

Edging an Orgasm Training Program

Action Step 1

PC Muscle Exercises



Raven's Lair

Creating A Sex Positive World
Through Adult Sexual Education and
Erotic BDSM Performance Art

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At Raven's Lair, we believe that all adults should have access to adult sexual information that is safe, accurate, and explicit. Good sex is not an activity that we know instinctually, it is an art that needs to be learned and developed.

Raven's Lair Training Programs contain one or more of the following:

Artistic Images of the Naked Body (Nudity)
Images of Sexual Activities
Erotic BDSM Performance Artistic Images
Sacred Sexuality
Kinky Sex Images
Tantric & Taoist Sexuality Practices

We present adult materials with a sex positive attitude and value system. If you find nudity or any of the above information & images offensive, then stop reading this PDF File now.

On the other hand, if you want to start living a sex positive lifestyle free of shame and guilt, these training materials are for you.



PC Muscle Exercises

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.

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.

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.

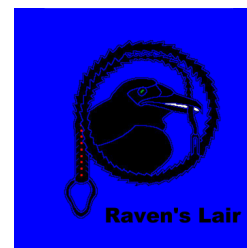
I find it helpful to associate doing the exercises with a daily activity. I usually do these exercises each day right before I take a nap. I also do them when I wash the dishes, which makes the chore much more fun. These exercises can be done just about anywhere. They can be done while sitting in a meeting,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

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and during many other activities. Over time you will notice changes. By strengthening your sex muscles, you will get firmer erections, have greater orgasm control, and have better orgasms.





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At Ravens Lair, our vision is to create a sex positive world through adult sexual education and erotic BDSM performance art. Raven's Lair provides these training materials free of charge as a means to step out of the dark ages when it comes to sexuality.

If you gain benefit from these training materials and are able to transform your sex life, we ask that you consider making a donation. We believe that making an arbitrary decision about setting a monetary price for these materials does not account for the value each individual obtains from these materials.

So, if you obtain value from accurate adult sexual educational materials, now or in the weeks or months ahead, please make a donation to Raven's Lair. Visit our Patreon Page and make a donation based on the value you obtained from this training.



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