

SEXYCISES™

BY SEXPERTS

YIN YANG YOGA FOR INTIMACY



An Edutainment Film
CREATED BY

DR. AVA CADELL





SEXYCISES BY SEXPERTS: Yin Yang Yoga For Intimacy

Sexycises by Sexperts: Yin Yang Yoga for Intimacy is a sizzling new multimedia project by Dr. Ava Cadell that offers a playful new way for couples to connect physically, emotionally and sexually - with many poses everybody can do!

Dr. Ava brought together 20 top experts in sexual health ranging in ages from 20s to 60s to demonstrate Yin Yang Yoga poses from passionate and playful, gentle and relaxing, to more rigorous acrobatic styles for athletic couples who want a challenge.

The project includes an edutainment video (available now via Vimeo), and a live seminar that was first presented at the Sexual Health Expo in Los Angeles in 2017, and now travels all over the world including China, Thailand, Mexico and Jamaica.

The video features live demonstrations of yoga poses to enhance your intimate connection, and viewers get to meet each sexpert as they introduce themselves and their personal expertise.

Health benefits from Sexycises include flexibility, strength, balance, muscle tone, improved energy & vitality. Includes 6 levels of poses: Level 1 & 2 beginner, 3 & 4 intermediate, 5 & 6 advanced.

Watch Trailer



Sexycises by Sexperts: Yin Yang Yoga for Intimacy is a sexy edutainment video created by world-renowned sexpert Dr. Ava Cadell. She gathered 20 sexual health experts to create a dynamic, interactive program that is beautifully filmed, featuring top sexperts in the field of sexual health and pleasure who demonstrate their yoga skills and recommend sexycises for singles and couples to enrich their love lives with deeper intimacy.

Sexycises.com

ABOUT SEXYCISES

Boost Intimacy for Better Sex With Yin Yang Yoga!

In the ancient Taoist practice of Bedroom Arts, Yin Yang meant joining energy to stay in good health and attain longevity.

Based on the belief that synchronizing energy eXchange (SEX) create a sensual bond that can take a relationship to higher levels of intimacy, my Yin Yang Yoga contains elements from various styles including Anusara, Kundlini, Vinyasa, Acroyoga and Tantra yoga for couples.

For years, I've found that couples who need increased intimacy get the quickest results through touch. Connecting physically releases oxytocin which manifests in romance and a better love life.

My inspiration for creating Yin Yang Yoga was the success couples achieved connecting emotionally through physical touch, so I wanted to create a practice that blends three popular keys to wellbeing: yoga, intimacy and fitness.

The video has poses that are both playful and sensual so they can be enjoyed by platonic friends as well as lovers.



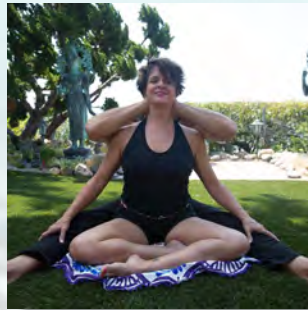
OUR SEXPERTS



Dr. Ava Cadell

Ph.D, Ed.D, Sexologist, AASECT
Certified Sex Counselor, Author,
Global Speaker

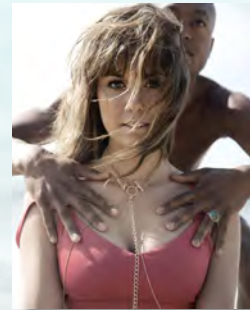
Dr. Ava has a private practice in Los Angeles and gives seminars all over the world to Fortune 500 companies, women's groups, medical and wellbeing conferences on love, relationships, intimacy and sexycises.



Dr. Nancy Sutton-Pierce

DHS, RN, Sexologist, Radio Host,
Speaker, Conscious Yoga Expert

Dr. Nancy specializes in Intimacy Communication, Sensual Movement and Exotic ~ Erotic Lifestyle Coaching. She hosts and performs Nearly Naked Yoga on Sexpert.com and has taught at intimacy retreats around the world.



Dr. Cat Meyer

PsyD., LMFT, Sex Therapist,
Yoga Teacher, Reiki Healer

Dr. Cat Meyer, PsyD, LMFT is a licensed Marriage and Family Therapist, sex therapist, yoga instructor, meditation guide, and reiki practitioner dedicated to evolving the relationship we have surrounding sexuality.



Miyoko Fujimori

Intimacy Expert, Playboy Radio
Host, Sex Columnist, Acroyoga
Instructor

Miyoko is an award winning Author in Sexuality and has been speaking at Women's Shows, Erotic Expos, and Colleges including Sex Week at Yale University, for the past decade. She is a sex columnist and blogger, and teaches Inverted Play workshops.

OUR SEXPERTS



Dr. Hernando Chaves

MFT, DHS, Human Sexuality
Professor, Sex Columnist,
Speaker



Dr. Amie Harwick

Ph.D, MFT, Psychotherapist, Sex
Therapist, Author, Speaker,
Media Therapist



Dr. Jane Hamilton

Ed.D., Sex Educator, Writer,
Producer, Director, Global
Speaker



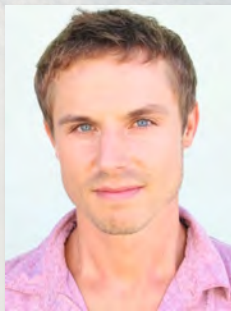
Erika Jordan

Licensed Sexologist & Certified
Love Coach



Kayna Cassard

MA, LMFT, Sex Therapist,
Intimacy Workshop Leader,
Acro Yoga Instructor



Dominick Cole

Acroyoga Expert, intimacy
Workshop Leader



Dr. Jallen Rix

Clinical Sexologist, Ed.D,
Speaker, Author, Professor of
Human Sexuality



Symon Murray

Lifestyle & Sexuality Teacher

OUR SEXPERTS



Dr. Tamar Reilly

Ph.D, Certified Sex Surrogate



Dr. Don Etkes

Ph.D., MFT, Sex Therapist, Life Coach, Hypotherapist



Dr. Anne Ridley

Clinical Sexologist, Licensed Psychotherapist, Certified Loveologist



Brett Stephenson

Partner Yoga Teacher, Tantric Massage Therapist



Andrew Sealy

Acroyoga Expert & Instructor



Eric Blood

Acroyoga Expert & Co-founder, Inverted Play



Kayvon Afsarifard

Acroyoga Expert & Instructor



Christina Engelhardt

Certified Loveologist & Love Coach, Author, Speaker & Intuitive

VIDEO INTERVIEWS



Dr. Ava Cadell
[VIEW VIDEO](#)



Kayna Cassard
[VIEW VIDEO](#)



Dr. Cat Meyer
[VIEW VIDEO](#)



Miyoko Fujimori
[VIEW VIDEO](#)



Dr. Amie Harwick &
Christina Engelhardt
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Dr. Nancy Sutton-Pierce
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Dr. Hernando Chaves
& Erika Jordan
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Sexual Health Expo
2017
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GALLERY



Dr. Nancy Sutton Pierce with Symon Murray



Dr. Cat Meyer with Andrew Sealy

GALLERY



GALLERY



Dr. Amie Harwick with Christina Engelhardt



Kayna Cassard MFT with Dominick Cole

MEDIA

SEXYCISES BY SEXPERTS

*Boost Intimacy and
Get a Workout With
Yin Yang Yoga*

BY DR. AVA CADELL

We all know that yoga is good for fitness, balance, strength and flexibility. But did you know that partner yoga can boost intimacy and lead to the best sex of your life?



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Yoga flow intermingles front and back, head and groin, allowing two bodies to become one with sexy, energizing results.

My Yin Yang Yoga for Intimacy is based on the belief that synchronizing energy (chi/energy) (SEO) creates a sensual bond of trust that can take a relationship to a higher level of intimacy. It contains elements from various styles of yoga, including Anasana, Kundalini, Vinyasa, Ashtanga and Tantra yoga for couples. The origin of Yin Yang dates back to the 14th century B.C. where it played a key role in traditional Chinese thought about human health and sexual practices.

In my private practice and Intimacy Bootcamp, the top relationship issues include lack of intimacy, mismatched sex drive and the need to heal feelings of neglect or resentment.

For years, I've found that couples get the quickest and most positive results when they connect physically. So when I ask them to hold hands, place their hands on each other's hearts, hug (for at least six seconds) or kiss (for at

least 12 seconds), I instantly see a difference in their body language, facial expressions and eye contact. These activities release oxytocin, the bonding hormone, which cultivates gratitude for one another, manifesting in romance and



more intimacy. Scientific studies show that a man's saliva contains testosterone, so kissing can have the added bonus of transferring that sex hormone, triggering their partner's sex drive.

The success that couples achieve connecting emotionally through physical touch was my inspiration for creating Yin Yang Yoga, as a rewarding solution for those top relationship issues. I wanted to create a couples practice that blends three popular keys to wellbeing: yoga, intimacy and fitness (YIF — not to be confused with the practice of dressing up as fuzzy animals). Many couples are seeking guidance and support on their journey to find more romance and deeper intimacy, but they don't want it to be hard work. And couples often take sex way too seriously, which can result in a lack of interest in sexual activity altogether. What they need is to have sexy fun together!

That's why some of the yoga poses in my video, book and Lovology University course are playful, like bouncing together on an exercise ball, while others resemble Kama Sutra

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Sex therapist Dr. Hernando Chaves demonstrates a yoga sexycise.

MEDIA



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positions, such as the Wheelbarrow, which can result in memorable sex and deeper orgasms. There are also Tantra sex positions, such as Yab Yum where the woman is sitting on top of her man while they are eye-gazing and breathing in synchronicity to create sexual mindfulness.

Most yoga poses include the blending of yin-yang energy (the Chinese philosophy of duality). Though widely regarded as female-male energy, each of us possess both masculine and feminine qualities. When it comes to the body, the yin energy is thought to be connected with the more vulnerable front of the body, while yang connects to the protective back. Yin connects below the waist, while yang is above, and rules the head. Yoga flow intermingles front and back, head and groin, allowing two bodies to become one with sexy, energizing results. In the ancient Taoist practice of Bedroom Arts, Yin Yang meant joining energy to stay in good health and attain longevity.

Many couples have their love lives on auto-pilot, so they no longer make intimacy a priority in their relationships. One way to change those patterns in the brain is to meditate and do yoga together as a frequent ritual. Even if you want to heal a hurt relationship and rekindle passion, this can be

a powerful forgiveness tool, and of course it's the perfect prelude to making love, especially when you practice in the nude together.

With all this in mind, Yin Yang Yoga makes a rewarding romantic date, builds passion, enhances intimacy and enriches relationships with mental, physical, emotional, spiritual and sexual benefits for couples. As a bonus, you can also burn as many as 500 calories in half an hour.

There are Sexycises by Sexperts from mild to wild with gentle and relaxing poses for beginners and more rigorous ones that require experience in Acroyoga for more athletic couples. More than 20 sexy sexperts demonstrate poses to help couples stay connected on the journey to sexual satisfaction in my video, book and seminar program. Learn more at Sexycises.com and come to my interactive SHE seminar with live Sexycises demonstrations.



Love guru, media therapist, author, and world wide speaker, Dr. Ava Cadell is an accomplished author of seven books. Dr. Ava has appeared on numerous national shows including "Good Morning America," "Extra," "Montel," "Geraldo,"

"Anderson Cooper" and networks, including CNN, MSNBC, NBC, ABC, Fox News, MTV, VH1, Discovery, Lifetime, TLC, E! and A&E.

MEDIA

June 28, 2018, AVN Magazine

Dr. Ava Cadell Releases "Sexycises by Sexperts" Video

By Anka Radakovich

CYBERSPACE—How can couples have sexier sex? By watching *Sexycises By Sexperts!* The new "sexercise" video was produced by sexologist Dr. Ava Cadell, who gathered 19 of her closest (and sexiest) sexperts to demonstrate how it's done. The sexperts—most who have earned advanced degrees—include psychologists, sex therapists, marriage counselors and yoga experts. Many of them are so sexy they could have been porn stars!

The sexycises combine kundalini, vinyasa, tantra yoga for couples, and acroyoga, which combines yoga and acrobatics. The poses range from "mild to wild," says Cadell, and anyone can do them. The poses are scaled for the beginner, intermediate and advanced sexyciser.

"For years I've found that couples get the quickest and most positive results when they connect physically," she says. She was inspired to make the video after she experimented with instructing couples to touch each other with the goal of helping them become "emotionally connected through physical touch."

Throughout her career as a couples counselor, Cadell also noticed that couples "don't want intimacy to be hard work," and that they "sometimes take sex too seriously."

"What they need," she says, is to have some sexy fun together!"



The sexperts offering their sexpertise in the video include Dr. Cat Meyer, PsyD and LMFT; Dr. Hernando Chaves, MFT; Dr. Anne Ridley, clinical sexologist; Kayla Cassard, sex therapist and LMFT; Dr. Nancy Sutton Pierce, DHS and yoga expert; Miyoko Fujimori, Playboy radio host and acroyoga instructor; Dr. Jane Hamilton, Ed.D and sex educator; Dr. Jallen Rix, clinical sexologist and professor; Dr. Amie Hardwick, PhD and psychotherapist; Erica Jordan, relationship coach and sexologist; Dr. Tamar Reilly, PhD and sex surrogate; Dr. Don Etkes, PhD and sex therapist; Christina Engelhardt, love coach and astrologist; Symon Murray, sexuality teacher; Brett Stephenson, partner yoga teacher; and Eric Blood, Eric Sealy, Dominick Cole and Kayvon Afarifard, acroyoga instructors.

FILM CREDITS

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Catering: Chef Meline

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Body Jewelry: Bijoux Indiscrets



MUSIC CREDITS

"air castle" (fairy tale)

"misty rain" (the same old story)

"acceptance" (same old story)

"theorem" (fairy tale)

Written and Composed by Gallery Six

"Kliché"

"The Rise and Fall of Bossanova"

"Heaven Be Here"

"The Whisper" (Ad Astra, Volume 2)

"Gemini" (A.W.A.R.M. Signal)

"Coffee and Time"

"Ignite To Light"

By P C III

"The Zen of All Summers"

By Falling Free

Composed by Ray Ryeridge 2015

"Sexycise" (Soundz of Sex)

By Dr. Ava Cadell



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