

Luscious Lady Parts

30-min sequence manual

Love Wrap in Base Position	Pg. 1	Video 0:14
Breast Massage	Pg. 2	
Fertility Massage	Pg. 2	
Vulva Massage in Goddess Pose	Pg. 2	Video 0:53
Sipping	Pg. 4	Video 1:29
Vaginal Pulse & Intention	Pg. 5	
Isolated Pelvic Lifts	Pg. 7	Video 3:56
Windscreen Wipers	Pg. 5	
Rock'n Roll	Pg. 8	Video 5:04
Butterfly	Pg. 6	Video 2:09
Bubbling Springs	Pg. 6	Video 3:22
Camel	Pg. 9	Video 5:32
Extended Child's Pose	Pg. 5	
Relaxation in Sleeping Beauty Pose	Pg. 10	Video 6:29
Self-Love Blessing	Pg. 11	Video 7:06

Love Wrap in Base Position

Begin in the *Yoga for the Vagina Base Position*, lying on your back, knees bent towards the sky with your feet flat on the floor, hip-width apart. Take a few minutes to simply breathe into your body, allowing your breathing to deepen and lengthen; your stomach expanding on the inhalation and falling on the exhalation. Use the breath as a way *into* yourself. Let the breath connect you with your centre. *Come into yourself.*



To begin the **Love Wrap**, bring your attention to the soles of your feet, rooting firmly into the earth.

Feel the vibration of the earth through the soles of your feet, and simply notice how grounded and connected you feel. Then spend a minute or so imagining unconditional love coming up from the core of the earth, in through the soles of your feet, streaming all the way up through your body - filling every muscle, every bone, every cell of your being - until the love reaches the crown of your head.

Take your time as your entire being fills with love. Breathing in love, exhaling any fear. Feel the warmth and safety of the love within you generate an inner smile. Imagine your inner self smiling, and allow that smile to blossom outwardly onto your face. When you feel you are full, draw your attention to your

heart. Allow your heart's presence to be felt. Let it open. Feel the connection with your heart, and invite your heart to guide you through this sequence. Spend at least **2-minutes** tuning into yourself in this way.

GIFTS: The **Love Wrap** is one of my core teachings to all my students to help them connect or 'tune in' to their inner voice; their True Self. ALWAYS start your *Yoga for the Vagina* practice with a **Love Wrap** as this will help you stay in the loving space required to allow deep healing to take place. Research shows that people who are more connected to their heart are more at ease in their body and are less likely to experience injury. It is this connection to our heart that also facilitates a feeling of peace.

The **Base Position**, also known as Constructive Rest or Semi Supine, was taught as an essential part of self-care in a large back pain trial published in the British Medical Journal in 2008. This pose was found to be highly effective in helping release tension, by consciously directing and projecting one's thoughts while in a supported resting position. If done for 10-20 minutes a day (see the **Sea of Love Mini** for your guided audio) it can help align and elongate the spine and improve overall posture, among many other yummy benefits.

Breast Massage

Rub your hands together vigorously to generate some heat (you may like to do this with the coconut oil). Then place your hands a couple of millimetres above your breasts, so they're not quite touching the skin. Take a few deep breaths in and out, allowing yourself to connect with the auric field of your breasts - see if you can feel the energy and heat of your breasts. Then begin gently massaging your breasts, however you feel guided to in the moment, applying the touch you most need. Spend **2-minutes** massaging your breasts with love.

GIFTS: Rubbing your hands together builds energy as well as generating heat, helping you connect more easily with your energetic body as well as making sure you don't shock your breasts with cold hands! The kidney meridian - which is responsible for a woman's sexual arousal - runs through the breasts, hence why breast massage not only invites the vagina to relax and blossom open, it helps the vagina get juicy so it can easily sip the egg inside.

We have lots of lymph nodes around our armpits and neck and if these are not working properly toxins begin to marinate in our breast tissue. When we massage our breasts we are helping to activate the lymphatic system so it does its job properly - in transporting toxins out of the body - while also ironing out any stuck energy, making breast massage a beautiful self-care ritual that helps heal and prevent breast lumps and bumps. What you'll also find as you build this connection with your breasts, through massage, is that your love for yourself grows.

Fertility Massage

Place the three middle fingers on each hand on your belly button. Take a deep breath in, and as you exhale, start to spiral your fingers in a clockwise direction - the direction of your intestines - applying a

firm but gentle pressure as you circle your belly button. Slowly start to expand the size of your spirals so the circles grow bigger and bigger, and more of your stomach is receiving your firm loving touch.

You want to spiral large enough so you eventually reach all the way down to your pubic bone and up to your ribs. Once your spiral reaches your boney landmarks, then slowly start to spiral back in towards your belly button in one fluid motion. Continue to slowly and firmly spiral in and out at your own gentle pace for **60-seconds**.

Next, place your three middle fingers at the base of your pubic bone – this is where your uterus is found. Alternating hands, slowly but firmly scoop up from the pubic bone all the way to the belly button to give your uterus, ovaries and fallopian tubes a really gorgeous massage. Go all the way to either side of the pubic bone, scooping up from the left to the right side of your body, so no area here is missed. Spend **60-seconds** giving yourself love.

DON'T DO IF... you're pregnant or menstruating.

GIFTS: Giving your internal reproductive organs a yummy massage like this one helps bring fresh blood to the area so all your luscious lady parts can function optimally while at the same time ironing out any stuck energy or tension being held there. The spiral massage is a nice technique to use if you're constipated, as it works with your intestines to help get things moving again.

We hold a lot of stress in our stomachs. If you have digestive issues, chances are you're holding a lot of unresolved emotions and stress in your stomach. If we look at what is going on emotionally when there is a stomach upset, it generally relates to there being something in our life that we are not able to digest. Thus, it plays out in our physical body. If you'd like to learn how to tune into body parts and clear the emotional toxins being held there, I teach specific techniques in the [Remarkable Relationships](#) 3-month course.

Vulva Massage in Goddess Pose

From **Base Position** bring your feet together, aches touching, and let your knees gently butterfly away from each other, so the soles of your feet kiss and your legs form a diamond shape. Surrender into this pose, letting gravity invite your legs to melt further into the earth with each exhalation, as you give your groin permission to completely let go.

Here in **Goddess Pose**, start to massage your inner thighs with coconut oil and a big dose of love. The meridians responsible for activating the spleen, liver and kidneys can be found in our delicious inner thighs, hence why we want to show them a little love, before moving inwards to massage the groin.

Move the massage to your vulva region. The vulva is the outer genital area in which there are lots of pleasure spots to be found. Explore your vulva with curiosity, letting your fingers



wander to the pubic mound, your inner and outer labia, your perineum, and all the delicious territory in between. If you find painful areas, rest your hands over them and imagine breathing into the tenderness until the tension releases. Spend at least **3-minutes** getting to know your vivacious vulva, and to learn more visit **Your Vulvalicious Vagina playsheet** on the **Resources** page.

To end this pose, gracefully glide your fingers to your outer thighs, and as you press your feet together, press into the outer edges of your feet and close your legs back together like a book. See if you can imagine the ball and socket of your hips as your legs draw in, before inching them back to hip-width apart in **Base Position**.

OTHER WAYS: If you have a lower back injury or persistent lower back pain see how this pose feels for you, and if it's too much, simply stay in the **Base Position** and do your **Vulva Massage** from there. If you cannot take your torso all the way back to the floor, place a cushion or two, a folded blanket or a bolster (if you have one), under your back to support you in relaxing fully into the pose. Make it as comfy as you need it to be to allow for a complete surrender.

You can also place some cushions under each knee for extra support - this will make the stretch in your groin less intense. Another option, which is really beautiful even if you can lie back in this pose without props, is to roll up a towel or blanket so it's like a fat snake and place it on the floor, so that when you lie back in this pose, the rolled by blanket runs along your spine. Resting here in this supported pose helps really open up the chest so your heart can shine forth.

GIFTS: Lying back with your legs shaped like a diamond really is the Queen of all yoga poses for women. It helps open up the hips and stretch out the groin so your energy doesn't get stuck in your pelvic region. At the same time, it also gives the thighs and knees a delicious stretch. There is a concentration of lymph nodes in the groin area, so stretching and massaging the groin helps activate your lymphatic system so it's moving toxins out of your reproductive area.

Given many women's reproductive and digestive problems stem from abdominal tension, this is a beautiful pose to softly relax the belly and keep the abdominal organs healthy. If you experience menstrual cramps or feel low on energy, **Goddess Pose** is your saviour! It also settles the mind and helps you unwind as you massage a little love into your thighs, groin and vulva. Becoming more acquainted with your visible lady parts, also helps dissolve shame around our sexuality as women.

Sipping

Sipping - or accepting the egg into you - is the first eggercise you will do each practice using your Jade Egg. It's absolutely vital you train your vagina to sip the egg inside, with your ultimate aim to be for your vagina to develop in strength and agility so it sips the egg in without any external help from your hand. Please know, this is one of the most difficult eggercises; so don't expect it to happen immediately. It may take months for your vagina to develop this kind of agility.

Take your egg and place the large end on the inside of the inner labia at the vaginal opening (the egg is always welcomed into the vagina large end first). Gently start circling the egg around the opening of the vagina. This will encourage the vagina to naturally open and relax, so you can discover the best angle for the egg to be invited in. This also builds trust, which is especially important if you've had someone force their way into you before.

Once you find the right angle, rest there and take a few slow deep breaths all the way down to the egg, before you begin the process of **Sipping**. This is all part of rewiring the vaginal programming. When you're ready, take a slow deep inhalation, gently sipping or squeezing the tip of the Jade Egg with your inner labia. As you exhale, relax the grip and allow your vaginal canal to yawn open - creating a vacuum that will suck the egg inside. You may like to rock your pelvis back and forth as you inhale and sip, and exhale and open, as you can see in the below pictures.



To begin with, the egg may not move in at all or only go in a millimetre at a time with each exhalation - that's completely ok, and completely normal. Take your time and **NEVER** just push it inside. There's no rush. **Sipping** really is the ultimate eggsercise in patience! This is about teaching the vagina how to sip the egg inside. You may also find it helps to yawn open your mouth at the same time as yawning open your vagina - as the vagina and mouth are intimately interconnected. Total relaxation, total yawning is required on the exhalation or the egg will push back out.

The first few times, you may need to use your fingers to apply a slight amount of pressure on the egg as you yawn the vagina open, but you really want the vagina to learn to sip the egg in on its own. If you find the egg moves back out on the inhalations, simply allow your hand to hold it in place, so it doesn't push out. Our vagina likes to be entered with love and patience, so really honour your vagina for what she is willing to do in any given practice.

If you sip the egg in quickly, brilliant! Most likely however, you will need to develop your muscles over the next few months, so you can easily sip the egg inside in just a couple of sips. For this reason spend at least **3-minutes** practicing sipping the egg, to help train the muscles, before gently nudging the egg inside as your vagina opens on an exhalation. If you'd like more time practicing **Sipping**, simply pause the **Guided Audio** before moving onto the other eggsercises.

GIFTS: **Sipping** teaches us surrender, patience and softness. It can be easy as women in today's society to take a more masculine approach to our sexuality, when true pleasure is found when we're able to be fully in our feminine. **Sipping** helps us realise that sexual intercourse can be a gentle, nurturing and profoundly ecstatic experience as it activates the kidney system, which activates and increases sexual energy. Rocking as you sip the egg will also awaken your sacrum and allow you to feel into your sensuality, making the eggsercise itself, deliciously pleasurable.

Anatomically, you are strengthening and building the muscles responsible for being able to pull things inside of you. How do you think the women in Thailand can shoot ping-pong balls from their vaginas? **Sipping** exercises the bulbocavernosus muscle (which is divided into halves that extend from just behind the clitoral head - or glans - to the central tendon of the perineum). In women, this muscle helps achieve a clitoral erection (Yes, as I discuss in the [Sexual Self course](#), women get erections too!) and increases the pleasure of orgasms.

Feel for your Vaginal Pulse

Place one hand on top of the other hand cupping your vulva (all the way from the pubic mound to the perineum), and rest here for a moment, simply creating the space to feel your vaginal pulse your vagina's voice! Take slow deep breathes all the way down to your vulva and notice what you notice, allowing yourself to merge with the subtleties. You may not feel anything, which is completely normal when you start out, so just be allowing and listen for your **Vaginal Pulse**. Over time your **Vaginal Pulse** will become more alive and more easily felt.

Intention

Setting an intention for your practice is like planting a seed of what you wish to experience in life. Take a moment to get clear on your intention for your practice - for that is what will create healing - and spend a moment simply connecting with that very intention, stating it to yourself until you can *feel* it resonate within you. In this sequence we set the specific intention: **I am healthy. I am happy. I am healed.** As international speaker and author Dr. Wayne Dyer once said: 'Our intention creates our reality'. Intend to be healed, and so shall it be.

Pelvic Lift Isolation

Start in **Base Position** knees bent, feet flat on the floor directly under your knees hip-width apart - your calves perpendicular with the floor, knees over ankles. Press the palms of your hands down into the floor beside your hips. Feel the earth come up to support you as you intend to release any tension being held in your mind or body.

As you inhale and squeeze your egg, press your lower back into the floor, feel your pelvis tilt forward, and roll only your coccyx off the floor. Exhale and release your egg as you hold your coccyx off the floor, staying stable in this pose. Inhale and squeeze your egg while maintaining the pose, then as you exhale, release your egg as you roll your coccyx back down to the floor.

On your next inhale as you squeeze your egg, let your tailbone lead as you roll your lower back up off the floor, your hips leaving the floor. Exhale and release the egg as you hold the pose, inhale and squeeze your egg, and as you exhale, gently roll back down, allowing your lower back, hips and tailbone to come back onto the floor.

On your next inhale as you squeeze your egg, rolling up one vertebra at a time until your mid-back is off the floor. Holding this pose, exhale and release your egg, then inhale and squeeze. As you exhale and release the egg, roll back down through your spine, with your sacrum and hips the last to touch down.

Inhaling and squeezing your egg, roll up through your spine until you can't go any further. Your entire back should be off the floor, with your navel drawing towards the sky for a beautiful stretch, chin looking up. Holding the pose here, exhale and release your egg, inhale and squeeze your egg, then as you exhale release your egg once more, as you roll down vertebra by vertebra, all the way down to the floor. Continue to repeat the above sequence for **3-minutes**.

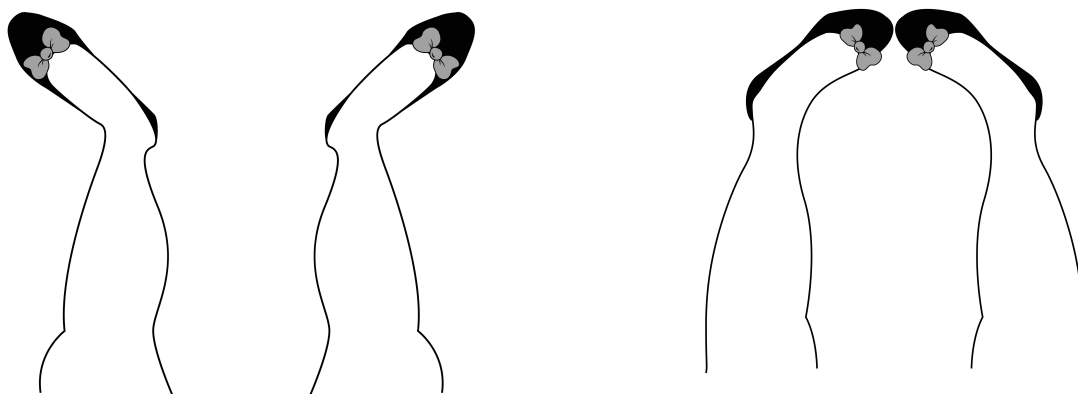


REST. Bring your legs into your chest and holding your knees move them in a circular motion to give your sacrum and lower back a really yummy massage into the floor for **30-seconds**.

GIFTS: You learnt all about the benefits of **Pelvic Lifts** in the **Blissful Breath Sequence**; stretching and strengthening many areas of your body as well as giving your internal organs a juicy massage while stimulating the lungs and thyroid. This variation of the **Pelvic Lifts** builds upon those benefits, teaching you how to further isolate different parts of the spine. By practising this pose you're allowing each vertebra to move independently of the rest of the spine, making this is powerful exercise for promoting a healthy and aware spine. And you absolutely want a healthy spine because the health of our spine contributes to how youthful we look and feel.

Windscreen Wipers

Lying on your back, legs out straight hip-width apart, hands by your sides or resting on your ovaries. Both feet are flexed so you feel the stretch in your legs. On the inhalation, squeeze your vagina as you rotate your legs outwards so your toes are reaching away from the each other (you're aiming - but not expecting - your little to toes to kiss the floor). Then as you exhale rotate your legs in, so your big toes kiss, releasing the egg. You want to aim for them to reach the floor (but as far down as you can go is fine). Continue inhaling your feet out and exhaling you feet in for **90-seconds**.



We then reverse the action, by inhaling and squeezing the egg to the centre, and relaxing as you exhale your toes away from each other for the next **90-seconds**. You're essentially mimicking windscreen wipers on your car, hence the name! If you move too quickly or your feet are flaccid you're only going to work your leg muscles, so maintain flexed legs and feet throughout, and really take it slow.

REST. Massage your beautiful ovaries as per **The Love Scoop**, before scooping the energy to your heart, taking three deep sleep breathes all the way down to nourish your sexual organs. Simply resting here for **30-seconds**.

GIFTS: When doctors talk of a prolapsed bladder, what they're saying is that the bladder has moved out of its original position. The same thing can happen to the whole pelvic region. Rotating your toes in and out, as we do here with the **Windscreen Wipers**, is great for any form of prolapse. Often childbirth or a traumatic life event can trigger these prolapses to happen if we haven't spent time strengthening this area.

When you rotate your feet away from each other, you're engaging the back of the pelvic floor and as you rotate your feet inwards you're working your continence muscle (the front of the pelvic floor), hence why **Windscreen Wipers** is such a powerful pose to do regularly, if you have incontinence problems. This is the one I always prescribe for this issue!

Rock 'n Roll

Bring your knees into your chest, holding them in your arms. Gently peel your head off the floor, and tuck your chin to your chest. Rock back and forth along the entirety of your spine - all the way from your tailbone to your neck - softly massaging your spine into the earth. Make sure you roll along your spine at least **3 times** before coming up into **Easy Pose**.

GIFTS: **Rock'n Rolling** does more than help us move from **Base Position** to **Easy Pose**; it circulates our life force energy and relaxes the spine. The spine is viewed as an energy antenna, thus rocking and rolling along the spine, helps wake up that energy and get it flowing more freely through the body. *Why do you want energy flowing through your body?* Because stagnant, stuck energy is the cause of illness and disease. When we get the energy moving - which is the aim of Chinese Medicine and Acupuncture - the body is free to heal itself.



Butterfly

Making sure you're sitting on your sit bones, part your booty flesh if need be, and bring the soles of your feet together in front of your groin (as close to your groin as comfy) so the soles of your feet are touching from the toes to the heels. Hold your feet with your hands, fingers interlaced. Let your knees relax, and lift and lengthen up through the spine.

As you breathe, feel your ribcage open to the sides as you inhale, and relax as you exhale. Start to bounce your knees up and down - creating a fluttering motion - like a butterfly. These are small movements. Bring your attention to your groin and the stretch you feel in your thighs and hips. Continue to flutter your knees for **1-minute**.



OTHER WAYS: If you have a groin or knee injury, simply pop a blanket under your outer thighs for support. If you have sciatica, either avoid this pose, or sit on a cushion to raise your hips higher.

GIFTS: This pose improves flexibility in your lady parts and hip region, as it stretches the inner thighs, genitals and knees, while strengthening the pelvic floor. It's also a really nice stretch for the lower back without requiring loose hamstrings. **Butterfly** helps release toxins and negative energy in the areas of the hip and groin. Your pelvis, abdomen and back get stimulated by a plentiful blood supply.

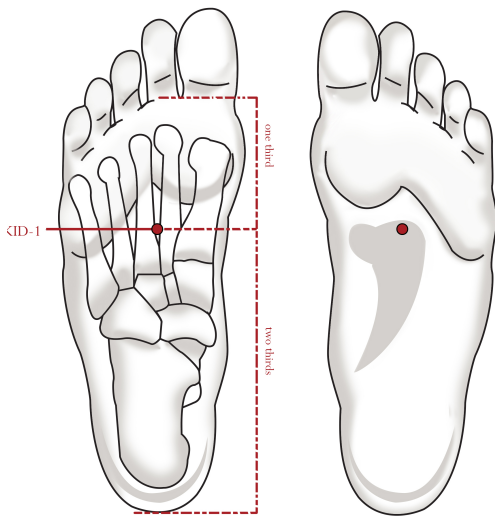
Butterfly also happens to be great for your *prostate* gland. Yes ladies, we do have a prostate gland. It's also known as your G-spot! If you're experiencing fatigue from long hours of standing or walking, do this pose; it will also help with intestine and bowel movement as well as offer relief from menstrual discomfort or menopause symptoms.

Urinary problems? This is your pose. Your gall bladder lines on the outside of your legs as well as your urinary bladder lines running along your spine in your lower back get stimulated in this pose. If your feet are nice and close to your groin, so you can feel the stretch in your inner thighs (your abductors getting a juicy stretch), the kidney and liver lines also get activated, making this pose great for the kidneys and liver. If your legs are straighter and the feet further away from the groin, the hamstrings will get more of a stretch.

The Bubbling Spring

Reflexology

The kidney meridian - also known as **The Bubbling Spring** - is located near the centre of the sole of the foot. The easiest way to find this spot, is to curl your toes until you see an indentation (it'll be near the red dot on the picture on the next page). This indentation is where your **Bubbling** or **Gushing Spring** is - between the second and third metatarsals.



Press firmly with your thumb (or the knuckle of your index finger), going to the deepest point and then backing off slightly for **1-minute**. Do both feet together if possible in **Butterfly** pose, or if that's too difficult, simply do one at a time.

GIFTS: One of the most important relationships in the body is between the kidneys and the heart. The kidneys nourish the heart while the heart warms the kidneys. When they're in harmony with one another we feel peaceful. When they're not, we can experience headaches, dizziness, insomnia, anxiety, nosebleeds and hypertension.

Pressing the reflexology point for your kidneys is one of the simplest ways to help restore your inner peace; help you ground yourself and awaken you to your connection to earth energy. Poor lifestyle choices are one of the biggest culprits for draining the energy of our kidneys - overwork, too much alcohol, coffee, stress, and so forth - will all impede the functioning of your kidneys.

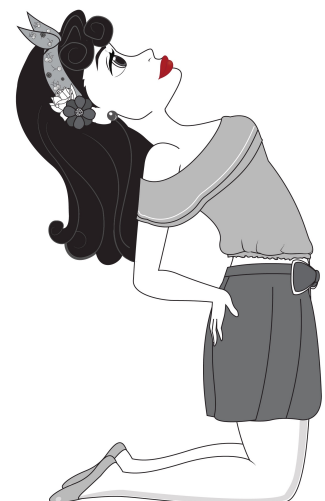
If you're lacking stamina, strength or perseverance, pressing your kidney point can help you draw on your reserves to kick-start. It's so powerful it can even restore consciousness, hence why it's extremely handy when someone has fainted! Yet because the kidney point is so grounding, it's also great to massage before bed to stave off insomnia.

If you're experiencing problems brought on by menopause, this is also your go-to point, helping with hot flushes, night sweats, anxiety and headache. On the other hand, it's also a great point to press for those struggling to get pregnant, or with a poor memory. On top of that, the kidney meridian energetically connects the foot to the upper psoas giving it a nice boost as well. So keep your feet happy by pressing your kidney point, because happy feet equals happy legs, happy hips and happy YOU!

Camel Pose

Begin by sitting on your heels in **Rock Pose**, then rising up onto your knees, root yourself into the earth by pressing your knees firmly into the floor, hip-width apart. Place your hands onto your lower back near your kidneys, folding your thumbs into your sacrum. Press your pelvis forward, tilt the tailbone under as you engage your navel and pelvic floor, lift your rib cage up and away from your pelvis and begin to use your back muscles to create space as your elbows draw towards each other. Don't squeeze your inner thighs too much, instead focus on the rotation deep in the centre of your pelvis.

To enter your backbend, connect in with the energy of your pelvic floor rising up your front body as you inhale. Gently push your sacrum forward and up, letting your heart lead. As you exhale lean back, your rib cage lifting, allowing your head to relax back, as your ovaries



continue to press forward, creating space through your body. Keep lifting through your sternum, and feel the energy moving from your reproductive organs up the front of your body. You want to think 'up and over'.

In this pose take slow deep breaths, squeezing your egg on the inhalation and releasing it on the exhalation if you wish to to. Keep pressing your hips forward, letting your ovaries lead throughout the pose, holding here with conscious awareness for **90-seconds**. To come out of the pose, as you inhale slowly lift your spine up and over the central axis, so your body comes back to neutral. Rest here for a moment and feel the energy you've generated.

OTHER WAYS: Take your time coming into this pose, and exiting it. This is a powerful back-bend so only go as far back as feel comfortable for you. Just a small bend is powerful in helping to open the abdomen and heart simultaneously. If you have a bad neck or it simply doesn't feel right to lower your neck back, then keep your chin tucked into the chest.

It's important you don't crunch the lower back by squeezing your booty. Be sure not to pinch your shoulders together either. It's extremely important with this pose, to enter it slowly, and if you feel any pain at all, slowly come back out of it. If you have sensitive knees, simply place a blanket under your knees for extra support, so your toes splay off the edge.

GIFTS: The psoas muscle will stretch pretty much anytime you do a back arch. **Camel Pose** is one of the deepest back bends that increases energy, cleanses the nervous system, and helps heal many different spinal ailments. If you're a yoga fanatic you'll notice I don't take you right back onto your heels in this sequence, as we're simply looking to open up the energy channels in the body. Even this version is powerful in releasing stress and anxiety from the chest. When practiced slowly and safely, backbends like **Camel Pose** have the power to reset your response to stress, training the mind to remain calm in the face of adversity.

Camel Pose gently massages the front sides of the heart and because it opens up the theoretic cage (chest) it can help with vocal disorders, relieve asthma and other respiratory disorders. The deep compression in the sacrum and lumber spine stimulates the urinary bladder and kidney meridians, thus helping with urinary disorders of the kidneys, bladder and ovaries. When the pelvic area is thrust forward, energy and blood flow get circulated to the uterus and ovaries making this an excellent pose for reproductive health as it feeds oxygen into the ovaries. Allowing your head to fall back increases blood flow to the brain, which keeps those synapses firing!

Extended Child's Pose

Sitting on the floor in **Rock Pose** make sure your big toes are touching (but not crossed) and your knees slightly apart so there is room for your breasts to snuggle in between. Raise your arms above your head and imagine you're climbing a ladder to the sky. Once you've found that length in your spine, inhale a little taller, then exhale as you fold your torso forward between your thighs, stretching your arms out in front of you so your palms come down



onto the floor as your forehead meets the mat.

Keeping lots of space between your shoulders and ears, each time you inhale feel the stretch along your back body, and as you exhale, send your sit bones further down into the earth (your butt cheeks should be dropping down towards your heels), so you can feel a lengthening along your spine. Spend **90-seconds** here. To come out of the pose, bring your palms in close to your knees and gently roll up through your spine, one vertebra at a time, head coming up last.

OTHER WAYS: If you feel discomfort in your knees, place a folded blanket between your thighs and calves. You can also place a cushion under your outstretched arms as this can be very restful during menstruation. Can't get your booty back to your heels? No probs...

If your ankles, feet or legs are speaking to you, come to your elbows, forearms on the floor, and melt back so your booty is shining love to the wall behind you. In this option your buttocks remain up in the air (as opposed to resting on your heels) with a little stretch pulling them back. Your head and heart melt down as explained above. This is a really great shoulder opener.

GIFTS: Giving yourself the time and space to sink into this pose rests the brain and soothes the nerves. How does it do this? By increasing circulation to the brain, stimulating the pineal and pituitary gland, which in turn, helps to regular serotonin and melatonin. This helps to balance sleep cycles and prevent and cure depression.

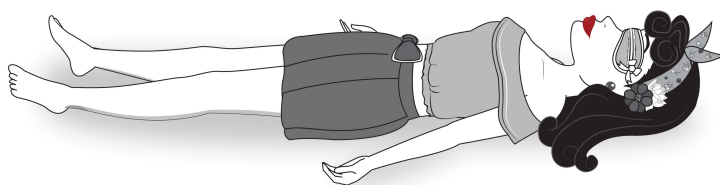
At any time the brain has about 25% of your blood. The beauty of this posture is that it gently pushes the 75% of the blood that's in the body into the brain tissue, filling it with nourishment, revitalising the 7% of cells that we use. At the same time it wakes up the 93% of the cells in the brain that we don't use. So long-term use of this pose gives us much better brain function.

Extended Child's Pose offers so much transfer of oxygen and nutrients to the brain it's said that just 30-seconds in this pose is just as beneficial as getting 8 hours of sleep! For that reason, this is a great pose to help with jet lag too. So next time you're low on sleep spend some time in this pose and see how refreshed you feel afterwards.

Some yoga teachers even call this posture 'Best Friend Pose', because it is your go to posture anytime you're in a yoga class and you need some time-out. Use this pose to check in and cool off. If at any time in this sequence you feel you just need to rest in **Extended Child's Pose**, take it.

Relaxation in Sleeping Beauty Pose

Come into the full **Sleeping Beauty Pose**, legs stretching out, toes falling away from each other. Send your arms out, palms up (if the palms are facing down there is an unconscious tendency to press into the floor). You may like to place a small folded blanket under your head. Use a pillow under your knees if you want extra support, close your eyes and relax.



Come out of your human *doing* and come into your human *being*. This is about *consciously* resting. Let your focus softly rest on the breath and invite the breath to take you inward so you can feel your energetic body. Invite in presence. Spend **3-minutes** simply *being* in your body, allowing yourself to surrender and let go that little bit more with each exhalation. To truly relax you need to practice! It sounds so simple: Relax! But in a world that teaches us to 'do do do' all the time, relaxing for many people has become a lost art.

You may notice as you indulge in this **Relaxation** that your heart beat and breathing slow right down allowing your body and mind to become deeply calm. Deep relaxation, as we practice here, is purifying for the body and thoughts. Don't be surprised if during this time of complete surrender, inner knowing and inner wisdom come naturally to you. Clear inner guidance can only be heard when we are still.

To come out of the **Relaxation**, draw your awareness to your eyes while keeping them closed and gently rotate or spiral your eyes once in each direction (as if you're drawing large circles with your eyes). Letting them settle back into their sockets, wiggle your fingers and toes. Do any other stretches or movements you feel drawn to help you come back into your full awareness of the here and now.

OTHER WAYS: If you need more support than a cushion under your knees to relieve lower back tension, rest the calves of your legs on a chair. If **Sleeping Beauty** simply doesn't work for you, **Base Position**, **Child's Pose** or **Easy Pose** are all options for you **Relaxation**.

GIFTS: Relaxing after your *Yoga for the Vagina* sequence helps the body integrate the work you've done. Whether you feel like you've done a lot, or whether you feel like you haven't done much at all, you've stirred up a lot, creating some potent healing energy inside of you. Now you want to give your body the time and space to distribute that energy - allow it to flow freely - to the places that need it most, before you go about your day, or go to sleep.

This is your chance to loosen the body and mind of any tension it has been storing - to completely let go and unwind. You deserve it! When our body stays in a constant state of alert (always on the go) it expends a LOT of energy. Consciously relaxing the body, which we do at the end of every practice, trains the muscles to release when they're not required for use. It's like training your muscles to take advantage of every ounce of downtime it gets throughout your day to refuel ahead of your next task.

In a nutshell, **Relaxation** serves several functions: It rejuvenates the parasympathetic nervous system, distributes energy stimulated by the poses, releases rigid patterns in the muscles and blood flow, circulates glandular changes, centres one's emotional energies, thus teaching us how to better handle stress and let go of anxiety and overwhelm. It goes without saying that the ability to relax is essential for physical and mental wellbeing.

Self-Love Blessing

Sitting in **Rock Pose** - spine tall, sit bones pressed squarely against your heels - take your hands out to the sides of your body, then keeping your shoulders plugged into their sockets, squeeze your egg and inhale your arms up so they're stretching away as they paint a rainbow around you until your palms meet overhead (like your hands are scooping through your aura). Exhale your hands down to your heart into **Prayer Pose** as you release your egg.

Thumbs pressing against your sternum, fingers pointing up, feel your palms touching all the way from the base of your hands, to your fingertips; knuckles drawing into each other. Decide what feels good for you today: soft palms or active hands. Smile. Then inhale and say the **Self-Love Blessing** out loud three times:

'I am beautiful, I am bountiful, I am blissful. I am love.'



Bow forward to yourself, parting your knees if you have bigger breasts, and placing your head onto the floor in **Child's Pose** (or **Extended Child's Pose** if you'd prefer). Stay here for at least **3 full breath cycles** in honour of your most luscious self. When you feel you're complete, roll back up through the staircase of your spine, vertebra by vertebra, head coming up last.

OTHER WAYS: If you have low or high blood pressure put a cushion in front of you (or stack your fists as a head-rest) as you bow your head so it does not go below your heart. Or you can simply bow your head to your heart. You can also do the **Self-Love Blessing** in **Easy Pose** if that's more comfy.

GIFTS: To bless and honour oneself is the ultimate form of self-love. The fact that you've taken the time and energy to gift yourself this *Yoga for the Vagina* practice is sealed in with

a **Self-Love Blessing** of oneself to recognise all you have given yourself. It can be easy to thank others for their efforts, but often we do not thank ourselves for the good we are doing. This is the time to really honour all you are and all you have to offer, and let yourself sink into the potent energy of the love within.

Joining your hands together in **Prayer Pose** brings your right side, the *pingala*, and your left side, the *ida*, together, neutralising the positive and negative polarities of your electromagnetic field. When the knuckle of your thumbs press into your breastbone, it hits up against the reflexology point for the Vagus nerve; one of the major nerves going to the pineal gland up the front of the body*. This pressure immediately causes the pineal and pituitary glands to secrete, creating calm in the brain. This allows one's prayer - or **Self-Love Blessing** - to come from the heart!

* CV 17 or Conception Vessel 17 is one of the vital acupuncture points for heart that helps to alleviate anxiety, nervousness and palpitation of the heart. It's even been found through scientific papers to possibly prevent heart attack. This point is termed the **Sea of Tranquility**, and it is found in the middle of the breastbone, three thumb widths up from the lower edge of the bone. It can be activated by pressing the point firmly using the thumbs for 1 to 2 minutes while breathing deeply, slowly and evenly.

May you commit fully to your spiritual path, and be guided to all you need to awaken to your highest truth. May you be blessed. May you be love.