

Luscious Lady Parts

60-minute playsheet

Welcome to the **Luscious Lady Parts 60-min sequence**; where we continue to expand on our knowledge of all that sits within and around our pelvic bowl so that we may enjoy not only a deeper understanding of our own body and its functioning, but healthier, happier lady parts. Learning about the female body really is a life-long study. So what I share with you is simply an introduction, and I encourage you to learn more, first-hand, through your actual practice. So lets begin by talking a little more about *healing*...

HEALING: WHAT IS IT AND HOW DOES IT WORK?

Chances are if you weren't drawn to *Yoga for the Vagina* for the pleasure benefits, you probably came to this practice wanting to heal a sexual health issue. Now there are a whole raft of sexual and reproductive health issues women face, so I'm not going to go into detail of all of them right now. What I will say, is that whether it's endometriosis, vaginismus, pelvic floor tension, prolapse, abnormal cells in the vaginal canal, cervix or sexual organs, symptoms brought about due to menopause, infertility, thrush; whatever your health concern, having a regular *Yoga for the Vagina* practice will dramatically help the healing process.

How can it be so effective in such a range of issues? Because the Jade Egg and the poses and techniques I share with you in the sequences, help balance out the vagina and reproductive system, so that it may function as it was designed. So that the vagina may self-correct. The specific poses are designed to get energy moving through the body, and when energy is moving, illness, disease, displaced organs, all begin to naturally heal and return to their original functioning order. The body knows how to heal itself, it simply needs a supportive environment to do so.

When you're practising *Yoga for the Vagina* you're activating and directing energy flow through the body helping create this supportive environment. These very specific poses open up the channels so energy may flow freely to restore health to our organs, muscles and connective tissues. When the body is aligned and balanced and working as it was designed there is health or 'ease'. When this natural flow is lost, that is when *dis-ease* happens. Disease is nothing more than negative childhood programming that is creating energy knots and stagnation in the body, which keeps it in a state of *dis-ease*. When there is ease, there is no illness.

**A characteristic of all living tissue is the ability to heal itself
- given favourable conditions.**

The body really does have an enormous capacity to heal itself. The *Yoga for the Vagina* sequences take you through a series of learnings to help you create the environment needed for your body to heal itself. If we take the breath for example - which is the first element you focused on - disease cannot survive in oxygen. Therefore the more oxygen we bring into our body, the less space there is for disease.

Yoga has many benefits but one of them is the calming effect a practice has on the mind - putting us into a state of presence. As I keep mentioning, it is your *presence* that heals. Given stress is the leading cause of illness and disease - eroding the immune system and making it more prone to getting sick -

having a daily practice that helps eliminate stress and return the body to it's natural flow, is deeply healing. More healing than any pill you'll pop.

FERTILITY

Infertility, like the raft of other sexual health problems prevalent today, is essentially a symptom of the sexual organs not working properly due to stagnant energy. *Yoga for the Vagina* works on many levels to improve the flow of energy to the reproductive organs, stimulate the glands crucial for conceiving and support a healthy pregnancy. Not only that, when you have a toned and supple pelvic parfait, and your pelvis is juicy and strong, the actual birthing becomes is a much more blissful experience, and you are less likely to experience complications.

When a woman is under stress - be it emotional, mental, financial, relationship, etc. - ovulation can be delayed or suppressed altogether. Stress also changes the immunologic functioning of the cells in the reproductive tract and interferes with the vital secretions of the pituitary gland, the master endocrine gland that affects all the body's hormonal functions.

If we take a look at the pituitary gland, it's responsible for regulating reproductive hormones such as LH (luteinising hormone) which causes ovulation, FSH (follicle stimulating hormone) which matures the eggs in the ovaries, progesterone which causes the endometrium to mature so it can support implantation of the fertilised egg, and oestrogen.

When infertility arises, it's essentially the body telling the women that she is not ready to conceive and needs to get a handle of the stress (and any conscious or unconscious fear) in her life, so that she can bring a baby into a loving stress-free environment. Introducing a regular *Yoga for the Vagina* practice into your lifestyle helps slice through the stress with relaxation and meditation techniques, while at the same time bringing fresh blood to the sexual organs so they can function optimally.

WHAT YOU DON'T USE, YOU LOSE

Ok, take a deep breath in, and let it out. What I'm about to share with you is pretty shocking. 44% of women will experience some form of prolapsed sexual organ with one in three women needing a hysterectomy by the time they're 60! How is this possible? Simple. If we don't use it, we lose it. Unfortunately many women today are not exercising their pelvic parfait and many who 'think' they are, are doing it in such a way that they are causing themselves more damage than good.

So lets take a deeper look at organ prolapse. Essentially the term 'prolapse' means to fall out of place. So when you are told by a doctor that you have a prolapsed sexual organ, it has quite literally become so weak it's let gravity take it south. Prolapses can happen to many of our internal organs, the bladder, intestines, bowel, uterus, our vaginal walls can even collapse downwards. In worst case scenarios the organs fall down through the vaginal opening! Oh my!

What's happening in doctor-speak when this happens? Too much intra-abdominal pressure in the abdominal and pelvic cavities cause a downward force that the pelvic floor muscles and surrounding connective tissue (pelvic parfait) are unable to support. Why can they not support it? Because the pelvic floor along with other connective tissue structures like fascia and ligaments, that help hold all of our pelvic organs in their respective places, become weak from lack of use *and* a sedentary lifestyle.

Yes, *sitting* a lot is a key contributor to prolapsed sexual organs, tightness in the groin, and the inability to be flexible enough to get down into a sexy squat. If you sit for one hour per day you're at risk of these

kinds of problems no matter what age you are. Women in their 20s experience prolapses, although it is not as common as it is for women who have given birth and are inching closer to menopause.

The other cause of wear and tear can come from birth (especially births where there has been vacuum extractions, forceps or episiotomies). Many of these structures within our pelvis can be easily damaged during childbirth, if the woman has not built a solid foundation within her pelvis. If you've had organs removed, such as a hysterectomy, this can off-balance the support system, leading to other problems. Taking out a problem organ only destabilises the structure.

The pelvic organs are packed tightly together and behave as a single entity within the pelvic cavity. Yet, because of the natural, fascia-lined space between the organs, each can also move and function independently. The problem comes when you take one of these organs out (surgery to correct prolapsed organs), it upsets the whole structure, and almost certainly guarantees further operations to remove more organs as they make their descent, unable to stay pinned into their position due to the loss of other crucial organs that were helping hold them in place.

Now I don't share this with you to scare you, I share this with you so you have greater understanding of *why* you want to look after your lady parts, and for those who have already had the horrible experience of prolapse (that may or may not have resulted in surgery or hysterectomy), how you can heal from that experience. The body is a self-healing machine if given the right circumstances. So whatever your circumstances, know that you can heal yourself naturally.

What's the best way to keep our sexual organs right where they're meant to be? Easy. Give up your Kegels (if you haven't read the '**Why NOT to do Kegels**' in the Resources area please do), study this playsheet for other ways to support your pelvic parfait and maintain a regular *Yoga for the Vagina* practice. Seriously, 3 half-hour practices a week is all it takes to keep your sexual organs ripe and succulent well into old age and prevent this kind of deterioration.

While the poses in all the sequences help gently tone and heal your reproductive system, the poses in the **Luscious lady Parts sequences** have been specifically chosen due to their focus on directly supporting your sexual organs. The poses help sexual fitness in two ways; Firstly, they increase suppleness, and secondly, they promote the health and tone of the spine, nervous system, glands, and vital organs. Blood is carried to the pelvis and feeds the spinal nerves.

Such famous poses as the **Spinal Twist, Shoulder-Stand, Fish, Cobra** and **Spinal Flex** are used by Yoginis throughout the world to boost their sexual health. Add in the use of the Jade Egg and you have a super potent sexual health regime. What's important to focus on as you do these poses, is to continue to release tension from your neck and shoulders, as this will be replicated in your pelvic region, which leads me on to talk about the Sphincters!

THE SPHINCTERS

Most women walk around with a lot of pelvic tension. One way to know you're unconsciously tensing your pelvis is to check in and see what your mouth, jaw and throat are doing. Are they tense? Or are they relaxed? What you'll find is your lips at one end will be a direct mirror of the lips at the other end. Yes, there is an intimate connection between our mouth and our vaginal opening, which is all part of what Ina May, author of *Ina May's Guide of Childbirth*, explains as the 'Sphincter Law'.

So what is a *sphincter*? A sphincter is a circular muscle that usually stays contracted so the opening of a certain organ is kept shut until something needs to pass through it. The sphincter you're probably the most familiar with is the *anal* sphincter that opens and closes when we need to poo to release the

contents of our bowels. Yet we also have other sphincter's down there. There are two urethral sphincters - internal and external - which release the contents of the bladder, and it's also believed that the cervix acts as a sphincter during birth.

The role of each of these sphincters is to relax and expand so that it can open comfortably wide enough to allow whatever needs to pass through, to do so. Obviously going to the toilet uses these sphincters, but so too does giving birth and having sex, whether that be vaginal sex or anal sex. Now there's a few things that we need to know about the sphincters so we can experience our lady parts in the most pleasant way during all of these activities, especially childbirth...

THE BASICS OF 'SPHINCTER LAW'

- ♥ They function best in an intimate and private atmosphere where interruption is very unlikely, for example, a locked toilet.
- ♥ They cannot be opened at will and tend to shy away from orders such as 'relax' or 'push'.
- ♥ They have a tendency to simply shut down when you experience stress, fear or become upset or emotional. Negative emotions create high levels of adrenalin in the bloodstream that hinder their opening.
- ♥ The ability of the anal, urethral and cervical sphincters to relax and loosen, directly mirrors the state of relaxation in the mouth and jaw.

This is how our sexual 'Sphincters' behave. But lets explore that last point for a moment. You will often hear me guiding you to relax your throat and mouth and tongue and even exhale a sigh. This is one of the reasons why. As we relax the muscles in our face, so too will that relaxation be felt downstairs. This is vitally important when learning to sip the egg inside, as you want to allow the vagina to open naturally, as opposed to trying to force the egg inside.

You'll notice that before beginning the sipping process I always guide you to place the egg at the vaginal opening and take a few deep breaths there. This in itself, helps the vagina feel safe so it can naturally relax. This is a really beautiful approach to take when having sex - especially anal sex - placing a finger or penis at the vaginal or anal opening and resting there for a few breath cycles. It builds trust and safety, two key ingredients required for the sphincters to flower open.

This concept remains important throughout your *Yoga for the Vagina* practice, because when you squeeze and release your egg, you want to keep your whole pelvic area relaxed. Any tension held down there will only lead to further tension as you squeeze. When we exercise and we are tense, we are building tension upon tension, as opposed to muscle and tone. So if in doubt, check in with your mouth, and if it's tight, relax it. That way you're consciously inviting the whole pelvic area to unfold and let go. And we can practice this now....

Sphincter play...

Close your eyes and go inside, take a few breaths to fully come into your body.

When you're ready, shape your mouth like a large 'O' and then into a small 'o' creating a pulsation back and forth to stimulate the roof of the mouth. As you continue to do this, bring your awareness to your pelvic parfait and vagina and see whether you can sense a response down there. Can you feel it?

Pelvic muscles are responsive to the muscular changes within the mouth and vice versa. Even micro movements like tapping the tongue on the roof of the mouth can be felt reverberating throughout the pelvic basin. Try smiling and notice how the core diaphragms (roof of the mouth, respiratory and pelvic

diaphragm) reverberate and respond. Blowing and sucking motions (like using a straw) can help activate the diaphragmatic ring muscles that help awaken the midline.

This is relevant for you wherever you are in your womanly life. During the reproductive years if you're clenching this space, you're reducing blood supply to your reproductive organs, which can make life hard for you by way of PMS and difficulties getting pregnant. If you've got an inflammatory condition or endometriosis, its going to have you clenching through this area.

All of this clenching brings up a lot of trust and control issues. We've all got our 'stuff'. If vaginismus is a problem for you, apply what you have just learnt about the Sphincters, both in your *Yoga for the Vagina* practice and during sexual intercourse. Get your partner to hold their finger at your vaginal opening to help create trust and love, as trust and love are what makes relaxation possible. Smile, laugh, relax your jaw. You may even like to blow raspberries!

When you totally relax the lips and blow a good amount of air through them at a considerable pressure, softly flapping them together in the process - resembling that of a horse! - it significantly releases the mouth, throat, and at the same time, your lower sphincters. Even if you don't do it properly, the fun and joy of trying, is often enough to help the body soften.

Ina May's 'Sphincter Law' is also crucially important to understand and use during childbirth. This is often why birthing women are encouraged to sing, breathe, sigh, make sound, relax their jaw, laugh and so forth, because it directly releases the sphincters needed to allow a gorgeous little bubba out into the world! When we're able to really work with our sphincters we're creating optimum space for healing.

So I encourage you to play with this in your daily activities, and especially take it into your *Yoga for the Vagina* practice. Keep bringing softness to your mouth to help your pelvic area release and let go, so you can fully absorb the benefits that come from this nourishing practice. Focus on softening on the release of your egg, then softening and relaxing more. Melting open is an active process, not passive.

WE ARE ONLY AS YOUTHFUL AS OUR PSOAS IS PLUMP

Let me introduce you to your psoas (pronounced 'so-as'). Being the deepest and largest core muscle we have in our body, the psoas is also known by Taoist healers as the 'muscle of the soul'. In her book *Core Awareness*, Liz Koch says: 'Tender and valued as the choicest cut of animal meat, the psoas muscle is the fillet mignon.' Where does this juicy tenderloin hide out?

The psoas grows out of our spine at about the twelfth thoracic vertebra (the solar plexus) spanning all the way down to our inner legs. On its way down, the psoas crosses over our hip sockets and dips back, much like the strings flowering over the bridge of a violin, toward the upper area of our inner thighs. The psoas is the only muscle that connects our spine to our legs, moving through our core like a pendulum that synchronises the free swinging of our legs while walking.

Not only does the psoas keep us upright and mobile, it allows us to live fully in the present moment. It helps our reproductive organs function, relieving a wide range of symptoms including menstrual cramps, water retention, insomnia and recovery from deep-seated fears and trauma. When the psoas is in a healthy condition we will feel safe and in harmony with life so that we can have the strength and resiliency to pursue our purpose, and open our hearts so we can express love and vulnerability.

When we witness ageing in the body we're really witnessing the body drying out. Think of a grape. The drying out sultana effect is essentially what happens to the psoas. If you want to know what a shrunken psoas looks like, just think of a hunched-over elderly person! While water consumption is important for

hydration, so too are wavelike, undulating movements. It is poses like **Mermaid**, **Hip Swivels** and **Sufi Grinds** that help release tension so the psoas can become plump and juicy again.

One of the best remedies for a tired, dried out psoas muscle, really is yoga. Not hardcore yoga, but soft, gentle, flowing yoga that incorporates lots of hip movements. Yoga that is primarily designed for women! You'll find a nice mix of poses in *Yoga for the Vagina* that help stretch out and release tension from the psoas so you can feel more comfort and spaciousness within your *body*, as much as in your *life*.

As you explore the **Luscious Lady Parts sequences** you'll also become acquainted with your **Bubbling Springs** reflexology point in the feet. This is the kidney point. Now the kidney meridian energetically connects the foot to the upper psoas. So when you're pressing this point, you are helping bring fresh energy to the psoas.

So we can see the importance of looking after our psoas from a physical health and youthfulness perspective. What about pleasure? It is the psoas that undulates when we experience full body orgasms. The midline in its primate response moves through a wave-like motion as it overflows with pleasure. If your psoas is tight or dehydrated, then it won't have the capacity to allow for the undulations that fill us with pleasure.

SEX AND PELVIC HEALTH

Speaking of pleasure... You'll be happy to know that sex is generally good for your pelvic health. And the more sensual you are as you indulge in a little love-making, the better! Where there is nerve stimulation and muscle contraction - key parts of any good roll-in-the-hay - there are benefits for our natural pelvic design. When we lie down to have sex the uterus is repositioned and is likely to stay there until we stand up.

Don't worry, if you like standing up to have sex or you're an 'on-top' kinda gal, the excitement and movement of sex usually keeps the pelvic area pinned nicely in place. But getting a little sexy as you play, is where your pelvic area gets the most love. Performing belly rolls during intercourse is an exquisite pelvic floor exercise that actually helps strengthen the area. Our partner's love them and they feel so good for us!

To do a belly roll, think of making a wave that begins at your pubic bone, travelling up to your diaphragm, and back down to your pubis. You can do this by pushing your lower belly out, then push your abdomen out. Contract your lower belly, now your abdomen. Do the sequence faster and faster until it forms a continuous wave. Reverse the direction of the wave, abdomen out, lower belly out, abdomen in, lower belly in. My suggestion is, if you've never done a belly roll before, practise it on your own, before introducing it to the bedroom, so you feel super confident and playful!

LET'S EXPLORE...

The **Luscious Lady Parts 60-min sequence** builds upon what you learnt in the 30-min sequence. Now before you head into this one, I just want to warn you that it involves a **Shoulder Stand**. If you're planning to do the **Shoulder Stand**, just make sure you have a large folded blanket nearby to use in the pose so you don't hurt your neck. Different poses will activate different things within you. Allow yourself to feel whatever you need to feel. If it's resistance, if it's pleasure, if it's a feeling of something shifting, just be with that feeling.

Keep your focus throughout the sequence on feeling a lift from your pelvic floor; feel it drawing up your front body. Take time in each pose to feel that energy rising up, and if you can't feel it just yet, imagine

it. Let that upward lift help create length in your spine and help connect you with the energy of your reproductive system. With each breath in, feel the oxygen moving down your body and massaging your sex organs; the breath giving your organs a nice rinse. And with each squeeze of your Jade Egg, feel your whole pelvic parfait involved. Let your mouth relax, and notice how this is mimicked in your pelvic area!

Once you finish your practice, do a little journaling to gather any insights that can help support you in understanding the function and health of your sexual organs. Some questions you may like to ponder...

- ♥ How did you feel about your lady parts?
- ♥ Did they feel ripe or did they feel blocked?
- ♥ Where did you feel pain or discomfort physically or emotionally?
- ♥ What realisations did you have about your relationship with your body?
- ♥ Do you believe things about your body that are limiting you?

Bring your hand to your womb regularly through your day, and reconnect with your precious womb-space. Your creative space. The space that can birth all sorts of wonderful things.

LUSCIOUS LADY PARTS 60-MIN SEQUENCE RUNDOWN

POSES	TIMES
Love Wrap	2-min
Neck, Jaw & Throat Massage	2-min
Breast massage	2-min
Fertility Massage	3-min
Vulva Massage	3-min
Sipping / Pulse / Intention	2-min
Isolated Pelvic Lifts	3-min
Rest Knees to Chest	30-sec
Prance	3-min
Base Position Rest	1-min
Rock'n Roll	30-sec
Camel	2-min
Extended Child's Pose	90-sec
Butterfly with BOF	90-sec
Bubbling Springs	1-min
Shoulder Stand	2-min
Fish	30-sec
Base Position Rest	1-min
The Slinky	2-min
Rest	30-sec
Wind-Relieving Pose	4-min
Single Leg Lifts	3-min

Rest	30-sec
Windscreen Wipers	3-min
Rest	30-sec
Reverse Plank	90-sec
Pulse	30-sec
Relaxation	6-min
Pretzel Stretch	1-min
Rock'n Roll	30-sec
Self-Love Blessing	2-min