



The Pleasure Treasure: Discover Pelvic Floor Muscle Training the Fun Way

By MS Carol Armitage

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting savvy with the very core of your physical female being, your vaginal musculature, offers a treasure trove of rich experiences waiting to be discovered. I have spent my professional life explaining how this little group of muscles can dramatically impact the way our bodies perform in a functional sense. But as Mae West famously said Sex is emotion in motion. So if you are ready, let s explore clench by clench, what s really sexy, erotic and so good for your soul. Pelvic floor also known as Kegel s or PC muscle exercises done my way, will provide yourself and your partner intimate pleasure while my get a little sweaty workout beats the hell out of a gym session. Get ready to discover the exercise tips and secrets that I have condensed and refined from many years of experience and the thousands of wonderful women I ve worked with.

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