



PC Muscle Exercises



The Dominant's Handbook

An Intimate Guide to BDSM Play

PC Muscle Exercises

The PC Muscles or pubococcygeus muscles (pronounced pew-bo-cox-uh-gee-us) are the sex muscles. By exercising these muscles every day, you will develop a healthier sex life. You will have better orgasms, have better control over your orgasms, and improve your sex drive.

There are other advantages in practicing these exercises. For pregnant women, well-developed pc muscles will help in the birthing process. These exercises will also help if you have problems with hemorrhoids or problems with incontinence.

To identify the PC muscles, when you urinate, stop the flow of urine. The muscles you use to stop the flow of urine are your PC muscles. To exercise these muscles, squeeze and release them. As you squeeze and release, coordinate this with your breathing. Either squeeze with the inhale and relax on the exhale, or relax with the inhale and squeeze on the exhale.

Action Step Exercise

Perform the following exercises daily. I find it helpful to schedule a time each day. If you do the exercises the same time each day, it becomes a routine and is easier to keep on the program.

One set of exercises is to squeeze and release the PC muscles as rapidly as you can.

Another set of exercises is to first squeeze lightly, then squeeze harder and release them.

Another set of exercises is to squeeze for 10 to 30 seconds and then release for 10 to 30 seconds. Start with 10 seconds. Over time as the muscles get stronger, add time till you get to 30 seconds.

Do these exercises for 30 minutes on each exercise every day. If your muscles become sore, start with five minutes on each exercise every day and slowly built up to 30 minutes.

Women should read *Female Ejaculation and The G-Spot* by Deborah Sundahl pages 69 – 74 for specific female PC Muscle Exercises.

Men should read *The Multi-Orgasmic Man* by Mantak Chia and Douglas Abrams Arava Pages 36 – 41 for specific male PC Muscle Exercises.

I find it helpful to associate doing the exercises with a daily activity. I usually do these exercises each day right before I take a nap. I also do them when I wash the dishes, which makes the chore much more fun. These exercises can be done just about anywhere. They can be done while sitting in a meeting, reading a book, watching TV, and during many other activities.

About the Author



Ladyboy Gigi has been active in the BDSM community for over 30 years. Gigi started out as a boy toy sex slave and played as a submissive for many years. For the past 12 years Gigi identified as a switch, often playing the role of a Domme.

Gigi has been following an eclectic pagan sacred sex path since pre-adolescence. S/he has studied art, philosophy, ancient religions, ancient civilizations, photography, human sexuality, and sculpture. Gigi has a Bachelor's of Arts degree in Philosophy and a Master's degree in Social Work.

Gigi published *The Dominant's Handbook – An Intimate Guide to BDSM*. This book provides training information about physical, psychological, and psychosexual aspects of BDSM for individuals who want to learn Dominant Role Play. Go to: <http://www.ravenslairleather.com>.

In 1999, Gigi was awarded the AIB Globe Award for outstanding service to the bisexual world community. Gigi, along with Michael Page and Wendy Curry, started Celebrate Bisexuality Day. For more information about CBD, go to: [Celebrate Bisexuality Day - Wikipedia, the free encyclopedia](#). Gigi served on BiNet USA's Board of Directors for two years.

Gigi was born intersex (hermaphrodite). Shortly after birth, doctors performed sexual reassignment surgery. Gigi has been active in the Transgender community, the bisexual community, the BDSM community, and other diverse alternative artistic communities. S/he has studied human sexuality in both undergraduate and graduate studies programs. Gigi is a hermaphrodite and identifies as being pansexual. S/he currently practices as a prostitute priestess, providing sex-positive education and sex healing work in Aphrodite's Temple*.

Gigi has presented many diverse workshops for bisexual conferences, pagan festivals, BDSM events, and for other alternative communities. S/he has presented information in college courses as an invited speaker.

Gigi was a co-producer of AfterHours, Queer Radio With Attitude, KPFT 90.1 FM, a radio program that provided information about human sexuality and alternative lifestyle choices. Gigi has been on the air for over 25 years and has covered many diverse

topics centered on human sexuality, BDSM, and sacred sex. The radio show provides sex-positive information about human sexuality and alternative lifestyle choices. Visit KPFT at: <http://www.kpft.org/>.

Currently, Ladyboy Gigi produces a podcast on iTunes called Adult Bedtime Stories. Each week a new episode is released featuring a topic on sexuality. Adult Bedtime Stories is a show dedicated to bringing sacredness back to our sexuality and to learn about everything sexual. Allow the beautiful sexy creature within you to emerge. Each week the focus of the show will be on different sexual topics designed to enlighten you so you develop more fully as a sexual being. This is the sex education that you didn't receive in high school, but should have. To subscribe and listen, go to: <https://itunes.apple.com/us/podcast/adult-bedtime-stories/id1327711830?mt=2>

* Note: The Sacred Sex Temple (Aphrodite's Temple) is a sacred space that is based on ancient sacred sex temples that existed in many ancient civilizations around the world. Aphrodite's Temple is currently available during Earth Spirit Alliance and Council of Magickal Arts pagan festivals in the spring and fall. If you are interested in having Aphrodite's Temple be a part of an event you are offering, contact Ladyboy Gigi for more information at admin@ravenslairleather.com.