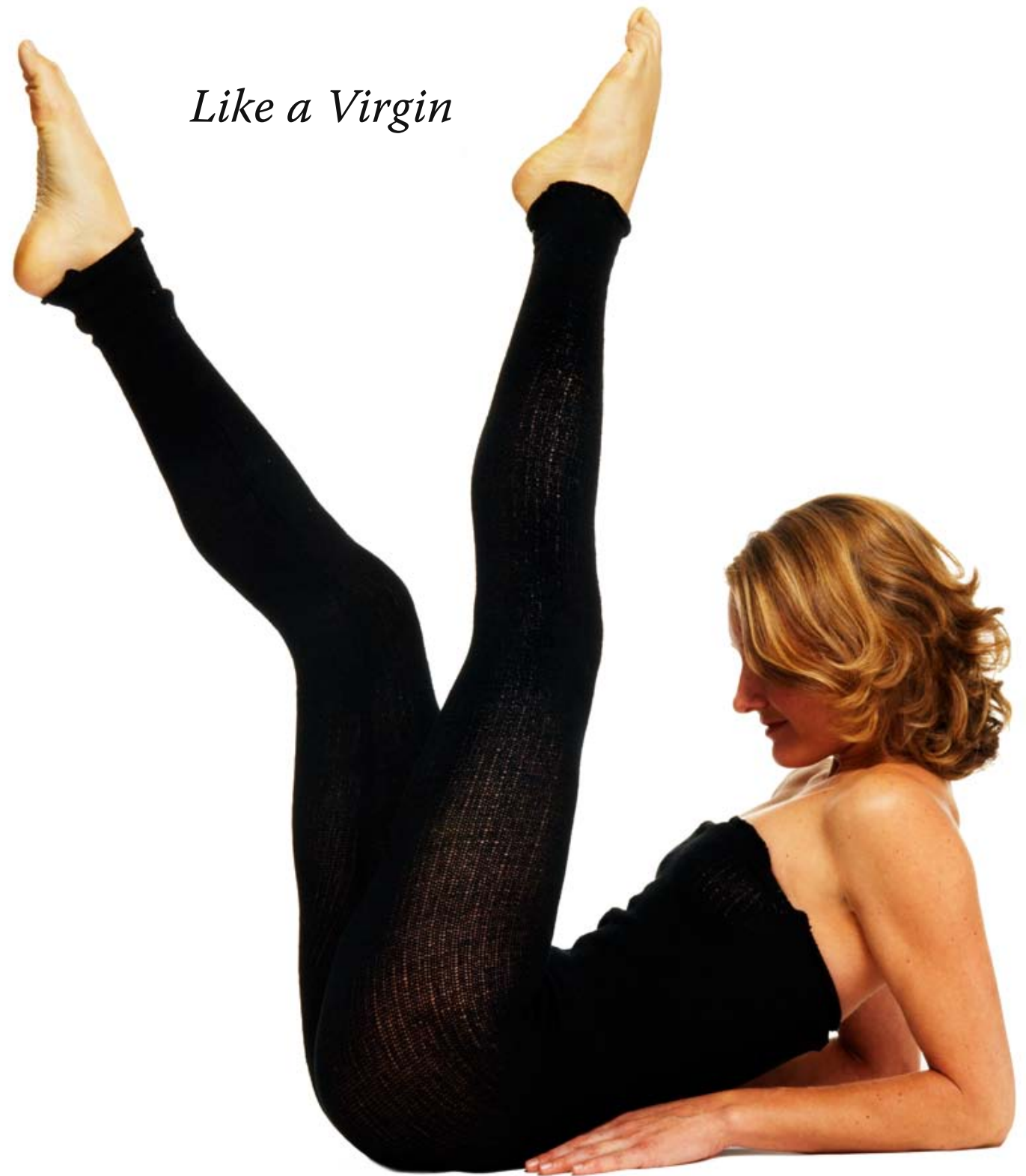
Hot Date Prep



Peep Show



Stretch His Heart



Like a Virgin



Sexy Spinal Twist



Sexy Secretary



Honeymoon



Dynamic Duo

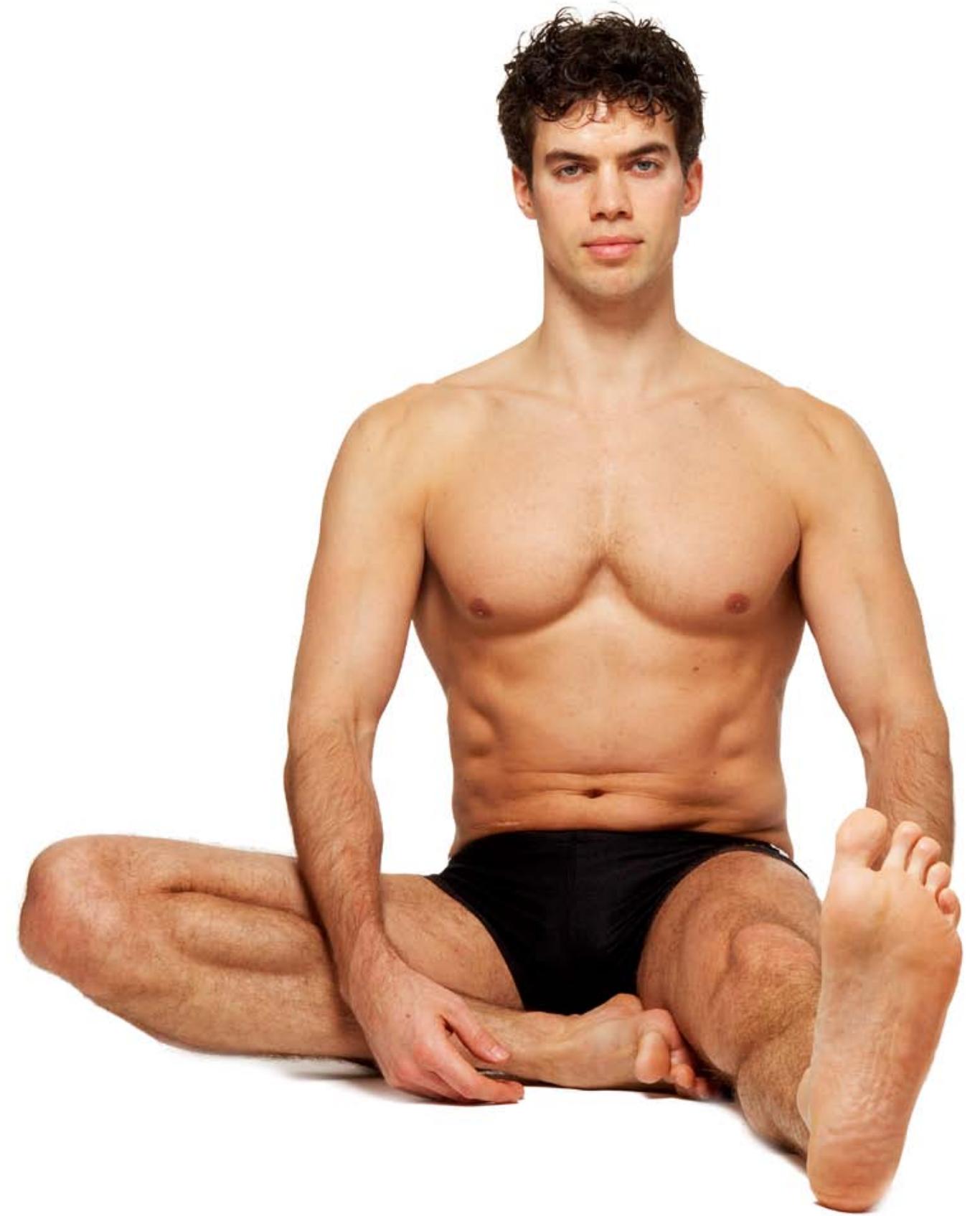


Bed Time Booty...



Step by Step Instruction





Macho Man

SEXY SPINAL TWIST *This move feels great any-time and anywhere. It can even be done while seated in your chair. You'll see that later on, in the section titled "Sexy Secretary Poses." This pose stretches the obliques and abdomen while getting the kinks out of your shoulders and back.*



TO DO IT



Sit with your knees bent and feet on the floor. Walk your hands behind you a foot or so, and cross your right knee over your left.



Inhale, then exhale, twist, and lower your knees toward the left side and gently twist, looking over your shoulder. (This is a great move when a lover is watching.)



Extend your top leg straight and look back over your shoulder. Inhale, move back to the center, and then exhale and drop to the other side, looking over your opposite shoulder. Repeat eight times, then, when centered, uncross your legs.



Point both feet toward the ceiling, squeeze your tummy and sexual core, and hold for two breaths. Return to the starting position and repeat on the opposite side.

CHAKRAS 2, 3, 4

HOTTIE BODY • whittled waist
• yoga butt
• sexy shoulders

IN THE BEDROOM • Backseat Buddies
• Rearview
• Satisfying Side

hot tip

Use your shoulders to facilitate a deeper twist in your torso. If you try this twist during Rearview, be careful not to rest your weight on your man's midsection.