

Pure Pleasure

30-minute playsheet

Welcome to the **Pure Pleasure 30-min sequence**; a practice in *pleasure*! That's what *Yoga for the Vagina* is, right? An opportunity to experience the pleasure within, and allow that pleasure to filter out into all areas of your life. I know there is a lot of negative societal conditioning that teaches us that pleasure is bad or evil or that we simply don't have time for pleasure. But the truth is, that when we're fully grounded in our pleasure, we're far more effective in the workplace, we're much nicer to be around, and thus a better mother, work colleague, partner and friend.

Not only that, pleasure is good for our *health*! When we experience pleasure, our body naturally creates from scratch, thousands of drugs. Science shows stress hormones decrease, our neurotransmitters increase, cellular inflammation is inhibited and the ageing process slows right down. Yes, pleasure is the vital nutrient that activates our own internal quantum pharmacy. So not only does pleasure *feel* good, it's deeply healing on our mind, body and soul. So lets dive in...

OUR PLEASURE IS OUR MEDICINE

Do you know what the leading cause of good health is?

Love, happiness, joy, fun..... and PLEASURE!!!!

When we give ourselves permission to indulge in deep pleasure for extended periods of time, that in itself is healing to the body. Yet when we're tired, anxious, depressed, overwhelmed or stressed, we unconsciously sicken the body. So it goes without saying that we want to be experiencing pleasure, not just because it feels good, but because a body in pure pleasure cannot harbour any form of illness or disease.

Lets look at one specific example of this... Exercises that strengthen pelvic floor muscles were primarily invented to treat urinary incontinence, but it's now known that they have plenty of pleasure benefits too! As you tone the vagina, and awaken the vaginal tissue, you increase the fullness of your orgasms and your ability to feel pleasure. Seriously, pleasure is one of the most potent healers around!

THE PLEASURE IN YOUR HIPS

As the Talking Heads so eloquently observed, 'The world moves on a woman's hips'. As you start to explore your range of hip movement, you will start to connect in with this hidden source of pleasure. One of the big focuses of *Yoga for the Vagina*, and this sequence in particular, is to unlock your hips so they're free to go where they want to go, and do what they want to do.

In the preceding sequences we began to unlock the power of your pelvis. This sequence builds on this, and takes it to a new level - challenging you to explore your hips in a new sensual and loving way. You'll feel the physical changes in your body almost immediately as you start to push the boundaries of how far you can stretch and move yourself.

Now I need to give you a heads up, that as you release your hips, you may also unblock some powerful feelings. As you learnt in the **Letting Go sequence**, we tense certain muscle to keep certain emotions suppressed. Given we live in a world that teaches us shame around our sexuality and sensuality it's no surprise that we have locked up this conditioning deep inside our hips. Problem is, over time this tension we collect in our body, it starts to lock our muscles, limiting our range of movement, making us more prone to injury, and pelvic issues.

The hips carry the body in perfect balance when open and free. If we look at the mental cause of hip problems, often it can be related to having a fear of moving forward or making a major decision. Or perhaps you have nothing to move forward to. It can also be related to feeling out of balance in life, and you then experience this physically through your hips by them going out of balance; our to alignment. This is a great time to use a mantra like: **I am in perfect balance.**

So as you begin to stretch and move your body in ways that it may not be accustomed to, be open to this physical movement triggering old emotions and hurts. Don't be surprised if during one of these sequences you experience a powerful release! If this happens, take a deep cleansing breath and simply be with the emotion.

Resisting the emotion and the sensations it brings up in the body, will only push it back down into the body to either cause illness, or to pop up at another inopportune time, for resolution. When we be with the emotion - lean into it, as opposed suppress it - we create the space for it to come into our conscious awareness and dissolve. This is what we call a deep healing.

The real power of this practice is to allow it to take you deep into yourself; to allow the moves to free you from the many narrow, limited, unconscious attitudes and thinking patterns you may have about yourself and the world around you. Our physical body mirrors our mental attitude, so as we free up our physical structure, so too does our unhelpful conditioning begin to dissolve so that we may experience more freedom, and much more pleasure, in our life.

A LITTLE HISTORY ON THOSE SENSUAL MOVES

Sheila Kelly, in her book *The S Factor* wrote...

'Rolling, undulating hip movements were not originally intended as titillation for men but rather as an expression of the female body's true power to promote fertility in the land. In ancient matriarchal cultures, dance was performed by women for women exclusively. These kinds of sensual hip movements were usually incorporated into rituals that united the religious with the sensual in fertility rites, wedding preparations and birth rituals.

It was only later, beginning with the advent of the Judeo-Christian patriarchal culture about 2,000 years ago, that a rift between the spiritual and the sensual developed. Movements like belly dancing were labeled 'erotic' and performed by women for men. This development turned what had once been a religious, celebratory female rite into a taboo practice that, in our culture, took the form of 'stripping' with all its dirty connotations.'

There you have it! History says it all. Or should I say 'herstory'. So I challenge you as you practise these sequences to let go of the beliefs that surround how a woman presents herself and moves her body in modern culture and begin to explore your body with a freedom that allows you to revel in delicious curvaceousness that makes you a woman. Let your hips be free, and so shall your mind and heart be free to experience the pleasure within.

OUR INNER RHYTHM

Within each of us is a unique pulse or rhythm; our own personal beat. In the **Pure Pleasure sequences** I encourage you to seek out your inner rhythm and allow it to guide you through your practice. There is more dance in these sequences (especially the 60-minute sequence) to help you unlock your inner metronome, and to allow your rhythm - your pulse - to be felt more deeply.

Let this inner beat choose how fast or slow you move in and out of any given pose. Trust your inner voice to help you connect with your own beat and express it outwardly in the poses. And know that your rhythm may feel different on different days, so simply listen in for it, and trust you're hearing the beat of your own drum.

Although some of these poses are strenuous, all of the movement in these sequences should feel natural and sensual. That's the goal here. Experiencing true sensuality is about giving yourself permission to dwell in the luxury of each muscular movement and take as much pleasure in it as possible. This is what I invite you to do, from this point forward, with ALL of the sequences. The easiest way to do this is to slow right down.

While there are some dynamic faster poses in the 60-minute sequence, nothing is more sensual than a woman who takes her time and locks in to her own natural rhythm. Use the breath to help you. You'll find you reap more physical benefits from slowing down too! When you move quickly, gravity and momentum take the burden off your muscles. When you move slowly, your muscles must initiate and sustain each movement, which gives the body a much more thorough workout.

You might like to imagine that as you move, you're pushing your body through a thick, viscous substance like molasses or hot fudge! Or perhaps it's more like moving through an ocean of water. Feel the resistance in such places as your chest and back, your hips and legs and arms. Exercises like this help bring deeper awareness into how you move your body and how poses feel as you make even the most subtlest of gestures.

BARRIERS TO PLEASURE

The biggest thing that will get in your way of experiencing pleasure is your *mind*. Being in your head as opposed to being in your body. For this reason, whenever you find yourself being carried away by negative thinking patterns, or any thoughts that take you away from the present moment (for example, worrying about what you have to do after your practice, or recalling that conversation you had with your partner last night), return your focus to the breath. The breath is the quickest and easiest way to get you out of your head and back into your body so you can experience the pleasure within.

For many women learning the poses in the sequences will help them feel euphoric where they feel lighter on their feet and have a deep sense of their sensual self. For others it will be harder to get beyond the taboos involved with moving their bodies so freely. This is where you get to strip off the layers of conditioning keeping you from connecting with your inner goddess.

I know from personal experience, this sequence can bring up some negative self-talk. Just know that gaining an awareness of this unhealthy chatter is the first step in the healing process so you can let it go once and for all. As you notice this mind-chatter, start to *challenge* it. Start to move beyond it. If you've completed the *Remarkable Relationships* course, then identify the beliefs and remove them. While there are a host of beliefs that could be at play, here are some common Limiting Beliefs that can get in the way of you expressing your sensual self...

I look/feel silly... It's dirty to touch myself... I'm too fat... I'm too old...
I look ridiculous... I'm not naturally sexy... It's a sin to move this way...
Mothers don't act this way... I will become oversexed... I have no rhythm...
I hate my ... (insert body part here).

If you're interested in learning the skills to clear beliefs such as those, so that you no longer have to deal with this negative mind-chatter, then please take a peek at the [Remarkable Relationships 3-month online course](#) where I teach you these skills. Years of unhealthy patterns and behaviours and conditioning can be overcome in the matter of hours (or less) when you know how to go to the root cause of that unhelpful belief.

LEAVE YOUR VIBRATOR IN THE DRAWER

We live in an over-stimulated culture where there is a real lack of awareness of the beautiful subtleties of life, and our own orgasmic energy. Everything has to be BIG. Big breasts, big penis, big bank accounts, big houses, big dramas! Not often do we experience the subtleties of our life. Yet, many people don't realise that true joy and pleasure are found in *subtly*.

Cultivating our energy through *Yoga for the Vagina* will help you become more aware of the subtle energies running through you. Once you're aware of them, and you can feel them again, you can then learn how to use that energy, not only for yummy bedroom experiences, but for energising your life and pumping energy into your creative pursuits in the boardroom.

So this is where I do need to talk about vibrators! It's nice to add little spice to our love life, and by all means play and experiment with dildos and the like, *if you feel drawn*. But I am going to encourage you NOT to use any *vibrating* toys. I hate to be the bearer of bad news, but overuse of vibrators, kills your pleasure. How is this so?

Friction (which we get from a vibrator) creates tension. Tension leads to numbness. The more you use the vibrator, the more you *need* to use a vibrator to experience any pleasure at all, because you're slowly desensitising your special bits. This is why women who use vibrators a lot, tend to have trouble orgasming with a partner. A tongue, finger or penis simply cannot go as fast or hard as a vibrator, which leads to a lot of dissatisfaction in the bedroom.

In order to experience the deeper, yummiest pleasure of multiple and full body orgasms, you need to *re-sensitise* yourself, which is exactly what the Jade Egg does. It's this re-sensitisation - this connecting in with your energy body, as opposed to just your physical body - that will allow you to then expand your pleasure, as opposed to making sex a purely physical experience, which ultimately has its limits. If you'd like to learn more about the history of vibrators, [click here](#).

HAVING A PLEASURE-PRACTICE

Generally speaking, if a person is in a relationship, they will be experiencing some pleasure from intercourse. I know, I know, not everyone has a thriving sex life! So if this is you, having your own personal pleasure-practice - such as *Yoga for the Vagina* - will help you reconnect with your libido so you are more drawn to want to engage in sexual play with your partner.

Some people ask me: *But what if my Jade Egg replaces my partner?* I am yet to hear of this happening :) The more you feel pleasure, the more you *want* to feel pleasure. The reports I usually hear from men,

especially who have a partner who has a regular *Yoga for the Vagina* practice is, 'Sex has never been better and she wants it more than I do!'

This is because a woman not only feels more sexually alive, she is more confident in expressing her sexuality having explored herself in this way. The truth is, we cannot expect another person to give us quadruple orgasms from universal heaven, if we don't know how to give them to ourself. It's up to you to wake up your pleasure potential, not someone else.

Ok, so you're single? Then you cannot afford to let your pleasure slide. If you're not feeling pleasure in your body, your body is in a state of rapid decline. You may know of this as 'ageing'. Pleasure is the potent medicine that looks after our health, our happiness and our creative flow, and places our body in a state of ongoing healing and regeneration.

When we experience pleasure, our body naturally creates from scratch, thousands of drugs. Science shows stress hormones decrease, our neurotransmitters increase, cellular inflammation is inhibited and the ageing process slows right down. Yes, pleasure is the vital nutrient that activates our own internal quantum pharmacy and the best bit is, it's FREE!

This is why it's so important for us ladies to make our pleasure-practice a daily activity. It quite literally is the medicine (that has no side-effects) that will look after us well into our wiser years, keeping our reproductive health (as well as our overall health) in optimum shape, while at the same time nourishing our entire being.

Cultivating sexual energy isn't just about sex, it's about how *alive* we feel!

So whether you're in a relationship or not, your pleasure-practice is an absolute MUST! You need to keep your sexual energy simmering, or it will become stagnant, creating energy blocks in the body. And we know what happens with energy blocks? They are the cause of all illness and disease in the body. Besides, when you have a pleasure-practice, where you invite more pleasure into your body, that pleasure spills out into the rest of your life!

If the health benefits and emotional benefits are not enough to convince you to make time for this all-important practice, then simply know that this practice is what will strengthen your connection with your True Self so that you are innately guided through life, helping you make all the right decisions for YOU! It is this energy - this *pleasure* - that we can use for physical and emotional healing, spiritual development and creativity. Hello super awesome life!

INVITE PLEASURE INTO YOUR LIFE

It's not just on your yoga mat that you want to start to seek out your inner well of pleasure. Start to invite pleasure into *all* areas of your life, starting with your home. Ignite the senses with scented flowers, pillows and candles. Cook foods that bring pleasure to your tastebuds. Add little spice! Wear fabrics that make you feel like the sensual woman you truly are. This is saying to the universe you are worthy of the pleasures of being alive!

Write a list of 20 (or more) ways you can invite more pleasure into your life. Then each day do one of them. This is how to begin to gently infuse pleasure into your experiences. And as you explore these little pleasure share your insights and experiences with the [Facebook community](#) so others may be inspired by your sharings. The more you interact, the more you will feel supported on this beautiful journey into self-love, and of course, *pleasure*.

Many women find that increasing the sensual nature of their everyday life helps keep their body alive to their sensual and sexual potential. Nurture this aspect of yourself, whether it be wearing clothes that caress your body, smelling candles, flowers and other scents, listening to sensual music, taking baths by candlelight, or eating foods that rouse your tastebuds.

WHEN TO USE THIS SEQUENCE

Once you have done all the sequences 6 times, you are free to use them as you feel drawn. No order! Just allow your True Self to guide you to a practice each morning. This sequence is just awesome to do anytime, but is especially great if you're working on a creative project that day and want a little extra creative spark. Doing this sequence first will help you tap into your creative flow much more easily.

This is also a brilliant sequence to do in the week leading up to your period if you're someone who currently experiences PMS. The sensual pelvic movements not only help calm a tense or emotional mind, they will also give freedom to your creative expression, which we're more attuned to in the lead up to our period. On top of that, the pleasure this sequence generates will help absorb the Pre-Menstrual Symptoms so you can flow through to your Moontime with ease.

HOW TO USE THIS SEQUENCE

By now you'll be very familiar with the 'rests' between each pose - let me shed a little more light on why they are so important. Pausing and being physically still creates the space where you can observe the effects and the altered flow of energy from a pose. Each eggercise generates its own specific effects. An important part of *Yoga for the Vagina* is to practise body awareness. When you can feel the energy in your own body, you can direct its flow, and thus use that energy for self-healing, and for pleasure expansion.

When you're tuned into your body, you can rely on your own inner voice and sensitivity to guide you through each practice. The rest after each pose also creates the space for you to breathe nourishment into your working muscles. Each pose is activating and exercising the pelvic floor, and the rests are required to allow that healing to fully assimilate. This is why the rests are a vital part of the practice and needed to help you reap the benefits you desire.

You will find during these rests, I invite you to focus on the breath, actively using the breath to assimilate and regulate the energy. In this way we can use the breath to consciously relax, letting go of all unnecessary tension in the body. This allows us to approach the next pose in the sequence without carrying over any tension from the previous pose.

When our body is free of tension, then energy is free to move. And yes this is the healing energy I talk off, but it is also this energy that breathes pleasure into our being. So as you approach each rest in this sequence, see if you can feel the pleasure - the vitality - moving through you. If you can't straight away, simply be open to feeling it. If you feel something super small, draw your full attention to it, because what we focus on, it what we expand in our body, as much as in our life.

What about the poses? Make it your focus to invite more presence into you practise of them. Use the breath to keep you centred in your body and seek out the pleasure in each pose (if not each micro-movement). This is especially important for any of the more difficult poses that challenge you either mentally or physically. Lean into the discomfort, because as you lean in, so will you go beyond the perceived pain or limitation, and feel pleasure. On the other side of discomfort is *always* pleasure. Pleasure and clarity.

Your role is to simply be with yourself in this practice. To be in the space. Feel the stillness within. This is how you become conscious. This is how you feel pleasure.

Remember to be gentle and trust your own rhythm to guide you through each pose. This is NOT a gym activity. The more sensual you are with each eggercise and pose, the more connected you'll feel to your sexual self which is what we're after. So invite in presence, dally in the pleasure of the stillness and most of all ENJOY!

PURE PLEASURE 30-MIN SEQUENCE RUNDOWN

POSES	TIMES
Love Wrap	2-min
Breast massage	3-min
Vulva Massage	3-min
Sipping	3-min
Pulse / Intention	1-min
Rock-Around-The-Pelvic-Clock	3-min
Booty Massage Rest	30-sec
Rock'n Roll	30-sec
Sufi Grinds	3-min
Love Scoop Rest	30-sec
Pelvic Thrusts	2-min
Hip Swivels	2-min
Pulse	30-sec
Relaxation	3-min
Stretches	30-sec
Rock'n Roll	30-sec
Self-Love Blessing	2-min