

## workouts for tops and bottoms

Lovemaking, even in its most vanilla form, is an athletic endeavor. Imagine how high the cardiovascular bar is raised when you add a lockerful of whips and chains. Bondage itself is a workout. Like any other strenuous activity, a little exercise can enhance performance, and also the end result will be a buffer subbie and mistress.

Some of the best exercises are the stretching routines of yoga. Many of these positions, or *asanas*, are great guidelines for bondage poses. These are by no means all of the yoga exercises available, just the ones I think will enhance bondage, and symbiotically, will be enhanced by bondage. With or without rope, the following exercises will increase the strength and flexibility of your lover and quite possibly, your love. Note: Many of these positions, especially the inverted ones, can be dangerous to the neck and shoulders even without bondage. Please use special care when practicing these positions.