

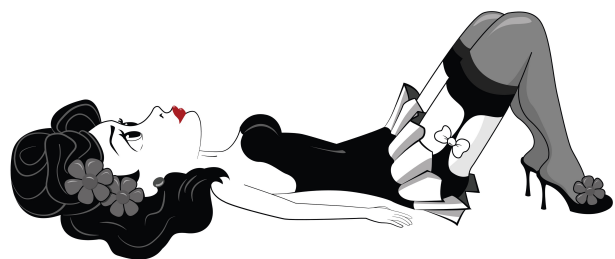
Luscious Lady Parts

60-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.

Neck, Jaw and Throat Massage

Swallow once or twice and invite your throat, neck and jaw to soften and relax. With one hand then the other, gently massage the muscles on each side of the throat and neck. Use a wave-like motion from the collarbone up to the jaw. Continue this rhythmic squeeze for a **minute** or so, simply ironing out any tension being held in the throat and neck area.

Relax your jaw and let your lips part a little. Make sure there's space between your upper and lower teeth, as this will encourage your jaw to relax. Take your two middle fingers, locate the hinge of your jaw (where your top jaw meet your bottom jaw) and begin to massage this area. While it may feel tender at first, you want to steadily build up to a firm pressure, as long as it feels good for you! Either constant pressure or small kneading circles work well. You'd be surprised by how much tension we hold in our jaw, and the more we start to relax this area, the more aware we are when we start tensing during our day. Spend **1-minute** massaging out the tension.

GIFTS: Sitting at a computer, having bad posture or simply using your body or voice in an incorrect manner will cause tension to store up around the throat and neck area. Here we get to massage some of that out using our fingers. Our neck does a lot! Not only must it negotiate a huge range of motion, it's responsible for supporting the weight of our head which is around 5-kilos! Try picking something up that is 5kilos, it's not light! This exercise is also great for thyroid health.

The fifth chakra governs our throat centre, which includes the thyroid and parathyroid glands, and is located in the V-like space at the bottom of the throat just above the sternum. The functions of this centre include speech, dreaming, the production of growth hormones, and the regulation of our metabolism. When closed one can feel choked up and unwilling or unable to communicate or change. When open we can communicate more clearly and our dreams are generally more lucid.

Intimately connected to our throat and neck is our jaw and mouth. Whatever your lips up here are doing, that's what your lips down *there* are doing! This is known as 'The Sphincter Law'. The muscles in the mouth and jaw are intimately connected to the vaginal opening muscles. So if you have a really tight jaw and mouth - which you probably will have if you're stressed, as this is one of the first areas that tenses up - then your vagina, cervix and anus will be tight too!

The relationship between your jaw and your pelvic basin really is inseparable; tension in the pelvis will be reflected in the jaw and vice versa. In order to easily accept your egg inside, your vagina needs to be as relaxed as possible. This is also why I will encourage you to make sound during some exercises, as it relaxes these muscles both in your head and in your pelvic region. If you clench your jaw or grind your teeth, this little massage will also help iron out some of the tension.

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 **90-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 **45-seconds** giving yourself love.

Working with the same area – the lower abdomen – instead of scooping straight up, we'll now start to zig zag from the pubic bone up to just above your belly button, making sure that again, you cover the entire area. Continue this upward zig zagging motion for a further **45-seconds**.

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. The zig zag motion, especially, helps break up scar tissue and adhesions.

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. Snuggle your heart under your shoulder blades so you feel your chest open and expand. Then 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.

Snuggling your shoulders under your heart space as you lie in **Goddess Pose** also helps maintain your womanly posture. Expanding the lumbar curvature and lengthening the layer of the abdominal wall are essential for creating and maintaining pelvic organ support, and this is what begins to happen as we relax back into this posture and let gravity align up.



Sipping

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.



Take your time and **NEVER** just push the egg inside. There's no rush. **Sipping** really is the ultimate eggercise 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, like I discussed earlier, they are interconnected. Our vagina likes to be entered with love and patience, so take your time and invite your egg inside.

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.

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.

Prance

From the **Base Position** come up onto your elbows, with your forearms resting on the floor supporting you. Lift your feet off the floor, bringing your knees slightly back towards your body, and extend your right leg straight up towards the sky (perpendicular to the floor). Both feet are pointed. Keeping your right leg lengthened, let it lower slowly down to the floor, as if it's painting an arc across the ceiling, down the opposite wall, and across the floor.



When the right foot is within a couple of inches of the floor, straighten the left leg up towards the sky, and as it starts to paint an arc down to the floor in the same way as the right leg did, bend the right knee and bring it in towards your heart. Continue to **Prance** in this manner, lengthening through your legs all the way from the hip through to your extended foot and pointed toes, while staying relaxed in the mouth and throat and keeping a long neck.

Remember to bring your knee towards the opposite shoulder to ensure you get the most beautiful, curvaceous line or movement, as well as a more vigorous abdominal workout. In regards to the breathing, simply take long slow deep breathes as you body desires. What's important is that this movement is *really* slow. Keep the movement it soft and sensual and show off your gorgeous pins as they slowly cut through the air for a delicious **3-minutes**.

REST. Bring your body back onto the floor and come into the **Base Position** for a luscious constructive rest, sinking into the earth for **1-minute**.

GIFTS: This pose really does show of the beauty of your pins, no matter what shape or size they are! The more you lengthen through your legs, keeping your toes pointed, the more it will look like you have those enviable legs that go on forever. Not only does **The Prance** tone your legs as it shows them off, it gives your abs a knocker of a workout. And the more you let yourself merge with the sensual fluidity of the movement, the more you will feel sexually alive. So give yourself permission to really become one with your sensual self!

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 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.



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 **2-minutes**. 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 practised 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 thoracic cage (chest) it can help with vocal disorders, relieve asthma and other respiratory disorders. The deep compression in the sacrum and lumbar 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.

Butterfly

Making sure you're sitting on your sit bones – part your booty flesh if need be – bring the soles of your feet together in front of your groin (as close to your groin as comfortable) 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 **90-seconds**.



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 and strengthens 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.

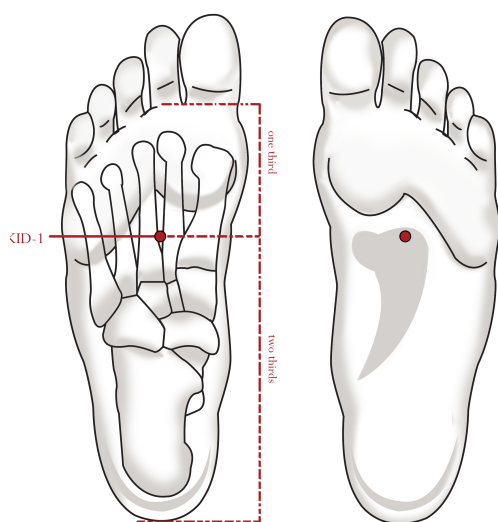
For men the flapping of the thighs also increases sperm count! For women, coupled with **Shoulder Stand** (which we go into after our **Kidney Reflexology**), **Butterfly** helps the ovaries to function properly and balances out irregular menses. This pose not only increases fertility levels but also ensures a smoother delivery, if practiced until late pregnancy.

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 hamstring 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!

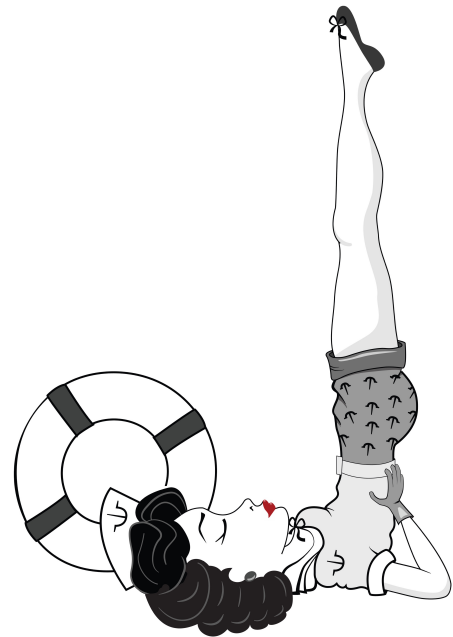
Shoulder Stand

You will need to prepare for this pose, by taking one or two or three large folded blankets and placing them under your torso (from the top of your back down to your buttocks) so your head rests just off the edge of the blankets on the floor, and your shoulders and arms are on the blanket. This will ensure your neck is looked after – as **Shoulder Stands** put extreme pressure on the delicate vertebra of your neck – making this pose dangerous if not carried out with the extra support. We want to use the blankets to reduce severe straightening of the neck.

Lying flat on your back in **Base Position**, arms by your sides, take a deep breath in and out as you engage your core. Bend your knees and bring them in towards your chest until your thighs press into your lower abdomen. Raise your hips off the floor, supporting your lower back with your hands, with elbows bent and your upper arms remaining on the floor.

Only your head, upper back, shoulders and upper arms should be touching the floor, with the weight shared by the both shoulders, the trapezius muscles; NOT the neck! Position your hands towards the middle of your spine and stretch your legs up until they're straight. Gently point your toes toward the ceiling, keeping your legs together so your legs and spine are perpendicular to the ground.

Your elbows should not be placed any farther apart than your shoulders. Keep your knees bent if straightening your legs is difficult. Ensure your entire body weight is balanced on your shoulders. Do NOT move your head in **Shoulder Stand**. Relax your tongue and throat as much as you can to allow the energy to flow and deliver some love to your thyroid, as the sternum presses on this area.



Once in this posture take slow deep breaths squeezing the egg on the inhalation and releasing it on the exhalation. Continue to alternate for **2-minutes**. To release the posture, slowly bend your knees toward your chest, and slowly roll and relax your back onto the floor one vertebra at a time, supporting your back with your hands on the way down. Come into **Base Position**, before taking your legs out long for **Fish**.

DO NOT DO IF... if you have high blood pressure or an eye disease that is negatively affected by increased pressure, hernias or a neck injury.

OTHER WAYS: Once up in **Shoulder Stand** if you find you need extra support, place your hands more on your hips as opposed to your spine. This will help you hold the pose up there more easily. If you can't get up there at all you can try this pose with a chair, or simply go into the **Legs-Up-The-Wall** pose, which you'll find in the **Moon Time Sequence** and do the vaginal contractions there, while imagining yourself in the full **Shoulder Stand**. Remember, visualising your body doing what it cannot physically do now, is what builds the neural connections so you CAN do it!

Once you get comfy doing this, you can do right and left isolations as you learnt in **Horizontal Ballerina**: Point the right foot and flex the left foot as you inhale and squeeze the right side of the egg, then exhaling and releasing. Switch feet, and do the same on the left side.

To make this posture even more advanced, you can do the six point isolation as you learnt in **Horizontal Ballerina**: Right foot pointed, left foot flexed, inhale and squeeze the lower right quadrant of the vagina, then exhale and release, inhale and squeeze the middle right quadrant of the vagina, then exhale and release, inhale and squeeze the upper right quadrant of the vagina, then exhale and release.

Switch feet so left is pointing and right is flexed. Inhale and squeeze the right upper quadrant of the vagina, then exhale and release, inhale and squeeze the middle left quadrant of the vagina, then

exhale and release, inhale and squeeze the lower left quadrant of the vagina, then exhale and release. Switch feet and continue this sequence.

GIFTS: The **Shoulder Stand** is a powerhouse of a pose, often referred to as the Queen, and has long been considered an excellent daily posture for women. Because the body is in an inverted position, this pose reduces strain on the heart, allowing healthy blood to circulate throughout the body, especially to the neck and chest, helping people with asthma, bronchitis and throat ailments. Continued practise of this pose also eradicates common colds and other nasal nasties.

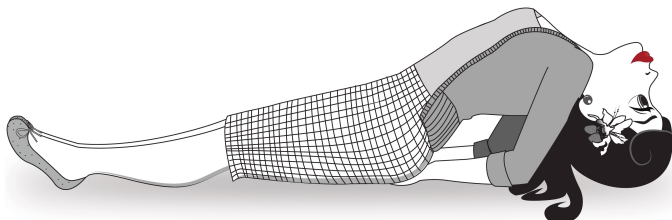
As you hold **Shoulder Stand** the thyroid and parathyroid glands in the neck get a gorgeous massage, soothing the nervous system and allowing for proper hormone function as well as regulating metabolism; thus burning calories. The position of the neck, locked against the chest, can also help eliminate chronic headaches, while the draining of blood from the legs, pelvis and abdominal area reduces varicose veins, with the increased blood flow to the face, ironing out wrinkles!

By inverting the body and thus reversing the gravitational pull on it, the digestive system receives a complete massage. This posture can, thus, help eliminate constipation and other digestive problems. The inversion also has a positive effect on the flow of spinal fluid, refreshing the body and brain, thereby creating a more restful physical and mental state in preparation for sleep. As you relax the pelvis, fresh blood is sent to the uterus.

Fish Pose

Lying flat on your back with your legs out straight and touching, feet together arch to arch. Walk your hands underneath your booty and hips. Keep your elbows as close together as possible and fingertips facing forward with forearms parallel to each other on the ground. Snuggle your shoulders underneath your heart space, squeeze your legs together, point your toes, and you can stay here, or you can press into your elbows, lift your chest up and come into **Fish Pose**, drawing the crown of your head to the earth. Feel your heart lifting to the sky.

Take long deep breathe here as you hold the pose for **30-seconds**. When you're ready to come out of this pose, use an inhale to expand your chest and help lift you up and out, as you exhale with control and release your head back down, freeing your hands. Draw your legs into **Base Position**.



REST. Rest in **Base Position** for **1-minute**. If you need to stretch out your body, do so, raising your hands above your head as you point your toes for a full body stretch. Take what you need here and make it your own.

DO NOT DO IT... if you have high or low blood pressure or have had serious lower-back or neck injuries.

OTHER WAYS: Simply resting with your head off the edge of the blanket as you set yourself up for **Shoulder Stand** with your shoulders snuggled under your heart space is an easier variation, especially if you have any neck issues. If you want to advance this pose, you can do a little **Breath of Fire** here as you hold the **Fish**.

GIFTS: **Fish Pose** is a great counterpose to **Shoulder Stand** and in some texts is considered the destroyer of all diseases. It can be an effective way to relieve neck and back pain, bringing flexibility to the spine. Because it stretches your chest open, your bronchial tubes are widened which helps make breathing easier. In time, your rib cage will expand, and this will encourage you to breathe more deeply, which is super helpful for those with asthma and bronchitis.

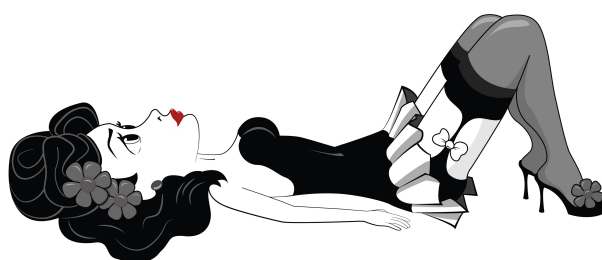
Fish Pose helps beat fatigue, menstrual pain - by stretching out the muscles in the back, neck, chest and legs, giving you instant relief from muscle aches and pains associated with menstruation - and anxiety. It improves circulation; helps stimulate the organs of the stomach and abdomen, fighting indigestion, gas and that feeling of bloating. Toning the nerves connected with sexual functions it helps reproductive problems heal too.

The pressure on your neck in **Fish Pose** stimulates the energy centre that regulates the voice, thus improving the quality of your voice - if you're a singer, do this one! It also tones the thyroid and parathyroid gland (which regulates the level of calcium in the body), the pituitary and pineal glands get a lovely boost and as an added bonus, **Fish Pose** gives you a natural glow! The beauty of the **Fish**! *Why is it called **Fish Pose**?* Because if you adopt this position in water, you will float more easily!

The Slinky

Relaxing into the **Base Position** we're going to work primarily with the vaginal canal and start learning how to shrink and expand it. Start by imagining the top of your vagina (the cervix) and the bottom of your vagina (the inner lips and opening) are coming together as you inhale and moving away from each other as you exhale.

So you're inhaling and pressing the top and bottom of the vaginal canal together, so the canal itself shortens, then on the exhale you're relaxing and allowing the vaginal opening and cervix to drift as far apart as possible to create expansion and lengthening within the vaginal canal, kind of like a **Slinky**! You should feel your vaginal canal getting shorter and longer. Continue to do this with slow deep breathing over the next **2-minutes**.



REST. Do your **Love Scoop**, massaging your ovaries before scooping the energy generated up to your breasts, circling your breasts and resting here as you cup your breasts for **30-seconds**. Take a moment to reflect and feel into your vaginal canal and how it feels after its experience of **The Slinky**.

GIFTS: If you've had any kind of surgery such as a hysterectomy, which has altered the physical

structure of your vaginal canal and/or reproductive organs, this eggsercise helps bring movement and fresh blood to the area to restore any lost sensitivity through nerve damage or trauma while also increasing your range of movement.

Even if you haven't experienced any kind of vaginal disturbances such as surgery, this eggsercise goes a long way in helping to awaken the vaginal tissue so you can experience more pleasure, while also building your dexterity so you can do more with your vagina. Shrinking and expanding the vaginal canal will also help create stronger suction in your vagina so it's easier to sip the egg inside, move it about, and even work with two eggs, should that so take your fancy!

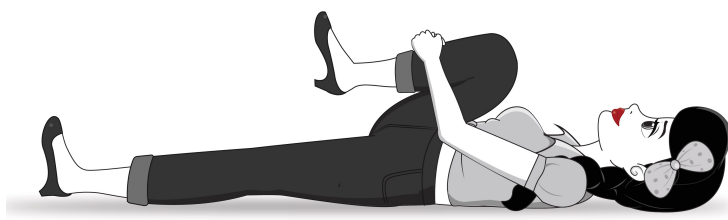
Wind-Relieving Pose

Lying on your back, hug both knees into your chest, then simply release your left leg and extend it down to rest on the floor; your left leg is straight, both feet flexed. You want to feel the thigh of the straight leg pressing down into the earth. Squeeze your right knee up towards your heart so you find a little resistance between the two legs, as you ground down through your left thigh.

Make sure your chin is tucked in a touch to create length along the back of your neck. Relax your shoulders, keeping your chest open. Relax here for **2-minutes** keeping the extended leg as straight as possible while keeping the booty cheek of your right leg drawing down toward the mat as you hug the knee into your heart. Try not to let your lower back come off the floor.

Once you're ready to switch, bring your left leg back into your chest, rock from side to side as you hug both legs into your chest, then release your right leg down to the floor and rest there for a further **2-minutes**, ensuring the pose is active and you feel that opposite between the two legs. To end, take both legs out long for a full body stretch.

OTHER WAYS: If you're hips are tight, bend the knee of the extended leg and place your foot flat on the floor instead.



GIFTS: Always begin this pose with your right knee drawn in first and your left leg extended. Your right leg and knee will place pressure on the ascending colon. When you change sides (left knee in, right leg extended) your left leg places pressure on the descending colon. The right-left order stimulates the bowels, cures constipation, improves nutrient absorption and correctly releases excess 'wind', hence the name of the pose!

This pose really is good for letting out what no longer serves you, whether that be gas in your belly or emotions or negativity that you've been carrying in your energetic or physical body.

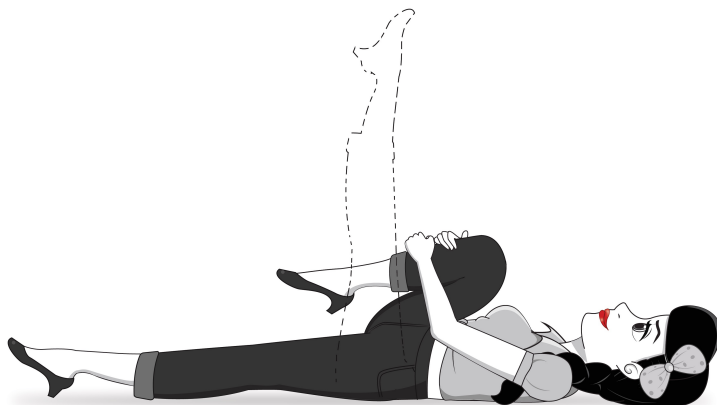
Such a great pose to massage the abdominal wall, relieve bloating, it's also really good for the lower back. **Wind-Relieving Pose** helps regulate and normalise hydrochloric acid levels in the stomach, which helps with indigestion and heartburn. As an extra bonus this is another great pose for helping alleviate insomnia. What's really awesome is that you don't even have to get out of bed to do it!

Single Leg Lifts

On your back with your legs hugged into your chest, as you inhale straighten your left leg to the sky with a pointed foot, squeezing the left side of your vagina into your egg. Continue to hug your right leg into your body. As you exhale release the vaginal squeeze as you lower your leg down towards the floor really slowly with relaxed control, keeping your leg straight and toe pointed.

When the leg is about one inch from the floor, inhale and squeeze the left side of your vagina as you slowly bring your leg back up straight so it's perpendicular with the floor (about 90-degrees). Continue to lower and lift your leg in this way, making sure your lower back is pressed into the floor. The slower you move the better.

Continue for **90-seconds** before switching and doing the same on the right side by lowering and lifting the right leg, squeezing the right side of your vaginal canal while hugging the left leg into your body for **90-seconds**.



Use the power of your inhale to lift your legs up and use the strength of the abdominals to lower your legs down with control. Go as slow as you can notice that moment when the abdominal wall engages to help support your body in lowering your leg down, and see if you can feel the muscles in your leg connecting to your lower back body. It's all connected. This really is a great eggercise for growing your awareness of how your body supports you as you move.

Be careful not to let the lower back arch up - you want to keep you lower back flush with the floor throughout. If the back arches up that means the psoas muscles (already too strong) are working and not the abdominal muscles. If you don't have the strength to keep your legs straight, it's better to bend the knees so you can keep you lower back down. If you can't take your leg all the way down, take it as far as you can without activating excess tension through your neck.

Once you get more familiar with this pose, take your awareness to other areas of your body and simply see if your lower body movements are causing you to tense your neck or shoulders. If they are, simply invite those areas to soften and release so you don't compromise the integrity of your torso. If you often experience a sore tight neck, chances are you will tighten your neck in any activity that requires a little extra effort. Just something to pay a little attention to.

To conclude the pose, bring both legs up straight, toes pointing to the sky, then as you exhale lower both legs to 60-degrees (about 3 feet off the ground), holding here for **15-seconds** - keeping your lowe

back pressed into the mat - before bringing them back up straight, and releasing the pose, with your legs coming back into your chest for a nice hug.

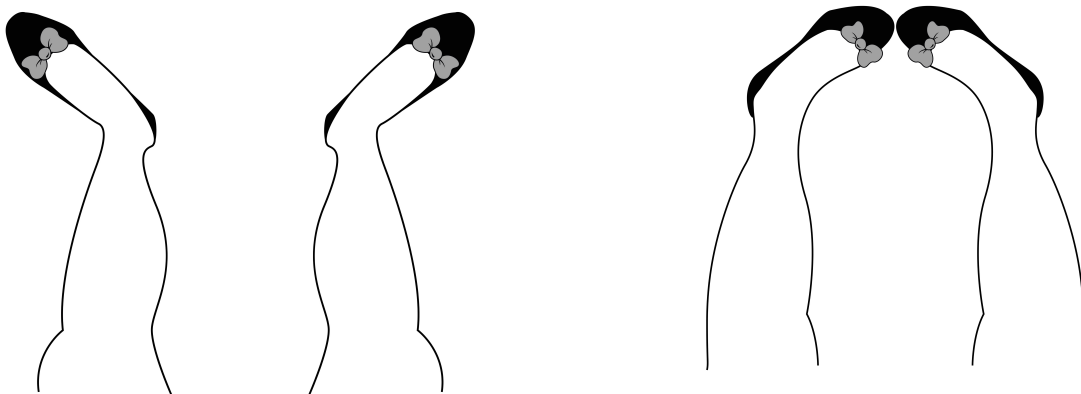
REST. Bring your legs into your chest and rest here while taking slow deep breathes all the way down to your sexual organs letting the fresh oxygen nourish them for **30-seconds**.

GIFTS: If you sit at a desk all day, your hip flexors will be tight. This pose helps release tension there while correcting the alignment of your spine. This simple eggercise engages and tones your thigh muscles, as well as the abs and obliques (outer abs) giving you all-important tone and definition, while working the gallbladder as well. When this movement is done with relaxed control, you will reflexively activate and tone your postural muscles.

This is a beautiful workout for the vagina as you are isolating the left and right sides of the vaginal canal, helping build dexterity and tone throughout your sexual organs. So yes, all your internal organs are getting a nice massage, helping with digestion, absorption of nutrients and elimination of toxins from your body, hence why this one also helps with weight loss.

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.

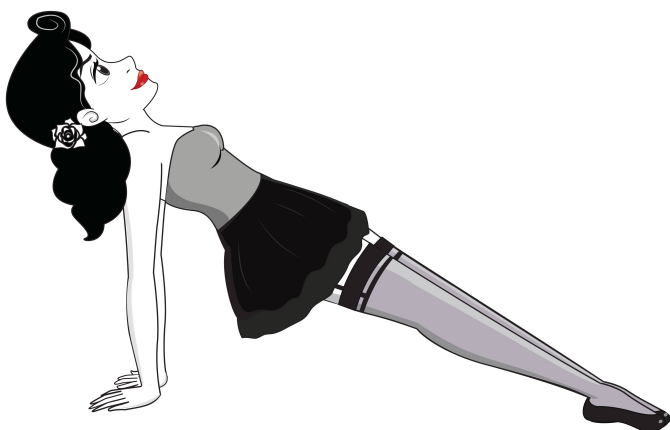
REST. Massage your beautiful ovaries as per **The Love Scoop**, before scooping the energy to your heart, taking three deep sleep breathes all the way down to nourish your sexual organs. Simply resting here for **1-minute**.

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!

Reverse Plank

Sitting on your booty, legs straight out in front of you, hands by your sides, lifting and lengthening up through the spine. Step your hands back a foot, shoulder-width apart, fingers facing away from your body, palms down. Make sure you feel grounded in your hands with your feet pointed. From your hips, engage your legs by rolling them in a little.



Take a deep breath into your core, engage your abdominal wall and as you exhale lift your hips up keeping your legs straight, pointing your toes down, so a **Plank** is formed. Allow your head to move back so it's in line with your body. You want a straight line from your toes to the peak of your head, unless that feels too much on your neck, then tuck your chin into your chest.

As you hold here for **90-seconds**, continue to press away from the yoga mat. Push your shoulders down, lift your heart and feel your back body lift to meet your front body.

Note: Make sure your arms are perpendicular with the ground - shoulders directly over wrists - or it will be far harder to hold the pose and you are more likely to injure yourself. That said, whatever you do, **DON'T** turn your head to either side to look in the mirror to check your alignment, or you might kink a nerve and quite literally blank out!

In this position, take slow deep inhalations. If you want to add a vaginal squeeze you can, squeezing on the inhale, releasing on the exhale. To come out of the pose, slowly lower your booty back to the floor and take a moment to absorb the energy of this pose.

OTHER WAYS: This is a challenging pose, and the first few times you try it, it might feel like you are lifting lead. Hang in there! There are plenty of options here, so my suggestion is to start by doing the pose with the help of a trusty chair. Have your booty sitting on the front edge of the chair, take the back of the chair in your hands, and push your hips up from there.

Once you master the chair option, you may also like to begin trying this pose with your hands pointing towards your feet, as opposed to away from you, as this makes the pose much easier. If you have weak wrists or have had wrist injuries in the past, simply push up on your elbows instead of your hands, with your forearms and fists in against the body. If you have neck problems, don't push your head back as far, simply tuck your chin into your chest.

For those who are up for more of a challenge, no probs! For a more advanced version of **Reverse Plank**, hold the pose with vaginal squeezes for **45-seconds**, and then opening up your legs wider, but keeping them straight begin to walk on your heels and hands, while maintaining that strong core and perfect plank.

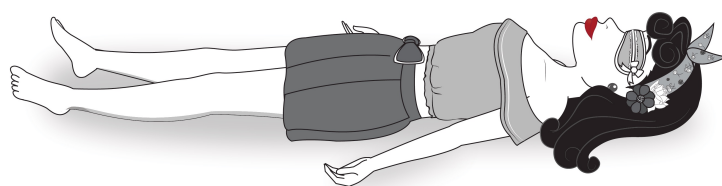
GIFTS: **Reverse Plank** gives you an intense stretch right down the front of your body, while strengthening your arms, glutes and core muscles and the range of motion in your shoulders. It supports your back and works to prevent back injuries. **Reverse Plank** is also an all-over booty toner! Because this pose requires immense core strength, all your internals, including your sexual organs receive fresh blood as you hold this pose, boosting endurance.

When you have your hands pointing away from you, you are opening up all the meridians making it a super powerful pose that gets your energy flowing in a big way! **Reverse Plank** releases mental anxiety and tension, and strengthens the lower back and hips. Your thyroid, lower back and heart are all being stimulated in this pose, making it a beautiful conclusion to the core poses in the **Luscious Lady Parts** sequence.

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 **6-minutes** simply *being* in your body, allowing yourself to surrender and let go. To truly relax you need to practise! 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.



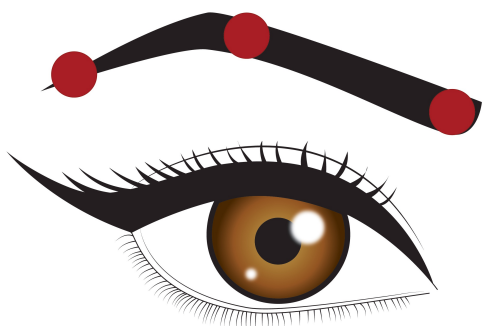
You may notice as you indulge in this **Relaxation** that your heart beat and breathing slow right down allowing your body and mind to become deeply calm. Deep relaxation, as we practise here, is purifying for the body and thoughts. Don't be surprised if during this time of complete surrender, inner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

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**. The most important thing is that you're in a position where you feel you can completely let go without needing to grip or hold.

GIFTS: Having gone through the entire **Luscious Lady Parts** sequence, you have stimulated the body significantly, therefore a relaxation is required to create the space for the healing to happen following that stimulation. This is where the magic happens! The magic is the healing that happens through creating stillness. Deep insight and deep healing needs stillness to fully integrate. When the body is still, the circulatory system is free to deliver oxygen, nutrients and white blood cells to wherever it's needed. Everyday stresses often obstruct this action.

Conscious relaxation helps us attain equilibrium in the body and mind. This relaxation, which is a pose in itself, may seem simple (perhaps like you're not even doing anything) yet it is super powerful amongst other fertility yoga poses for women, as it helps in uplifting the state of your mind, helping you take a more optimistic approach to life. While this meditative state of sleep does not improve your level of fertility directly, it certainly creates the mental environment required for conception, making it very useful for couples who wish to start a family.

Eye Love



Sensing your eyes while keeping them closed, gently rotate or spiral your eyes at least three times in each direction, as if you're drawing large circles with your eyes. Let them relax back into their sockets and begin tapping gently under your eye area, then all around your eyes. Tap your forehead above your eyes and between your eyebrows. Tap above your lips and under your lips.

Finally, press the three acupuncture points (the red spots in the picture) by pressing and releasing each spot once. Simply press the same spot on both eyes simultaneously, hold for a few seconds, then move onto the next spot. Cup your hands over your eyes, open your eyes, spread your fingers to let some sunlight in. Then flutter your eyes open, yawn and smile! Spend **1-minute** giving your eyes some love.

GIFTS: Look around your office and you'll see how many people are wearing glasses. Eye problems are super common these days! Interestingly, like any health issue, you can heal your eyes to 20-20-vision. This eggercise that we do at the end of the relaxation is one small step towards helping iron out the tension in the eyes - so that they may function better (and not experience the headaches that come from eye tension).

Eyesight dysfunctions are created from tension being held in the eyes and surrounding areas, along with limiting beliefs (I teach how to remove limiting beliefs in the [Remarkable Relationships](#) course). Overuse, underuse or unhealthy use of the eye muscles is what causes the tension. Eye circles, pressing the acupuncture points and tapping all help iron out the tension held in the eye muscles, stimulating

blood flow to the eyes, bringing nutrition and oxygen to the eyes while carrying out toxic wastes; all so your eyes see better and remain healthy until well into your twilight years.

Our eyes are also linked to our autonomic nervous system, which regulates the action of the organs and glands. The eyes are the first to receive emotional signals and cause organs and glands to accelerate at times of stress or danger and to slow down when a crisis has passed. Ideally you want your eyes to maintain a calm and balanced level of response. That's why, by simply relaxing the eyes, you can relax the whole body, and thus free up your energy for your practice.

Pretzel Stretch



Lying on your back, bend both knees into your chest. Cross your left leg over your right so your left ankle is on your right thigh. Reach your hands around your right thigh until they interlace, then gently squeeze your leg towards your heart until you feel a nice stretch in your left butt cheek and lower outside hip. You don't need to pull back too far to feel the hips stretch and open. Ensure you maintain a nice long neck here and relax the muscles in your face. Hold for **30-seconds** breathing into the stretch, then softly release out of the stretch. Switch, and do the other side.

OTHER WAYS: If you're too tight in your hips to get your legs to cross into the starting position, you can also do the **Pretzel** sitting on a chair as described in the **Office Mini-Sequence**. Or if you're after a stronger stretch, flex both feet. Imagine the leg you're holding is pushing up against a wall.

GIFTS: The **Pretzel Stretch** targets the gluteals. Given our glutes are our biggest muscles (and work really hard!), stretching them is essential for loosening our entire body. If you have tight glutes you're putting strain on other places such as your knees, which can make walking, bending over and jumping more difficult. If you have lower back pain, it's likely a symptom of tight glutes! If this is the case, the **Pretzel Stretch** will relieve pain so you can enjoy a good night's sleep.

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 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.



May you be guided, may you be happy, may you be healthy, may you awaken to your highest source of power.