

# Blissful Breath

## 60-minute playsheet

Welcome to the **Blissful Breath 60-min sequence**; where we get to expand our awareness and experience of the breath. In this playsheet I build upon what I shared with you previously, so if you need a refresher, have a re-read of the **Blissful Breath 30-min playsheet** and then dive into this one. If you take a 'beginner's mind' into each piece of content you read or each sequence you do - no matter how many times you've visited it before - there will always be something new to learn and experience.

### HAPPY LUNGS = HAPPY THOUGHTS

What happens to our breath when we experience an uncomfortable feeling, get frustrated or experience a stressful situation? Our Sympathetic Nervous System becomes over-aroused, forcing our body to contract as we unconsciously hold our breath. Whether we're aware of it or not, when we go into a negative emotion or self-judgement, we contract parts of the body in order to reduce the energy available for feeling. In most cases you'll feel an overwhelming sense of being weighed down, as your body struggles to cope with the reduced supply of oxygen, compromising your body's natural functions.

This sets up an unconscious pattern in our life of holding our breath, and restricting our oxygen supply in times of stress. Ironically, it is these fearful and often overwhelming times when we need the oxygen the most. Year by year, we start to breathe more and more shallow, usually into our chest, as opposed to right down into the core of our being. The less oxygen we receive into our body, the less able we are to maintain a healthy mental state.

### When emotion increases, clarity decreases.

Yep, one of the big side-effects of not taking in enough oxygen, is moody behaviour. If you're a woman, then I'm sure you've experienced this moody behaviour at some point in your life (if not every other day!). We blame the angry explosions on PMS, we blame the emotional outbursts on the guy next door, we blame our teary tirade on our boss. What are we doing when we do this?

We're playing the blame-game, not taking responsibility for ourselves and how we feel. We can actually dictate how we feel and how we react in stressful situations, and one of the best tools to help with this - to keep our emotions from boiling over into a gigantic storm - is to breathe *well*. Why do you think meditation helps clear the mind of negative thoughts and helps give you fresh clarity? Because we have taken the time to focus on our *breathing*. To use the breath to, quite literally, flush away the negative thoughts and reconnect us with our body.

### We cannot go three minutes without breathing.

Breathing is so critical to our survival, it happens automatically thanks to our Autonomic Nervous System. That said, the quality of that automatic breathing relies on our past conditioning. If we've learnt to hold our breath when we get stressed, we have unconsciously created an unhealthy breathing habit. That becomes our go-to when we're not consciously thinking about our breath. As you explore these sequences, you'll begin to reprogram these patterns to help you return to your natural way of breathing.

Ok, so by having a regular practice you'll start to undo this unconscious patterning, what do you do next time you're faced with a stressful situation or negative emotion? Commit to taking a few minutes to focus on taking long slow deep breaths. Fill yourself with the oxygen your body most needs in that moment. Breathe right down into your belly - actually feel your abdominal walls engage with each breath - as you learnt in the **Blissful Breath 30-min playsheet**. We all have habitual ways of responding to stress, and now it's time to start noticing them, so you can free yourself of that patterning.

## BREATH AND THE BODY

Physically there are a raft of benefits of breathing well. We sleep better, our metabolism works properly, helping with weight loss, detoxification improves, blood pressure lowers, endorphins are released, all reducing the work the heart needs to do. It has a powerful influence on the digestion of food by increasing gastrointestinal peristalsis, blood flow and absorption. It can also help open the tissues around the solar plexus. Belly breathing even massages the brain!

Yes, when we breathe well we are helping the functioning of the the pineal, pituitary and the hypothalamus. These endocrine glands are the guardians of our health. They produce powerful chemical transmitters called hormones. If we look at the pituitary gland in particular, it produces hormones that influence blood pressure, milk, contraction of the uterus, ovulation, bone maturation and growth. When it's functioning well, it also helps us bond during sex.

What happens when we *don't* breathe into our belly? The working capacity of our respiratory system diminishes to around one-third, hindering the exchange of gases and thus the production of energy of our cells. Now when our cells don't get energy, they start to starve, and a starving cell quickly becomes sick. This is how illness happens - we starve ourself of the most important nutrient we need to stay healthy. It's crazy really, given oxygen is free, and all it takes is conscious breathing to inject this wonderful substance into us.

'Each breath we take is filled not only with nutrients and energies we need for life, but also with expansiveness, open quality of space. It is this quality of spaciousness, if we allow it to enter us, that can help us open to deeper levels of our own being and to our own inner powers of healing.'

- Dennis Lewis.

So it's clear that we function better mentally and physically when we breath well, but what about our sexual and reproductive health? Let's explore that now...

## HOW OUR BREATHING AFFECTS OUR PELVIC HEALTH

Not only have many people established *shallow* breathing patterns, many have reversed the natural breathing patterns in their body, pulling in their abdominal muscles when they inhale while using muscles in their upper chest and neck to lift their ribcage. Such backwards breathing not only creates musculoskeletal discomfort, but slowly dislodges the pelvic organs from their natural positions.

In order for us to breathe naturally our abdominal muscles must be relaxed. Every time we inhale the abdominal and pelvic organs are massaged down and forward as the abdominal wall expands. Yes, breathing deep into our belly massages our reproductive organs, increasing energy flow around them, so there is less chance for stagnation and therefore even less chance for illness and disease.

When we breath naturally, our abdominal wall stretches our anteriorly forward while the abdominal and pelvic contents are pressed down and forward over the pubic bone. This movement pulls the lumbar spine forward, reinforces the lumbosacral angle, and pins the pelvic organs into their correct place. And that's what we want ladies; our lady parts staying right where they're meant to!

As we exhale the diaphragm relaxes upward in a passive recoil movement that doesn't require any muscular effort. Our deepest set of abdominals - the transverse abdominis - act like a corset that wraps around the belly, and are gently exercised as they pull in with each breath out. It is this muscle that helps stabilise the abdominal wall on the inhalation as well. The deeper the breath is pushed into our lower belly, the more these muscles are conditioned.

All of that said, it really is a two way conversation. Breathing properly helps support our sexual organs - massaging them and helping them stay in place, but developing the elasticity of the pelvic floor will enhance our lung capacity, by allowing the theoretic diaphragm more room to descend on the inhalation. Hence, we want to be breathing well, but we also want to be building tone in our pelvic area, to support more healthy breathing.

## **LET YOUR BREATH INSPIRE YOU**

Many languages use but one word for both 'breath' and 'spirit'. In many traditional cultures, breath is envisioned as a direct manifestation of spirit. As we breathe consciously so do we connect consciously with our spirit. This makes sense, because when we focus on deepening our breath, it takes us out of our mind and into our body so we can *feel* ourself. It's when we are here *feeling* ourself, feeling the movement of our breath, that we are connecting with our spirit, or True Self.

**The lungs cradle and cushion the heart. The heart being our centre of wisdom.**

Breath-work really is a spiritual technology for purification and awakening. If you want to explore the deepest realities of life and reach the highest state of consciousness, then you need to awaken the breath. Begin to breathe more consciously, and over time practise breathing in a peaceful way, in an accepting way, a trusting way, a loving way, a grateful way, an inviting way, a way that allows you to let go of the past, a way that allows you to completely surrender into yourself.

As Dennis Lewis writes in *The Tao of Natural Breathing*, the process of breathing, of the fundamental movement of inspiration and expiration, is one of the greatest miracles of existence...

'It not only unleashes the energies of life, but it also provides a healing pathway into the deepest recesses of our being. To inhale fully is to fill ourselves with the energies of life, to be *inspired*; to exhale fully is to empty ourselves, to open ourselves to the unknown, to be *expired*. It is through a deepening awareness of the ever-changing rhythms of this primal process that we begin to awaken our inner healing powers - the energy of wholeness.'

**The inhale is your fuel. The exhale is how you manifest that energy.**

My suggestion is to do as Buddha did at the moment of enlightenment: Follow the breath as it comes and goes. That's all you need to do as you move into your *Yoga for the Vagina* practice. Commit to using your breath as a tool to guide you through each sequence and you will know that you are being guided by your most fabulous and most trusty friend, your True Self!

## **FIND THE PLEASURE IN THE BREATH**

When do we experience the most pleasure? When we are *in* our body, experiencing ourself, connecting with our True Self. Ok, so you thought I was going to give you some special spot in your vagina that would set off fireworks, yes? Well, there's time to learn about those spots too. But the truth is, when you intimately connect with your breath, pleasure is available to you without any physical touch. You may have heard of *energetic orgasms*?

Well they're the type of orgasm that can be felt reverberating around your entire body without any physical touch what-so-ever. Pretty groovy hey? Lady Gaga came out in the media a few years back saying she can just 'think' herself to orgasm whenever she feels like it. What was she thinking about? Her breath. Scientific studies back this, finding that women who had energetic orgasms activated the exact same pleasure centres in the brain, as those who reached orgasm via physical stimulation.

What does this tell us? That pleasure is not purely physical. That is it far deeper than that. And learning how to tap into the energy of our being through the breath, is the doorway to an abundance of pleasure. Now just a warning! The type of pleasure I am talking about here, is pleasure beyond what you could possibly conceive of right now. So I simply invite you to let go of what you 'think' you know about pleasure, and remain open to experiencing a deeper, more profound style of pleasure.

Let's get back to the breath! When we take short shallow breathes into your chest, it constricts the energy flow throughout the body as I have discussed. It essentially suffocates the energy, keeping it confined to our genital region. What you need to understand as a woman, is that when energy is flowing freely throughout your body - no blockages - you can experience a full body orgasm!

Just think of a fire. If it's starved of oxygen the fire burns out almost immediately. Yet if there's a really strong wind, the fire spreads and grows really quickly. It's the same with our inner fire. Our *chi*. Our *energy*. To keep our energy moving and expanding - which you want if you want to experience pleasure in your body - you need to keep feeding it oxygen, and this happens through consciously connecting in with your breath. Allowing your body to breathe naturally and fully.

Breath really is the medicine for pain and will help get all the pleasure hormones circulating. This is why birthing women are encouraged to focus so much on the breathe while in labour, because the breath helps trigger off happy chemicals in the body, it helps them connect with their True Self, and it helps lift them into a pleasurable state of euphoria. Hence the popularity in orgasmic births.

## **THE MECHANICS OF BREATHING...** **FOR THOSE WHO LOVE A LITTLE MORE DETAIL!**

When we breath in a healthy natural way, we use the whole of our torso; the movement of breath making its way through the torso in an organised, wavelike manner. As we breathe in there's a beautiful interplay between the intercostal muscles, which expand the ribs up and outward, and the diaphragm, which moves downward and is pulled by the central tendon as the ribs expand. Rib movement really does go hand-in-hand with good breathing. When the diaphragm moves, so do the ribs.

As the diaphragm descends it pushes the abdominal and pelvic contents, which move the abdominal wall outwards in all directions and the pelvic floor downwards. This movement of the diaphragm and rib cage then creates a vacuum in the lungs, enabling the influx of air. So you can start to see how all our internal muscles get a gorgeous massage if we're breathing right down into our belly!

As we breath out, the ribs move downwards and inwards and the diaphragm ascends, during which the pelvic floor and abdominal wall spring back. The whole spine lengthens slightly on the exhalation

(provided we don't interfere with our use by hunching over for example). Unless we are involved in an activity that requires extra muscular force - such as aerobic exercise, shouting or singing - exhalation is largely a result of the breathing muscles releasing in conjunction with the upward pressure from the viscera, as the diaphragm releases.

As you can see, one of the key players in our breathing is the diaphragm, which Taoist Master Mantak Chia describes as a *spiritual* muscle. 'Lifting the heart and fanning the fires of digestion and metabolism, the diaphragm muscle plays a largely unheralded role in maintaining our health, vitality and wellbeing.'

**It is only when we breathe with our whole body that we can gain the fullest access to our inner healing power - to our organic vitality that is our birthright.**

What we also need to know, however, is that if there is any tension in the abdominal wall, pelvic floor or lower back, this dramatically limits the movement of the ribs and diaphragm. Most of tension we hold here is a result of stress, suppressed emotions, and excessive negativity, but this tension can also be caused by holding the belly in to mimic the flat stomach images we see in fashion magazines. When the belly is overly contracted it resists the downward movement of the diaphragm, thus hindering our natural ability to breath well.

It's these kinds of poor breathing habits that inhibit the function of the lymphatic system, whose job it is to trap and destroy viral and bacterial invaders, it reduces digestive juices causing toxins to build up and fester throughout the digestive tract, it retards venous blood flow, all in all weakening every major system in the body and making us more prone to *dis-ease*. Is that not enough reason to let your belly relax into it's natural roundness? Our bellies are naturally designed to be at least a little round!

As you work your way through the *Yoga for the Vagina* sequences (with a big focus in the **Letting Go sequence**), you will start to soften any tension being held in these places, so your diaphragm is free to work its magic and support you in breathing well, and thus nourish your entire being. In a nutshell, a deep inhalation requires the expansion of your abdomen outward, as this helps the diaphragm move further down to allow for a fuller expansion of the bottom of your lungs.

## **THE BREATH OF FIRE**

Whether you just want to maintain a healthy supply of oxygen or you need an oxygen hit in the afternoon when you start to slump, **Breathe of Fire** (BOF) is your medicine of choice! Seriously, give this powerfully energising breath a go instead of reaching for the chocolate bar or coffee to raise your spirits of an afternoon, and notice how much more alive and clear-headed you feel. It strengthens the nervous system to handle stress and increases physical stamina.

BOF is the foundational breath technique used in Kundalini Yoga that gets the little neurons in the brain humming as it clears our lungs and cleanses our blood. A lovely side-effect of purifying our blood with this breath, is that it further enhances the quality and quantity of our reproductive cells. Because it flushes the body with oxygen we get a whole body cleanse and as you know, when there is oxygen present, the body cannot carry disease.

**Give it a go...**

You can do BOF in almost any position (we will explore it in various different positions in the sequences) such as **Easy Pose**, **Rock Pose** or simply sitting on a chair. Shoulders relaxed, place your hand on your

stomach and just notice what it does on the inhale (expand) and what it does on the exhale (deflate).

Inhale in through your nose, exhale out through your nose. Gently begin to fasten the pace. Keep getting it quicker and quicker until you feel the rhythmic breath in and out of your nose, sort of like deep sniffing. While the inhalation and exhalation are equal, the inhalation is passive; the emphasis on the exhale is what dispels the air out of the nostrils.

You should feel your navel point gently snapping in towards the spine on each exhalation. It's important to note however, that BOF is instigated from the diaphragm, not the navel. BOF is a fairly light breath that shouldn't take too much effort, so if it exhausts you, you're not doing it properly. That said, you're likely to feel a lot of energy moving, and you may also feel a lot of heat spreading out from the centre of your body as you practice BOF. Your face should be calm and serene throughout.

The easiest way to learn BOF is through practise. You may not get it the first time (most of us don't) but repetition will help you to experience its benefits and perfect its technique. To make sure you're doing it right take a peek at the **Blissful Breath 60-min Video** where I demonstrate what the **Breath of Fire** should look like. In this particular sequence we do **Breath of Fire** in **Heaven on Earth** pose, but there is also an invitation to play with **Breath of Fire** in different poses in the other sequences.

**Beginner's Help:** If you're really struggling to get it, open your mouth, stick out your tongue and begin panting like a dog. You've seen canines on a hot day, imitate that! Then once you get into the rhythm of it, close your eyes and breath in and out through your nose in the same fashion.



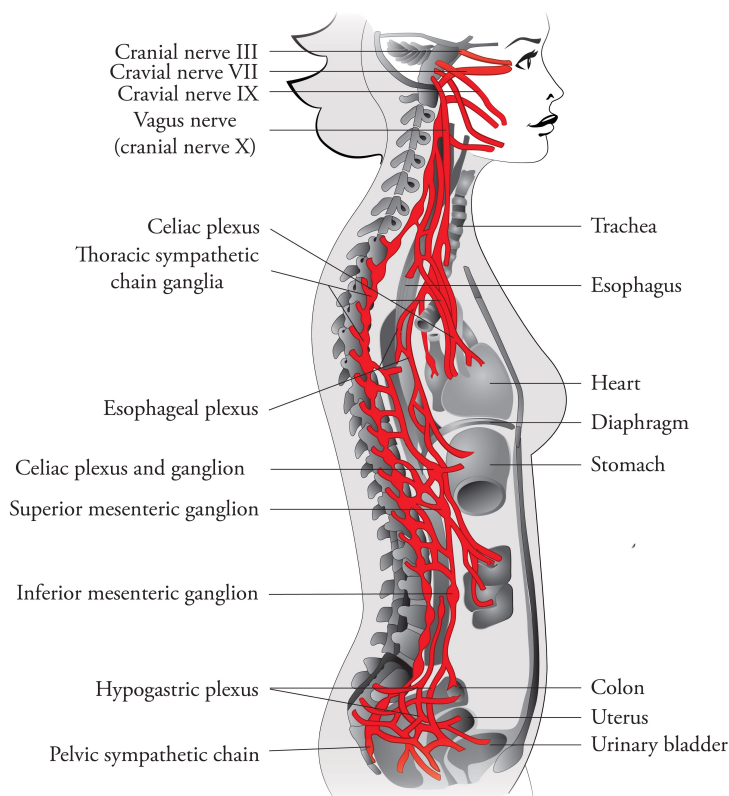
**Word of warning:** If your abdominal and diaphragm muscle are not used to working in this fashion they may cramp up slightly. If this happens, simply start with 30-secs, then 1-min and gradually work up your breathing stamina until you can do 3-minutes without stopping.

**Contraindications:** Never do BOF when you're bleeding or feeling dizzy. If you're pregnant, a light BOF is ok for the first trimester, but *only* if you check with your doctor first. Beyond the first trimester, no BOF should be practised during pregnancy.

It's important you practise this breathing technique as we'll be doing it in combo with a few different poses throughout the series, primarily in the 60-minute sequences, but also in a couple of the mini sequences as well. So please, begin to play with this breathing technique - perhaps even use it as a mini sequence itself! Use it as your go-to when you need more energy, or make it a daily ritual - switching it for your morning coffee perhaps?

## TIME TO GET A LITTLE NOISY... ADDING SOUND TO YOUR BREATH

Just as the breath can be used to circulate energy around the body, so too can we use *sound*. Scientific studies show that releasing sound during sex, especially those deeper more primate sounds, fuels our sexual energy. Fuels our *pleasure*! How is this so? Because of what is called the Vagus Nerve which snakes down the body (see it in red on the diagram on the next page), branching out into various different areas. In a woman, this nerve connects the throat and the voice box with the cervix and the uterus.



The cervix is essentially the sweet spot on a woman. That's the area you want to be activating in order to experience a full body orgasm. Problem is, for most women the cervix is really tender; it can even be painful to touch. Using the Jade Egg certainly goes a long way in helping to melt the tension, but we can also use sound. When we make sound during a mindful practice such as *Yoga for the Vagina*, we start to breathe life into the cervix, dissolving the tension so it's free to experience deep heart-felt pleasure.

Not only that, making sound helps detoxify our organs and speeds up the healing process, which is why I invite you to make sound on your exhalations in *Yoga for the Vagina*. As we release sound, so too do we release tension stored in the body. I know this can feel unnatural and unnerving to begin with, but I really encourage you to give it a go, and then try it again and again, until

it becomes natural to you. You'll be surprised by what you let out, when you're no longer being influenced by the conditioning that would have you hold all your emotions and hurts inside.

So if you find the cat has got your tongue, simply begin by expressing a sigh on your exhalation. A soft gentle sigh. Start to notice the release, the feeling of letting go that comes with that sigh. Then let that sigh amplify over time into a fuller sound that may or may not take on a more guttural earthy nature. As we express through the breath - by way of sound - we open up our throat chakra, which helps us become more confident in speaking our truth. You'll also start to find making sound to be extremely pleasurable! Yes please!

Something else you may find of interest, is that there are 84 meridian points on the roof of our mouth. Every time we make sound, our tongue stimulates these points helping to create hormonal balance (positively effecting the hypothalamus, the pituitary and pineal glands); helping us feel calm and more at peace. *Yoga for the Vagina* is my invitation to you to exhale with sound so your body can become an even deeper healing instrument.

## INVITE MORE BREATH INTO YOUR LIFE

We all breathe, all day, every day, so we might as well do it *well*. Since a breath is the very first and last physical activity we undertake in life, we should give it the consideration and importance it deserves in our pursuit of health and relaxation. We can live a long time without food and a couple of days without water, but life without breath is measured in minutes. Unfortunately, it seems that unless one participates in or teaches yoga or meditation, breathing does not get the attention it deserves.

During your time on the mat you will begin to foster a deeper relationship with your breath, and I encourage you not to discard that relationship once you leave the mat each day. Make friends with your breath. Get intimate with your breath. Go all the way with your breath. Let your breath move you,

nourish you, fill you with *pleasure*. When you're out and about, bring your attention to your breath. Standing in a cue for the bank, breathe. All the way down to your stomach. Feel your stomach expand.

## Changing the way you breathe, changes the way you *feel*.

Really start to nourish yourself with this vital healing substance that is available to you at any time, free of charge. Feeling fatigued at work, need an after afternoon cuppa or chocolate break, do **Breath of Fire** for 2-minutes instead, and see if it gives you the pick-up you needed. Invite your breath into your life in a new way that allows you to use your breath to energise and heal you.

As soon as you notice yourself low on energy, in your head fighting your negative mind chatter, judging, comparing, filling yourself with toxic food, acting out, being irrational for no good reason, stop, and breathe. Committing to this practice, turning to your breath every time you don't feel good or go into an unhealthy behaviour, can cause lasting change.

When you use a tool, such as the breath every time you notice an old pattern show its face, the breath acts as a pattern-interrupt, taking you out of your gunky thinking patterns and reconnecting you with your body, with your *presence*, with your True Self. This reconnection moves you from fear-based thinking - which created the unhealthy pattern - into love based *feeling*. Do this enough times, and a new relationship with yourself is formed.

## BREATHE INTO YOUR YOGA POSES

One of the big differences between simply stretching and doing yoga, is the use of *breath* in your practice. When we focus on the breath in our practice, the control of the breath shifts from the brain stem (medulla oblongata) to cerebral cortex (the evolved part of the brain) helping create a greater sense of awareness and deeper sense of calm, as we leave the gunky thoughts of the mind and become more connected to the presence of our heart and the sensations in our body.

The breath is your guide into yourself. The doorway into connecting with your body. It really is the breath that takes you into your body so you can centre and *feel* yourself. When you learn how to breathe you can learn how to relax and release tension. This is why the first sequence is focused on the breath - for it is one of your most powerful tools in self-healing - and is the lead-in to the **Letting Go sequence** where you learn how to release tension and emotion from the body.

## See if you can feel yourself being 'breathed' from deep within.

Breathing into a pose with focus on the affected muscle or muscles is one of the best ways to absorb the benefits of yoga. A strong presence while holding a pose helps it become a meditation that further increases the benefits. That focus doesn't have to be intense or unwavering, and it doesn't take years to master. All you need to do is focus on the stretch as best you can, *be* with the stretch and your ability to go deeper and deeper into the pose will increase over time.

Focus on feeling what is happening moment by moment. Stay present to your stretch and breathe into it. Your internal dialogue about what is happening will also affect your practice. It's amazing how deeply our own thoughts can influence the practice of yoga, usually in a negative way - by taking us out of our bodies, by stealing us away from ourselves, often filling us with fear or worry.

For example you may have some judgment about a pose, about how well you think you are or aren't doing it. If you find this happening, notice it without judging it, and let it go, returning your focus to the breath. Whenever you find yourself in your head 'thinking', bring your focus back to the breath. Focusing

on your breath is the quickest way to get you out of your head and into your body, so you can move and direct energy and sensation in the body.

## Use the breath of propel your movements.

Every movement in each sequence should be propelled by an inhalation or an exhalation. Your breath should fuel the motion of your body like wind in a sail. In the **Spinal Flexes** notice how the inhalation naturally pushes your chest forward, out and open, while the exhalation draws your belly back into a scooped position. Deep breathing is essential in each pose in all sequences. It increases your body's ability to stretch by delivering more oxygen to your cells.

When you're holding a posture, remember to use each exhale to lengthen the spine. Often flexibility doesn't develop as it might, because we're not exhaling properly. We're not using the exhalation to invite the spine to be long and spacious. At all times in your yoga practice you want to invite more length and more space into the body. If you feel contracted, breathe, and let the exhalation help unravel that contracted state.

You may have heard of the Sanskrit word 'Vinyasa' which is used in yoga classes a lot. Essentially it means 'to place in a special way'. **To move with intention.** To move from one place to the next with the breath. From point A to point B with intention, using the breath. To move from one part of a posture to the next, or from one posture to the next. Linking body movement with the breath helps you flow better in and out of the postures. See if you can breathe your way through the transitions as much as the poses.

Breathing is connected to the overall use of ourself which we discuss in more depth in the **Letting Go sequence**. What I mean by that, is to breath well, is to use our body well. Our body is designed to function optimally at all times, it is only our habits and behaviours that get in the way of this ideal functioning. When we breathe well, our organs get the oxygen and internal massage they need to do their job properly.

## LET'S GO...

Before you turn on the **Blissful Breath 60min Guided Audio**, just make sure you're familiar with the **Breath of Fire**, as the audio assumes that you have tried this on your own and are now familiar with the breathing technique. If it's too difficult you can always do long slow deep breathing when you get to **Heaven on Earth**. You also want to ensure your Jade Egg has a string, as we will be using the string in **The Love Tug**.

Once you finish your practice, as usual you can leave your Jade Egg in or lay it, have a glass of water, and I really encourage you to do a little journalling to reflect on your practice. You'll have a much clearer connection with your True Self after a one-hour practice, opening you up to receiving a stream of powerful insights and awareness. Some things you may like to ponder on the page are:

- ♥ what came up for you?
- ♥ what thoughts were prevalent?
- ♥ when was your mind most still?
- ♥ How did it feel to breathe fully and consciously?
- ♥ Did any insights or deep understandings reveal themselves to you?

Awareness is the first step in healing. Once you're aware, then you can allow a healing to occur ©

## BLISSFUL BREATH 60-MIN SEQUENCE RUNDOWN

POSES	TIMES
Love Wrap	3-min
Jaw Massage	1-min
Breast Massage	3-min
Ovary Massage	1-min
Vulva Massage	3-min
Sipping / Pulse / Intention	2-min
Clapping Scarecrow	3-min
Love Scoop Rest	1-min
Pelvic Lifts	3-min
Back Hug	1-min
Rock'n Roll	30-sec
Spinal Flex Trio	4-min 30-sec
Rest in Base Position	90-sec
Rock'n Roll	30-sec
Heaven on Earth	2-min
Rest in Easy Pose	1-min
The Straw	3-min
Love Scoop Rest	1-min
Laughing Lion	90-sec
Child's Pose	90-sec
Cobra	2-min
Rest	30-sec
Cobra to Plank	2-min
Rest	1-min
The Love Tug	2-min
Love Scoop Rest	30-sec
Pulse	30-sec
Relaxation	6-min
Eye Love	1-min
The Shuffle	30-sec
Pretzel Stretch	1-min
Rock'n Roll	30-sec
Self-Love Blessing	2-min