

Tantrelle Goes In Search of Ecstasy

Submitted by: SPM Ltd

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Now we've got all of the soppy Valentine's stuff out of the way, let's get down to the real business of how to build a relationship around great sex!

www.tantrelle.com takes a new slant on relationships and explores ways in which you can improve your sex life and stimulate or revitalise your relationship.

The main thrust of the approach is that you must be 'fit for sex' and www.tantrelle.com holds no punches when it comes to explaining the importance of sexual exercise - sexercises – those intimate exercises that will change your life

Sexercises are designed for men and women to maximize sex muscle strength and control. But if you don't exercise your sex muscles on a regular basis they get flabby and slacken.

The problem is particularly widespread and acute for women. During natural childbirth the sex muscles can become stretched beyond the point of natural elasticity, and after menopause they just fade away and atrophy because of the lack of oestrogen.

When this happens, the lack of intimate contact is not a laughing matter - despite the number of jokes on the subject! It's frustrating for both parties and a lacklustre sex life can be a major cause of relationship failure.

Sex after children or the menopause is just not what it was - for very physical reasons. But there is hope and with a little bit of effort www.tantrelle.com sexercises will help restore your youthful intimacy and can revitalise your love life.

And if that was not enough, www.tantrelle.com goes "In Search of Ecstasy" with a beginners guide to Tantric Sex. Learn how Yoni and Vajra can become intimate and pick up some great tips on Tantric lovemaking.

For more information visit www.tantrelle.com today.

ENDS

EDITORS

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Links

[tantric](#),[tantric sex](#),[tantrelle](#),[orgasm](#),[ecstasy](#),[sexercise](#),[sexerciser](#),[sex](#),[foreplay](#),[exercises for sex](#),[Kegel](#),[gspot](#),[g-spot](#),[pelvic floor](#),[pelvic exercises](#) (<http://www.tantrelle.com>)