

# Layer 2 Introduction to Yoga for the Vagina

Welcome to Layer 2 of *Yoga for the Vagina*. If you're reading this it means you've been practising *Yoga for the Vagina* for a little while now, which means it's time to go deeper into the sequences, and deeper into yourself. By now you'll be familiar with the typical *Yoga for the Vagina* format. In the Layer 2 sequence we expand on this, and start to journey deeper into our body and into our awareness of ourselves, by spending longer in our practice, exploring more poses and additional ways of awakening and re-sensitising ourselves.

When you do a practice like this, you're tuning your own instrument of self-love. Just like an out of tune guitar doesn't sound so good when you play it, neither do we flow harmoniously through life if we get out of tune. If you've played a musical instrument before you'll know that before you sit down to play it, you want to make sure it's in tune, otherwise the sound just won't be as beautiful. This is what we're doing when we do our yoga practice, we're 'tuning' ourselves so that we can sing our sweetest melody. This is why I am going to begin this introduction talking about establishing a regular practice...

## DAILY PRACTICE

Why is it so important to practice yoga *daily*? There are many reasons, but the main one I want to focus on here, is this: A daily practice connects you to your inner voice, so that you may move through your day from a place of connect. The more regularly we practise developing this connection to our inner voice *on the mat*, the easier it is to maintain that inner connection *off the mat*. When we are *not* connected to this inner voice, life becomes topsy turvy very quickly.

Now a half hour practice daily is certainly a great start - and what you would have started to develop with the Layer 1 learnings - but to really fill yourself full of yummy goodness, a one-hour practice is ideal! That said, if you find you can only fit in a half hour practice most mornings, and a full one-hour practice 1 or 2 days a week, great! Start there, and work your way up. As you carve out a little more time each week, you'll notice how much of a difference it makes, and will naturally be more inclined to want to spend that time doing your practice each day.

Having a daily practice gives you a chance to check-in with where you're at, both mentally as well as physically. The more you check in, the more aware you are of any changes you need to make in your life. And it is this regular check-in that allows you to develop such a strong connection with yourself that you will innately know if a health issue or an emotional issue is about to bubble to the surface, *before* it actually does. When we have this kind of awareness, we're able to stop the spills *before* they stain our life.

As you develop this daily practice, if you find on any given day that you're not drawn to use the egg - honour that feeling - and still do your practice, simply do it minus the egg (or do the Moontime sequence). You'll still reap plenty of benefits, simply by keeping up your daily tuning in and connecting practice - for that is what we're doing when we practice *Yoga for the Vagina*. We are tuning in and connecting to ourselves. And it is that daily practice that will create a deep sense of happiness and fulfilment as you move through your day.

**The purpose of this course is to inspire you to nurture and evolve yourself through a regular practice.**

*Yoga for the Vagina* is more than just a yoga practice. When you take an hour out of your day to connect in with your body in this nurturing way, you are creating the space for a healing to happen. You are not only healing your physical body, you're healing your emotional and mental self - the part of you that is creating any physical ailments, negative emotions or life results that you don't desire.

Every time you do this practice you're stripping off the layers of mental gunk - your childhood conditioning - so you can be more of the person you truly are at your core. For what you're experiencing in life right now, is just a teeny fraction of what's available to you. If you dedicate to doing this practice daily, you will start to notice things in your life shift. It's not just your health and relationship with you that will blossom; as this transformation happens, so too will your relationship with money, with your career and other people.

Every part of our life, whether it be career, finances, relationships or health, they are all intimately connected. They are all extensions of the relationship we have with ourselves, and as that relationship with self changes, so too, do the things in our life that are extensions of our relationship with self. When you practise daily you are saying to the universe that you value and respect yourself. And when you value and respect yourself, others will too. Time is valuable. Value yourself by giving yourself that time to connect.

Now there will be days when a spare one hour alludes you, don't forgo your practice. If you have half an hour, do one of the half hour sequences, and when it gets to the Sipping bit, if you can sip, then simply use that time to connect more deeply with the body through the breath, or get an extra massage in. If you only have five minutes, ten minutes, do a Mini sequence! There is always a way to weave a little yoga play into your day, so make that one of your main priorities as you explore the Layer 2 learnings.

Neuroscientists and various other researchers have found that when learning a new language the most effective way to learn is to immerse yourself in a culture that speaks that language, so you are doing it daily. Such practise helps the language become subconscious, so it's always there. Same goes with *Yoga for the Vagina*. If you want to really experience the profound shifts and set your body up to be in a constant state of healing, then you need to immerse yourself in it. Do it daily.

Take your Mini sequences to work, to school to the shopping centre. Do a hip swivel waiting for the kettle to boil. Take every opportunity to get your centre region moving, because it's that subtle movement that's going to clear energy blocks in the body - free the stagnation - so that not only can any excess weight drop off, but so you can feel vibrantly healthy, own your succulence and *feel* your pleasure.

Just as we need food to fuel our body each day, *Yoga for the Vagina* is our *spiritual* fuel. You wouldn't go without food each day, so don't starve yourself of the connection created when you spend time daily tuning in, being with your body, growing your awareness and thus becoming one with your True Self. We need our spiritual food as much as we need our physical food, for we are spiritual beings in a physical body. When we create space for this spiritual connection daily, our body moves into a state of constant healing.

## **SET YOURSELF UP FOR LOVE**

So if you're like 99.9% of the population you will fall off the bandwagon as you set out to establish a daily practice. This is to be expected. And you know what? It doesn't matter how many times you fall off the band-wagon. What *really* matters, is that you get right back on there again! Creating a new self-love routine takes commitment and lots of LOVE! There is no point beating yourself up for what you didn't do yesterday or last week. Love yourself enough for what you can do, and get in there and do it.

Just because you missed the past three days, doesn't mean you should give up and start again next week. Start NOW! Choose to choose again. It is up to you to decide that you can do this, and to be loving to yourself when you slip up. It'll happen. What's most important is that you accept you are only human, everyone slips, and this is simply another opportunity to choose again. To choose a different way. To choose *love*.

**One practice will elevate your love for yourself, but to strengthen and maintain that love, you need a regular practice. You can't eat food one day and then skip the next, and expect to have lots of energy. Same goes with your spiritual practice.**

The best way I know to stick to a regular practice is to actually schedule it into your diary. Like I've said before, book in a 'date' with you. Set an intention like: 'I choose to do 3 practices this week so I can feel more at peace in my body'. When you get to the end of the week, set a new inspiring intention. Inspiration is the key to creating a new habit and sticking to it. In other words, as you set your intention, connect in with what having this regular practice will give you. Maybe it's more clarity, more ease, healthier relationships; whatever it is, it needs to be inspiring to you!

Your daily *Yoga for the Vagina* practice gives you an opportunity to transform chaos into meaning. Like any meditative practice, insight and clarity come during that time of deep connection. From the stillness. When you create the space through a disciplined practice that allows you to connect with yourself, you no longer need to vent pent-up frustrations to your loved ones, as you're able to resolve those flare-ups within yourself. Just watch how your relationships with others flourish, as you begin to commit to your relationship with yourself through this practice.

OK, so we know a regular practice is key. Now lets talk more about how we use our vagina...

## VAGINAL DEXTERITY

In the Layer 1 sequences the main focus when it came to squeezing the Jade Egg, was squeezing the whole pelvic parfait as one; squeezing on the inhale, releasing on the exhale. In the Layer 2 sequences we begin to introduce vaginal *dexterity*. You've already had a taste of squeezing the right and left side of the vaginal canal independent of each other. As you explore the 60-minute sequences, you will begin to learn how to sip the egg up and down the vaginal canal and how to separate the vaginal canal into twelve different quadrants that you can squeeze and release independent of each other.

Now as with Sipping and many other aspects of this practice, this kind of vaginal dexterity takes time and patience to develop. And until you gain this kind of articulation, you want to rely on imagining the squeeze; building the neural pathways that way. You may even like to take your finger into your vagina occasionally to get some direct bio-feedback on which muscles squeeze more easily.

**Egg practise is like learning dancing, you have to learn all these techniques which look a little disjointed, but once you train the body, the dance happens naturally, and you don't need to 'think' about it.**

Vaginal articulation, really is like learning to dance; it's an art. It takes practice to be able to do it. You can always go deeper into your practice; you can always gain more strength, more control, become healthier and experience more magical orgasms. All it takes is your commitment to continue your journey inward with daily practices.

## REFINING YOUR POSES

*Yoga for the Vagina* is about strength - absolutely - and you *will* explore some more challenging poses in the 60-minute sequences that will help you build a strong core. But delving deep into these practices is also about cultivating *inner* strength; mental strength, emotional strength and spiritual strength. When we develop this kind of strength on the mat, we're able to move through our life with a far stronger sense of self, and deep belief in our abilities and who we are.

When you look the mirror you want to be able to 'feel' that strength, as opposed to just see it through some six-pack or super buff biceps. Real, healthy strength comes from a place of love. Not from force or beating up of our body, as some exercise regimes promote. When you take an approach like I share in the 60-minute sequences, you will gain physical strength, yes, but you will gain spiritual strength to match it, so that you - as a whole person - can function at your optimum.

**Our core is what supports us spiritually in our life and physically in our *Yoga for the Vagina* practice.  
Having a strong core makes us more resilient to life's ups and downs.**

The kind of strength you want is supple tone, as opposed to tense muscle - as like we've discuss before - tightness and tension clogs up our energy flow and puts unnecessary pressure on certain organs, that lead to injury and ill health. So how do we build both inner and outer strength? We begin to refine our practice and bring more awareness to building a solid foundation upon which to enter each pose, so that our body supports us without accumulating unwanted tension.

Before you come into any pose you want to spend some time finding your foundation. Find places to ground down, find places to lift and lengthen. You will have seen in-depth descriptions in the playsheets in Layer 1 on how to do this in the foundation postures such as Easy Pose, Rock Pose and Base Position. In each pose we're always looking for length and space through the spine. Then as you enter each pose you want to let your heart lead the way in, always aiming to experience states of expansion.

Focus on finding the deepest, fullest stretch in each position and movement: the roundest arch of your neck, the farthest twist of your spine, the longest forward stretch of your leg as you take a step. Move your body through the exercises with clear intent and self-assurance. Think economy of motion. Pay attention not so much to where you are going, as to *how* you're getting there. This is about staying present. Being in the moment of the action, as opposed to thinking ahead.

Most importantly, you want to feel spacious in each pose. If you feel constricted or tense, then come out of the pose, find your foundation, and re-enter from a place of loving openness. As you hold the pose, bring awareness to what your face is doing. Is your forehead tense? Is your jaw locked? Your face is the mirror of your mind. Notice where you are unconsciously holding - in your face or other areas of the body that are not directly involved in the pose - and invite those areas to soften and let go.

Just going through the motions - just 'doing' the poses physically - will only gain you minimal benefits. It's the *presence* and deep awareness you bring to your practice that will gain you all the benefits that are available to you in this series. *Presence* really is the magical ingredient that will open you up to a new experience of yourself. If you're after a deep transformational healing, make sure you add *presence* and awareness to each pose.

**We need to honour how our body is built, what it's doing anatomically, what it's saying and how it feels in each pose. Find yourself getting tired or frustrated? Drop into your breath. Use your breath to anchor you in each posture and help you go deeper inside it.**

All yoga postures are balanced geometries done with presence. Being able to do yoga comfortably is simply balancing your body so that gravity serves you. The more we try to strain and conquer our body, the tighter we get. This is because we're fighting gravity. A large part of learning to do postures well, is setting up a geometric balance that allows us to interact with gravity in a positive way. What I'm saying, is that you want to let gravity align you. How do we do this?

We bring awareness to the area of the body that is making contact with the ground - depending on the pose it might be our sit bones, or the soles of our feet - and we intentionally anchor down through that area. You want to feel like you're plugging into the earth. Find areas in your body to ground down. Let weight settle into your elbows, let your shoulders slide down your back. At the same time let your heart lift. Imagine there is a helium balloon gently pulling you up from the crown of your head, creating length in your spine. When we are plugging into the earth while at the same time letting the heavens lift us, we create more space in our body, and far better alignment.

So once you find this nice balance between heaven and earth, find your comfortable edge. Everyone's edge is different. Maybe committing to a daily practice is your edge. Perhaps holding in a pose for 10-seconds longer is your edge. Maybe staying with a negative emotion as it surfaces, is your edge. Discover what YOUR edge is, and then go to meet it. We do not have physical weaknesses. We only have mental weaknesses, and any physical weakness are a direct reflection of the mental weakness. Therefore, as we heal the mental weakness, the physical heals naturally.

**Doing a good practice isn't about nailing every posture.  
Each pose is simply an invitation to explore your body in a new way.**

In *Yoga for the Vagina* we are working to release stuck energy. In doing so it's important to avoid focusing too much on the physical shape of the posture. If we become preoccupied by what our bodies can do, the flow of energy becomes restricted. Therefore we start by accepting and enjoying what we're able to do at each moment with joy and love. In *Yoga for the Vagina* we are always improving and refining ourselves. Just relax and enjoy the process rather than looking at the outcome - or trying to get to a certain place.

## **FIND THE GRACE IN YOUR TRANSITIONS**

It's not just the poses we want to refine, but our whole practice, and that includes the time *between* each pose. The *transitions*. How you move from one pose to the next is *everything*. Take your time. Be graceful! Make the transitions as much of the practice, as the actual poses. Feel that connection stay with you as you move into the next pose, as this will start to invite you to take more connection into your day, as you move from one activity to the next. And that's what we're aiming for here, to take the connection on the mat into our everyday life.

The way we move on the mat usually is indicative of the way we move off the mat. When we practise moving with intention on the mat, we are practising moving with more awareness, and it becomes easier for us to move from that place of connect off the mat. Many people just flail about with no real awareness of themselves as they do things. This practice helps teach you how to connect in as you go about your daily life, because when you move from a place of connect, the quality of your life blossoms.

So as you explore the Layer 2 sequences, infuse this principle into your practice. Relish and stay present in the transitions, as much as the poses. Take your time and mindfully make your way into this next pose. Find the pleasure and grace in each transition. Make it beautiful and juicy. A lot of people don't get injured in yoga, but in the transition, because they lose connection with their centre. And the same happens in life. We experience problems in life, because we have lost touch with our centre.

You may like to imagine your 60-minute practice is a story, and each pose is a new chapter within that story. One chapter leading into the next with fluidity. This is the kind of smooth transition we're looking for - to be held captivated by each development, no matter how small. Let the story unfold. We're not here to do yoga, we're here to have an experience!

## REFLECTIONS

How you are in your *Yoga for the Vagina* practice will be a direct reflection of how you are in life. How you 'do' life. It is for this reason that I encourage you after each practice in this layer to do a little journaling. You will see specific journaling questions at the end of the playsheets, or you can simply sit down with a pen and paper after your practice and explore. Allowing this time to reflect will offer you great insight into your thoughts, patterns of behaviour and things that you could benefit from letting go of.

If you rush through a practice or never finish a practice right to the end; how are these reflections of your life in general? If you criticise your body through negative self-talk or if you have trouble remaining in your body (as opposed to in your head), how is this a reflection of your life? We can learn so much from simply observing ourselves, from a place of non-judgement, when we do a practice such as *Yoga for the Vagina*.

**Learning to listen and trust our body's capacity to return to wholeness is what's required for deep healing to occur.**

It is during this time of reflection that HUGE healing can occur. Each practice really is a healing session. Treat it as such, by giving it the time and presence it needs. Just as you might have a healing session with a healer, doctor or therapist, so too can you create that healing session for yourself and that is what *Yoga for the Vagina* is about, giving yourself daily healings. We all have the capacity to self-heal, it simply takes practise and a willingness to reflect upon what we notice through our life, as much as in our practice.

There is a common pattern among us ladies that if a woman doesn't feel safe, she will go looking external for things to help her feel safe. Let your *Yoga for the Vagina* practice bring you back into yourself so you may experience the safety within. For no matter what safety you seek, no matter where you go looking for it, the only safety that will truly satisfy you, is your own *inner* safety. And within that safety is your capacity to heal.

## THOUGHTS AND YOUR PHYSICAL HEALTH

Scientists have proven that our thoughts affect our physical biology. This is why during all of these sequences I encourage you to listen to what your body is communicating to you. Listen to your thoughts, and allow your practice to be a journey into self, a journey that reveals to you the inner workings of your mind. Only when we gain awareness of our unfriendly thoughts, fears, insecurities and hang-ups, can we then let them go. And letting them go is the catalyst for healing.

Any physical symptom that develops in the body, is the direct result of negative thinking patterns and childhood conditioning we hold at the subconscious level. As we heal this conditioning, so do we create the space for our body to physically heal. That is why it is so important to become more aware of the thoughts you think about yourself. What are the kinds of things you tell yourself on a daily basis? What is your internal tape-recorder saying?

Use your practice to become more aware of your internal dialogue, and set the intention for your practice to help transform any negative self-talk into more positive self-talk. Our thoughts and words and how we feel; they are what create our physical reality. So as the thoughts enter your mind as you hold a pose, notice them, then let them go, knowing they are not who you are. Try to be as still in the mind as you are still in the poses that require you to hold still. The less thinking we do, the less we feed the ego.

Understand also, that a lot of mental activity is to do with denying the present moment in one way or another. What arises when we get present, is a state of deep consciousness. You have more awareness, and are able to tap into the deeper parts of yourself. But this can only happen through stillness. Stillness is where everything happens. Stillness is the antidote to so many of life's struggles. So welcome in the stillness, and when a thought arises, simply notice it, smile at it, and let it go so you can return your blissful stillness.

## RESISTANCE

I have no doubt that at times during your exploration of the Layer 2 learnings that there will be resistance of some type. Perhaps it will be resistance to practise, or resistance to do a particular pose, or a particular type of massage, or let out sound or laugh as you are directed in some of the sequences. This is normal. What you need to know about resistance, is what we resist, persists. The more you resist something, the more it will persist.

And the reason for this, is because it is those things we resist the most, that are the carriers of the greatest learnings and growth. Start to bring your conscious awareness to the parts of a sequence that bring up the most resistance in you. Then simply invite yourself to be more open to exploring that area, that pose, that particular sequence, that emotion that it sparks, that way of doing something...

It is these resistance areas that are the places that, if you commit to, you will gain the most benefit. Resistance only comes up because something is outside of our comfort zone. And the only place from which we can grow is by *leaving* our comfort zone. Resistance is good. It shows you where you can grow. As soon as you recognise this, the pain of resistance dissolves, for it is resistance that causes discomfort and pain, not the actual thing we are resisting.

## READY TO PLAY?

Now that you've read the Layer 2 Introduction, make sure you revisit this Introduction at least 2 more times as you explore the 60-minute sequences. The more you study this material, the more it will naturally become a part of your inner knowing, so that you can journey deeper into your practice and fully embody what I share.

Your *Yoga for the Vagina* practice is a never-ending journey you go on with your body from now until... forever. You can always be stronger, you can always have more ease, more space, and you can always be more sensitive and experience more exquisite pleasure. As you slowly make your way through these eggercises they will bring you deeper into healing. They will cleanse your sexual centres and further refine your sensitivity so that you can become more and more aware of your energy body.

You want to feel your pulse every moment of everyday - that's the aim. So when out during your day, if you're feeling low, do some squeezes of the vagina. Even *without* the egg inside, you'll still activate your sexual energy and put more pleasure in your step because of all the neural pathways you have developed *in* your practice. Give it a go next time you're stuck in that boring board meeting and need a pep up!

*Yoga for the Vagina* will help keep you balanced and centred and calm during traumatic or stressful times in your life. So when things are getting crazy around you, make sure your practice is made your absolute priority. What often happens is we stop doing the things that keep us balanced during those times of change and upheaval. *Always* come back to your yoga practice. That is what will re-centre you; help get you back in the flow of things.

Make each pose like a big hug; cozy and *conscious*. Make it what it needs to be so you just **HAVE** to hit your mat each morning. Take props, choose 'Other Ways' of doing the pose that suit your body, and dive right on in. If all you do some days is lie in Base Position or Child's Pose, hey, you hit your mat and you got exactly what you needed. Time for you to be with your body! On other days you'll want to be more active. Accept where you're at on any given day.

As you explore the new poses, building upon what you have already learnt, focus on sensation over shape. This isn't about getting a pose 'right'. Yoga is about learning how to accept where you're at on any given day and giving yourself permission to be with any emotions that rise to the surface. Sometimes we get so caught up in needing to get to the goal, that we miss the yumminess of the journey itself.

So as you move through these 60-minute sequences, I invite you to search out the sweetness in each practice; in each individual moment. Find joy in taking the time to find your foundation and then gently guide your body into each spacious pose. If you can bring full presence into each moment like this, that's where you'll find so many beautiful moments both on and off the mat. Relish in those moments, forgetting what the shape looks like. Simply feel your way in and have an *experience*!