A Tantric Breathing Exercise
Fire Breathing

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Fire breathing gets its name from the fact that when you do it, you get hot, because of the increase in blood flow. And it expands your sexual energy with the pace of a quickly spreading fire. This breathing pattern is designed to be done during solo sex or with a partner.

How to Do It:

Start by lying down flat on your back and focusing your attention on your pelvic area; don't think about your breathing yet. When you feel comfortable and relaxed, squeeze your pelvic floor muscles and hold very briefly (for about one second).

Then fully release your pelvic floor muscles for about the same time.

As you repeat this quick, Kegel-like pattern, your breath will naturally align with the contract-and-relax rhythm—with you inhaling as you tighten your muscles and exhaling as you relax them. This does two things, it increases blood flow to the pelvic floor for heightened sensation in the moment. And it strengthens the muscles for deeper and more pleasurable orgasms in the future.
You can breathe through your nose or mouth, whichever feels more comfortable—though that mouth breathing can add sensual sounds that arouse you and your partner.

As you continue with the breathing pattern and pelvic floor contractions, gradually move your focus up the body—from your pelvic floor to your abdomen and chest and eventually to your head. Then you will start feeling that sexual energy spreading all over the body.

Repeat the fire breathing for as long as it feels good. And of course, if you get lightheaded, take a pause or try another technique.