

Pure Pleasure

30-min sequence manual

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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 **3-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.

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 eggsercise 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 eggsercises; 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 eggercise 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. If you're not sure what intention to set, simply set the intention to feel more sensual in your body, as that really is the doorway to pleasure. As international speaker and author Dr. Wayne Dyer once said: 'Our intention creates our reality'. Intend to be healed, and so shall it be.

Rock-Around-The-Pelvic-Clock

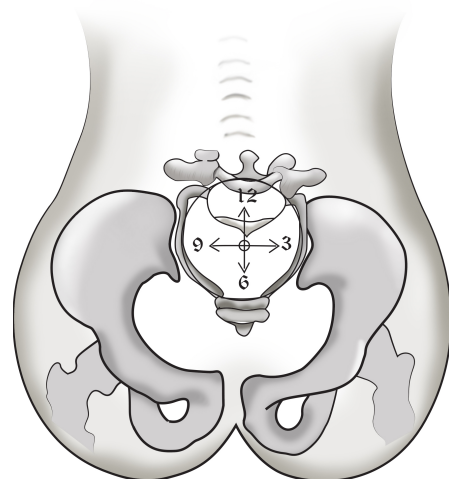
Staying in the **Base Position**, locate your sacrum (the triangular bone at the base of your spine) and imagine that 12 o'clock is the top of the sacrum, 3 o'clock is the right side of the sacrum (back hip), 6 o'clock the tailbone and 9 o'clock the left side of the sacrum (back hip). This is our **Pelvic Clock**! Hands resting on your ovaries (or beside you if you prefer) bring your awareness to the place between your pubic bones and your belly button and simply imagine that a concentric circle is being drawn in a clockwise direction

Then whenever you feel ready allow this idea to express itself physically, slowly and gently moving your pelvis in circular motion. If I break this down of you it looks like this: Starting at 12 o'clock press the top part of the sacrum into the earth while keeping your back flat. Start to roll slowly towards 3 o'clock, then 6 o'clock (your tailbone) where your back should be arching. In one continuous motion roll up to 9 o'clock and then back to 12 o'clock. Continue to roll around your pelvic clock drawing a circle as you slowly take long slow deep breaths. Spend **90-seconds** going one way, then reverse the direction and spend **90-seconds** going the other way.

If you find any sore, tender or stiff parts, move even slower through those areas to help iron out the tension. One micro-millimetre at a time. You might find it helps to imagine you're spinning a dinner plate around on the table - your sacrum being the base of the plate, the plate itself being your pelvic area, the floor being the table. This is the type of motion we're wanting to replicate, only in super slow motion.

REST. Drawing your knees into your chest, give yourself a yummy hug and feel free to give your booty a little love, by spending the next **30-seconds** massaging your buttocks.

GIFTS: **Rock-Around-the-Pelvic-Clock** is a delicious warm up to help free up your pelvic area and bring more awareness to your pelvic girdle. Immersing yourself in the spinning motion creates a natural activation of the pelvic floor and super structure of muscles that support the pelvic floor, while expanding your range of movement here. This is a highly nourishing practice for your pelvic region.



This pose also helps activate and iron out tension stored in the sacrum; the triangular bone just below the lumbar spine forming the base of the spine and the centre of the pelvis. The sacrum and the coccyx are unquestionably, two of our most important and vulnerable structures. Our centre of gravity lies within the pelvic bowl and it is upon the sacrum that all of the mechanical movements of the body are anchored.

The sacrum holds the back of the pelvis together and connects the lower half of the body to the upper half of the body. It supports the weight of the upper body, plus any additional loads we carry, and distributes the weight - more or less everything depends upon the sacrum's alignment - through the legs. When the sacrum is not in alignment we're more prone to injury, fatigue and pain.

The sacrum and the coccyx are the gathering centres of all major nerves and are closely connected to the organs and glands. When they're open and connected we feel balanced physically as much as emotionally, but when they're closed we can feel trapped. You want your sacrum receiving this kind of nourishing movement - not only because it circulates your spinal fluid - but because it's so powerful in opening you to your full sexual bliss as a woman!

Rock 'n Roll

Hugging your knees into your chest, 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 though 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.



Sufi Grinds

Coming into **Easy Pose**, make sure your sit bones are plugged into the earth. If you need to spread the fleshy parts of your booty so you feel that earth connection, please do. Rest your hands softly on your knees and to begin the **Sufi Grinds**, simply rotate your spine in one continuous circle moving in one direction for a while, before going back the other way.

If we break this down, it looks like this: Inhale and push your chest out toward the front of you like the carved figure on the prow of a ship, arching your neck and back. Begin circling your spine clockwise, pushing your spine around to the right, making sure you keep your left sit bone pressing deeply into the mat. Feel the stretch in the right side of your torso. As you come around to the back, exhale and push the middle of your spine out toward the wall behind you.



Circle the middle of your spine round to the left in one continuous fluid motion, feeling the stretch in the left side of your torso, as your right sit bone presses into the mat. Inhale and come around to the front again, pushing your chest out in front of you and arching your back. Continue to wind your way around inhaling and squeezing your egg as you wind forward and exhaling and releasing your egg as you travel back.

As you wind your way around focus on keeping your sit bones connected to the floor at all times. You want to keep your head central, sitting above your pelvis, so it's your heart that is leading and creating the most movement. Your head and shoulders barely move. Once you find your rhythm, drop your awareness down into your pelvis and notice how you feel

inside. Where you take your focus, that is the area you wake up - so really connect in with this grinding motion in your pelvis.

You may also like to imagine your spine is like a teaspoon in a teacup and you're stirring the tea. Feel the steam - or energy - moving up your spine as you stir up your life force energy. As the energy within awakens, allow it to wind up your spine with each rotation. Continue one way for **90-seconds**, then go back the other way for a further **90-seconds**.

To finish, gently come back to centre, inhale as you squeeze your egg. Suspend the breath, hold the breath inside your body, be still for **12-seconds**, and then exhale.

REST. Giving your ovaries a nice little circular massage, **Love Scoop** the energy up to your breasts, circling your breasts and resting there for **30-seconds**.

OTHER WAYS: If you feel stiff when you do **Sufi Grinds**, this is totally ok! Once you've been grinding away for a while, your rotations will become much more fluid. If you can't sit in **Easy Pose**, simply sit on a bolster or cushion in **Easy Pose**. You can also do this one in **Rock Pose** (kneeling) or sitting in a chair; you will still derive the full benefits of this practice. If you have problems with your spine, hips or back simply do smaller circles.

GIFTS: This spinal rotation is very grounding and affects your lower chakras, increasing blood flow to your pelvic region and promoting the health of your reproductive organs. When you **Sufi Grind** you are massaging the pelvic floor, the gluteal and softening and balancing the entire pelvic girdle. It's brilliant for relaxing and opening your hip joints and working the core muscles in your abdomen and back.

The circling motion keeps your lower spine flexible and your digestion moving. If you have troubles with constipation do **Sufi Grinds** on their own for up to 15 minutes to help shift the poopies. Because this pose works with the adrenals it can have a real calming effect, which can be quite meditative on its own. It really is a quick and easy way to become mindful, and drop down into your body.

One of the reasons many women experience chronic back pain is because they have a limited range of motion in their spine. Unlike muscles that are nourished through blood flow, the discs between your vertebrae receive nourishment through the circulation of synovial fluid - and this circulation occurs only through movement and stretching, making **Sufi Grinds** extremely effective.

Pelvic Thrusts

Standing with your legs a fraction wider than your hips, soften your knees so they're comfortably bent. On the inhalation tuck your pelvis forward as if to create a stomach lock, while at the same time squeezing your vagina around your egg. Then on the exhalation push your pelvis back so you have a nice arch in your back with your breasts forward, releasing the vaginal squeeze as you do.

You can let your arms flow back and forward naturally, or pop them on your hips. Do six slow **Pelvic Thrusts**, breathing deep on each inhalation, allowing yourself to really feel into the movement, then give your body permission to move into its own natural rhythm. If you feel drawn to go at quite a rapid rate, please do so. Let your body communicate to you what it wishes to feel today. Continue for **2-minutes** before moving straight into **Hip Swivels** below.

BE CAREFUL... not to lose your egg! If you haven't been using your Jade Egg very long, you may find it difficult to hold onto your egg in this pose. Simply have something soft under you to catch the egg OR do the **Pelvic Thrusts** in a kneeling position so the egg doesn't have as far to fall.

GIFTS: **Pelvic Thrusts** help to gently open up the pelvis and can become quite a dynamic posture when done rapidly. The muscles involved in a **Pelvic Thrust** include the gluteals and hamstrings, along with the muscles in the lower back, abdominal muscles and of course the pelvic floor. This exercise, while requiring minimal effort, gives these core muscles a really beautiful workout.

Pelvic Thrusts also help in the bedroom! Not only will you increase your range of motion and feel freer to embrace your natural undulations while enjoying love-making, **Pelvic Thrusts** also help evoke powerful sexual feelings and build your endurance, helping you sustain a strong body for prolonged enjoyment in between the sheets... and during childbirth!

Speaking of which, **Pelvic Thrusts** are a beautiful part of prenatal care. They help the expectant mother learn how to manoeuvre the pelvis in preparation for a natural birth. Many of the movements in this sequence also encourage abdominal tone which helps to quickly shed excess pregnancy weight. So if you're preparing for birth or recovering after, **Pelvic Thrusts** are a brilliant pose to take into your day.



Hip Swivels



Standing with your feet a little more than hip-width apart as you did with the **Pelvic Thrusts**. Fluidly slide your right hip out towards your right. Begin making wide, slow, clockwise circles with your hips as you inhale. Stick your booty out as far behind you as you can, arching your back and allowing your breasts to come forward to counter your hips (much like what you did on the exhalation in the **Pelvic Thrusts**).

Swing your hips slowly around to the left, pushing your left hip as far out to the left as you can. Exhale as you circle your hips to the front. Tuck your butt and push your pelvic bones out toward the front (as you did the **Pelvic Thrust** on the inhalation). Allow your upper body to counter backward. Take as much time circling around to the front as you do the back. Bring your hips back around to your right, pushing your right hip toward the right as far as you can. The deeper you bend

your knees and the further apart your feet, the wider the curve becomes and the harder your quads will work.

Continue doing these super slow sensual circles without locking your knees with absolute presence for **90-seconds** one way, and **90-seconds** back the other way. Give yourself permission to feel the deliciousness of each millimetre of movement. And if you feel drawn to use your hands to touch and connect with your body, please do. Allow yourself to be playful and sexy, however that looks for you.

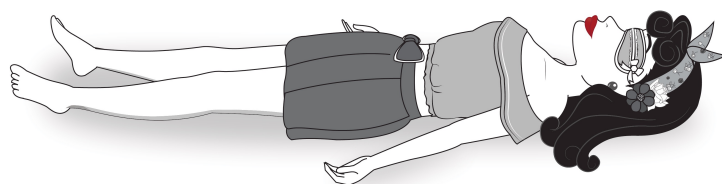
GIFTS: Continuing on from the **Pelvic Thrusts** we are continuing to unlock our hips and free our entire pelvic region so they are free to move as they were designed. A lot of vitality and arousal gets locked up in our hips, so when we start moving them as we are in this series of movements, we give ourselves access to that sexual energy. A hip workout really can be a profound experience!

Your pelvis is powerful and as you push the boundaries of how far you can physically stretch yourself, you may also unblock some powerful feelings. If you feel apprehension while doing these movements it will be coming from your subconscious conditioning – a lifetime of inherited thinking patterns. *Be* with these feeling without judgement. Be accepting and be where you need to be right now. Know that simply being with these feelings is the key to healing those insecurities so you may stand tall in your beauty womanly figure.

On top of all of that, the circular isolation movements of the hips simultaneously train the muscles of the vagina when the Jade Egg is being used. **Hip Swivels** are also the perfect antidote to tension in the pelvis during menstruation, helping to bring circulation to the area and alleviate feelings of stress. So get your **Hip Swivel** on, while waiting at the water cooler, in the line for the bank or as a morning wake-up stretch!

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.

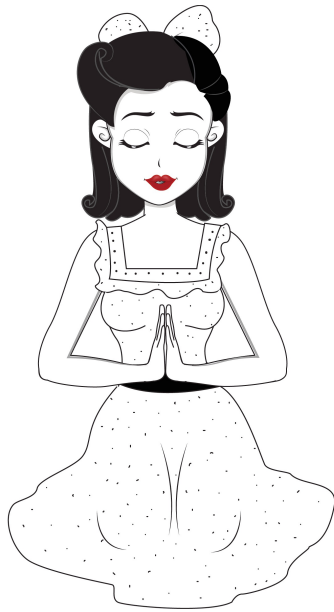
In a nutshell, **Relaxation** serves several functions: It rejuvenates the parasympathetic nervous system, distributes energy stimulated by the poses, releases rigid patterns in the muscles and blood flow, circulates glandular changes, centres one's emotional energies, thus teaching us how to better 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 pleasure-filled 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 acupressure 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.



Smile to your pleasure. Smile to your life. Smile to the love within.