



Disclaimer

This guide is for informational purposes only and is not a substitute for medical advice. It is an opinion and should be used for personal entertainment purposes only. This guide is not to be considered as legal, personal, or medical advice and you are responsible for your own doings.

Introduction

Hey, Jack Grave here.

I'm pleased that you decided to grab this free report – it's a decision you won't regret!

Inside, you're going to discover the **"Nirvana Power Position"** – a hugely effective sex position that, when combined with a quick and simple breathing technique you can use just before "getting it on"...

...allows your woman to experience a whole new level of shuddering, mind bending orgasmic pleasure she's never experienced before.

It does this by taking advantage of some little-known bodily mechanisms – as well as harnessing the power of the MIND – to get you hard...

...whilst stimulating your member in such a way to keep it unbelievably thick and throbbing for HOUR after HOUR.

It works for men of ALL ages – this position can allow you to overcome E.D. and perform at a level that might just surprise you.

Sound good?

Well, thanks to this report, you can start using the "Nirvana Power Position" as soon as TONIGHT.

I've explained everything simply and clearly, so there's nothing complicated necessary to make this work for you.

OK, let's get started – have fun!

Jack Grave

About Jack Grave

Jack Grave is a leading men's health expert who has taught sex advice to millions of men from over 100 different countries.

Author of countless books and programs helping men improve their performance in the bedroom, men regularly seek out Jack for his expertise on erectile dysfunction, premature ejaculation and female pleasure.

Part 1: The breathing technique

Before we get started on the “Nirvana Power Position” itself, let’s quickly talk about the importance of breathing.

Yes, really: how you breath in and out can impact the quality of your erections.

Fortunately it’s all very simple – I’ll explain.

Inhaling and exhaling activates receptors in your lungs that stimulate parts of the nervous system, causing several bodily functions to relax.

This puts you in a calm, focused state of mind that doesn’t engage the “fight-or-flight” response that makes the situation feel more alarming – and removing distractions.

Meaning that things like performance anxiety or erectile dysfunction are taken out of the picture...

...because “fight-or-flight” normally diverts blood all over the body in anticipation of danger – but *not* to your penis.

Using your breathing to disengage this evolutionary mechanism sidesteps the problem.

It gives you the greatest blood flow possible to your member, ensuring it’s as **thick and rocky** as it can be before you get started – not to mention helping it stay hard for much longer.

(Great news for you AND your delighted woman...)

And I’ve got a dead easy breathing technique that allows you to “set your body up” for the incredible pleasure that follows with the “Nirvana Power Position”.

It takes just a few seconds and you can do it right before you’re about to “turn up the heat” with your lucky woman – here it is:

1. Take a deep breath in through your nose, deeply and gently, whilst counting from 1 to 5 in your head. Inhale as far as you feel comfortable.
2. Once you've fully inhaled, slowly breathe out again through your mouth, again counting from 1 to 5 in your head. Try and keep your inhalation and exhalation periods the same length.
3. Repeat as many times as you want, although as little as 30 seconds is enough for a dramatic effect.

OK, we've had the entrée. Now for the main course, as you discover just how the "**Nirvana Power Position**" triggers such intense levels of pleasure...

Part 2: The “Nirvana Power Position”

Let's not waste time – I know you're excited to find out about this position and how to start using it yourself to rapidly transform your sex life.

Here's what you need to do to maximise the effect of the “Nirvana Power Position”:

1. Have her lie on her back, as you sit facing her. You can either do this kneeling or with your legs straight out in front of you, surrounding her body – whatever floats your boat.
2. She now raises her legs and rests them over your shoulders, with her knees roughly either side of her head.
3. Place your hands on her side or her rear, whatever's more comfortable for both of you...
4. ...and then enter. As an alternative, she can bend her knees and place her feet flat against your chest as you thrust, if she finds that easier than reaching her legs all the way over your shoulders.

And there you go! That's the position that'll send her to sexual nirvana.

With her legs in place and your hands by her side, you've got additional control over the whole process as you're both secured in place – which means you can penetrate her with better timing, precision and, most importantly, **power**.

(See where the name comes from?)

You can go as deep as you want, for as long as you want, as you can provide your member with a controlled level of stimulation that suits your desire – helping it stay harder for much longer before you finally “finish off”.

In my view that extra control is the key advantage.

It doesn't matter what the cause of your E.D. is – the “Nirvana Power Position” is designed to not just overcome it, but take your pleasure-giving abilities to a whole new threshold.

Here's just a few examples, to quickly summarise:

- **If you can't get a good blood flow to your member**, because of poor blood circulation or whatever – the extra control and precision allows more time for the blood to reach your member, making it bulging and solid.
- **If your member is usually oversensitive to pleasure**, meaning your nerve endings overreact and cause you to “finish off” too quickly – this more gradual, consistent pace and rhythm ensures you can go as fast and slow as you want, avoiding overstimulation and ensuring you can last as long as you like.
- **If you suffer from stress or performance anxiety**, whether that's from worries over your poor performance or life in general – meaning your body climaxes too quickly in an attempt to compensate – the breathing exercise is a great way to completely clear your head of these worries, and sticking to a pattern during the sex itself gives you something else to focus on.

Of course, if any of these problems are more serious, then you should speak to your doctor to help you understand how to fix it.

However, assuming that's not the case, the “Nirvana Pleasure Position”, combined with my breathing exercise, should help consign your E.D. to the trash can, leaving you with a fully engorged “little soldier” for driving your woman WILD.

It's so simple and easy for men of all ages to start seeing results with.

Try it tonight – you won't regret it!

Conclusion

You now have a potent breathing exercise/sex position combo that primes your body (especially your member...) for world-class performances between the sheets, even if you've suffered with E.D. all your life.

It's your ticket to becoming an assured, confident and POWERFUL lover with all the tools he needs to send his woman into orgasmic ecstasy, sending his sexual stamina through the roof and helping him produce thick, throbbing hard-ons practically on command.

I'm rooting for you both to enjoy mind-blowing, unforgettable sex that rocks her world thanks to the "Nirvana Power Position" – so go ahead and have fun!

But whilst, yes, this combo *can* help you get longer-lasting erections...

...it's only a basic technique that scratches the surface of what's truly possible.

Wouldn't it be great if you could retrain your brain and body to completely overcome the underlying reasons preventing you from getting pulsatingly hard on command?

If you like what this technique can do, then you'll love the more advanced strategies I've got for you that can help you stay hard for even longer and vastly improve the quality of your sexual experience.

ADVANCED techniques for bigger and longer-lasting erections...

To find out how you can immediately begin increasing your stamina, size and pleasure-giving abilities between the sheets, you've got the opportunity to learn from adult movie star Aaron Wilcoxxx.

A star of over 200 adult movies, Aaron's been able to refine his techniques with hundreds of different women, as well as develop the

ability to get rock-hard and orgasm only when he desires and last for hours at a time if necessary.

And now, he's put together a video explaining the methods he uses to achieve his high level of sexual performance so that men like you can see how it's done - and try them out yourself.

Want to find out how experienced professionals like him do it?

Then click below to watch the video...



CLICK TO WATCH

Watch the video here: <http://3stepstamina.com/report-video>