

A Tantric Breathing Exercise

Circulatory Breathing

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This breathing technique is designed to create an energetic circle of sexual energy that connects you and your partner. Adachi says it's best done at the beginning of foreplay while you straddle your partner—you can really feel the energy circulating in this position.

When starting out, you might want to verbalize what's happening, but you don't have to do this the entire time. And she suggests that you settle into the awkwardness. "It's going to feel contrived and weird at first, but once you get the hang of it, it can be super fun."

How to Do It

Adachi says to imagine that you have a well of sexual energy at the bottom of your pelvic floor. Breathe in and tightly contract your pelvic floor muscles for about four to eight seconds. As you breathe out and release your muscles, visualize the energy moving up through your body and squirting out the top of your head, like a fountain, toward your partner's head.

Your partner then imagines bringing that energy in from the top of their head down to their pelvic floor, where they release the energy and pass it back to you. Continue the cycle until you feel satisfied. Adachi says that this can be done in the opposite direction, too—starting with you releasing energy from your pelvic floor instead of your head.