



Excerpted from Succulent SexCraft, by Sheri Winston with Carl Frankel

Pelvic Breath Pumps

Let's play with ways to combine your pelvic floor pumping with your breathing.

There are two basic patterns. Start by using whichever feels easier. Let your breath and bottom find their own natural groove. Then try the reverse pattern and play with that for a bit.

In the yin pattern, or Flow Breath, you tighten with your inhale and release with your exhale.

In the opposite yang pattern, the Pump Breath, you give a big squeeze of your inner muscles on the exhale and release with your inhale.

Try each pattern and tune in to notice how each one makes you feel. Try each pattern slowly, then at medium speed, then fast.

For most people, the yin Flow Breath (tighten PFMs with inhale) tends to be down-regulating, helping you go with the flow. It's great for getting grounded and present, relaxing into body awareness and shutting down your chattering mind.

Many people find that the yang Pump Breath (tighten PFMs with exhale) steps up erotic energy and is good for shifting from medium to high-level action.

Discover what's true for you as you run your own pelvic research station.