

Pure Pleasure

60-minute playsheet

Welcome to the **Pure Pleasure 60-min sequence**; where we get to play with our pleasure a little more. In this playsheet I share with you some tantalising ways to explore pleasure in new ways in order to connect more deeply with your pleasure, and thus expand it. And the first way we're going to explore pleasure is through engaging our six senses, and using them in such a way that will invite you deeper into your connection with both your physical body and your energetic body.

ENGAGE YOUR SIX SENSES

I say six senses, because the one sense that is rarely taught to us as a child, is our sixth sense of intuition. It is this sense that we most need to work with, so that it becomes as comfortable as our other five senses. There is a BIG focus in *Yoga for the Vagina* for you to really trust that inner voice and know that she is there to guide you, not only in your practices on the mat, but throughout your life. Once you get to the fourth layer of learning, it is this sense that will be responsible for your whole practice!

What about the other five senses? They are vitally important when it comes to being able to heighten your experience of pleasure. Here is an exercise I encourage you to play with as it will help you get to know your senses on a far deeper level. It will also teach you how to engage each sense more thoroughly so that you can expand your full experience of pleasure.

A little pleasure-play...

To begin with, start to notice which senses you rely on more for your pleasure. Smell, taste, sight, sound or touch? You might like to spend one of your **Pure Pleasure sequences** with this sole intention, to simply notice *which* sense is your automatic go-to. In each subsequent sequence choose a different sense to focus on, making your way through the six senses, one by one.

To do this, it can be easier to eliminate some of the other senses to help you hone in on the sense you're wanting to explore. When we remove one sense, it amplifies the other senses. So if for example you were focusing on 'smell' you could wear a blind fold to take away sight, or you could knock out all sound except from the guided audio by wearing earphones with some earmuffs over the top.

Lets look at how to use our senses in a little more depth...

SMELL: While we may not think much about smell when it comes to pleasure it really does play a vital role in our arousal. We are always smelling things that go unnoticed by our conscious smell, but it contributes to our arousal regardless of whether we are aware of it or not.

We ladies also send out smell signals when we're ovulating, making us more attractive to others. During your practice, see if you can notice the difference in your own smell at various times of the month. Do these smells ignite you or repulse you? And if they repulse you, what is it that you need to let go of, in order to fully embrace your womanly smells.

Explore your other smells as well. Become more attuned to the scent of your breath, armpits, skin and genitals. You may like to light an oil burner with some essential oils and see whether that scent affects how you experience yourself in a practice. Play with smell and scent and see where it takes you.

TASTE: Our sense of taste is intimately connected to our sense of smell. So much so, that if you cannot smell, you cannot taste! Some key factors that influence how our mouth, skin and genitals taste are the food and drink we consume, whether we smoke and how stressed we are. I think it goes without saying a healthy organic diet, drinking lots of filtered water, not smoking and eliminating stress will all help you taste yummiier!

In terms of exploring taste in your practice, my suggestion is to go into a pose and connect with your mouth, the saliva, and really ask yourself: How does this pose taste for me in this moment? You may be surprised by what responses you get from yourself as you begin to explore taste as a pleasure-sense in your yoga practice :)

SIGHT: What we see has a profound impact on how we feel about something. Generally speaking, if we're served up meal that looks like culinary art, our mouth is more likely to water. If we're served something that looks like dog food from a can, then it may not quite turn us on in the same way. That's not saying it won't taste great, but our sight plays a huge role in our enjoyment of things. Same goes with our environment.

When our environment - the place we choose to practise in - looks and feels beautiful, you'll feel more relaxed. When it doesn't visually turn you on - for example if there is clutter everywhere and the floor is dirty - it is much more difficult to access your physical turn on. What am I saying? Make your practice space beautiful! Make it appealing to your eye. Try your practice one day in a messy room, then the next day in an inspiring place you've created especially for your practice, and notice how differently you feel.

You may also like to try practising one day in front of the mirror and one day not, and see what that brings up in you as well. Do you find it pleasurable to see your body as you practise. When it comes to body shape, our body shape is a direct product of the thoughts we think, the emotions we hold onto and the stories we tell ourself. Use this practice as an invitation to explore and accept your curves and lumps and bumps and all the parts that have led you to where you are today.

If you find yourself in your head criticising your body, find places that are beautiful. Don't believe you have any beautiful bits. Stare into your eyes! Then gradually work your way out. Nurture and celebrate your body. Be kind to it. Massage love into the parts you loath the most, and treat your body as the temple that it is. Playing with different visual cues will help you uncover and heal any deep-seated self-loathing.

SOUND: I don't encourage people to put on music while they do their practice, only because it can take you out of your body, and you want to be in your body connecting with yourself. So the suggestion I have for exploring sound in your practice, is to make sounds on your exhalations throughout your practice. Moans and sighs of pleasure are highly arousing. Here's why...

We have what's called a 'Vagus nerve' in our body and it connects our voice box and throat with our cervix and uterus. So when we make sound, we are sending pleasure signals right down into our lady parts! Hence why there is such a big focus in *Yoga for the Vagina* on making sound. It quite literally is a pleasure enhancer. Interestingly the types of sounds you make also impact your experience of pleasure.

If a woman is making low, earthy sounds for example, they are usually connecting her with her root chakra, in her pelvis. Mid-range sounds are more associated with the middle of the torso, and higher-

pitched sounds reflect a woman being more out of her body. Play with different pitched sighs and sounds as you exhale and see where you feel those sounds reverberating in your body.

Suppressing sound actually suppresses pleasure. So if you find insecurities and fears coming up around making sound during your practice simply notice those insecurities, realise they are nothing more than childhood conditioning that can be overcome, and begin to gently introduce sound into your practice.

TOUCH: It's time to break the taboo of touch. Touch is so vital to our overall health as human beings that without touch an infant will die. Yet so many people in today's world are touch deprived. Learning how to touch consciously is something we must all learn, first with own body and then with the body of a lover.

By now you have begun to touch your own body and hopefully begun to melt any shame or insecurities that have surfaced as part of this practice. If this is something you have experienced, know that touch is healing. Touch is crucial to our happiness and health and of course, our pleasure. Touch really does wake us up!

So as you touch yourself in your practice, really connect in with that touch. As your hand touched your breasts, feel what it feels like to touch your breasts from your *hand's* perspective, then switch your focus and see what it feels like to be your breasts receiving touch. Start to bring this kind of deeper awareness into your practice, and notice how that affects your experience of touch.

I also encourage you, especially in the **Pure Pleasure sequences**, to be open to touching your own body lovingly during the poses. Let your sensual self come out and seduce you into a pleasure-filled experience. Be open to exploring the topography of your own body. Explore your body as if for the first time - for some of you it will be the first time - and notice the texture of your skin, how the underside of your arm is much softer than your elbow. Look for a curve you never knew you had. Explore.

INNER VOICE: Also known as your intuition, this is about trusting your inner voice to guide you through the practice. Yes, you have me instructing you, but let your True Self decide your internal rhythm in each pose, which option you take for the pose, how you connect with the pose, and so forth. Let your inner voice style each pose! In the Layer 4 learnings, your inner voice will be the prime tool you'll be using for your practice, so until then, simply begin to feel and listen out for this inner voice. The more you practise, the more she will be heard.

Once you've played with each sense individually, take your focus back to experiencing all your five senses at the same time. Pay attention to the sensations of a single, isolated part of your body. For example, observe the feel of your head on your shoulders when you roll your head back. Feel the soles of your feet burrowing down into the earth as you circle your hips.

Notice how the light in the room plays across your body and face. Become aware of the taste in your mouth, the smell of your skin, and your hair. Feel the waves of sound surrounding your body, and hone in on the sounds you create and how they affect other areas of your body. As you look at your body, how does that feel inside? When you close your eyes, how does that affect your pleasure? Explore your senses, engage, play. Let these sequences delight ALL your senses!

LET SENSATION GUIDE YOUR PRACTICE

Most people live their lives in a state of 'somatic amnesia'; a state in which we are mostly oblivious to the rich, informative sensations in the body. This lack of awareness is harmful to our health and limits

our ability feel pleasure. For when we don't have a solid connection with the sensations in our body, we are not able to receive the messages our body is communicating to us.

The **Pure Pleasure sequences** invite you to explore self-sensing by feeling your breath enter and leave, feeling your skin, feeling your internal organs, your bones, cells and muscles. But most importantly, feeling your *energetic self*. When we're able to connect in with our personal vibration we're able to tap into the immense pleasure available to us.

Our bodies are either expanding into pleasure and delight or contracting into distress.

When you become attentive to your sensations rather than ignoring the innate pleasure of sensation, you will discover a rich part of yourself that can bring much clarity and peace to your life. As you indulge in these delicious sequences, you will start to realise your organic, innate sexual nature. Real sensuality comes from *inside*, and the more you connect with your inner sex kitten, the more pleasure you will feel in your body.

Please note: This isn't about trying into be someone else. Don't try to look like a stripper (unless that comes naturally to you), don't try and look like *me* in the videos, or someone you've seen that just seems to have 'that thing'. Be **YOU!** The real you, minus all the conditioning that has you believing you need to look a certain way to be sensually delicious!

Find enjoyment in the simplest of moves. Feel into each millimetre of each move. Find the pleasure in the smallest of movements. Think of each pose as a chance to lay claim to your body, to take pride in its curves and fullness and textures. Forget shape and how you *look*, and instead let your practice be guided by your *internal* sensations.

Play with this little pleasure-cise...

Sitting or lying down, find a comfortable seat. Close your eyes and simply notice where your attention goes. What do you notice? Where do you sense pleasure? Or do you notice tense, hard, or painful places? If so, where are those places of discomfort? Explore these sensations by bringing your awareness to the qualities of the tension. Notice how your whole system, begins to respond. Start to consciously sense yourself. Consciously reclaim and embody yourself.

Spend at least 3-minutes sensing yourself.

Now feel a little deeper. Where do you feel alive? Where do you feel numb? Where can you sense stuck energy? Where is the energy flowing most vibrantly? Is there any turbulence, or just peace? Take time here to feel into your energy? Be with your energy and simply notice it without needing to do anything with it.

Spend a further 3-minutes (or more) feeling into yourself.

CREATIVITY AND YOUR PLEASURE

(and why you don't want to be having clitoral orgasms during your practice)

Your sexual (or life-force) energy is a powerful source that can be used to fuel your creative projects. When you hold pleasure inside of you - when you vibrate with pleasure - you have a presence and creative flow that is powerful beyond measure. This is why I encourage you not to stroke your clitoris during a *Yoga for the Vagina* sequence.

When we have a Clitoral Orgasm, it is generally short-lived and fizzles out quickly. The purpose of *Yoga for the Vagina* is to learn how to cultivate and harness energy within you - without ejecting it out - so that this energy or pleasure, can carry you through your day, keeping you in the creative flow, and present to the magnitude of opportunities available to you. If we are going for a Clitoral Orgasm we are essentially short-circuiting our energy supply.

G-spot and Cervical Orgasms are different. When we experience a vaginal orgasm like this, the energy has no peak, it is ongoing. What I'm saying - if you haven't experienced a vaginal orgasm before - is that you can feel pleasure ongoing for extended periods of time. Quite literally *hours*, if that so takes your fancy! This is what we want to facilitate in our *Yoga for the Vagina* practices.

G-spot and Cervical Orgasms are much bigger, much more expansive orgasmic experiences, than a Clitoral Orgasm. Many women describe the Cervical Orgasm as a fully body, out of body experience that connects them with all that is. Sounds pretty special doesn't it? Yep these kinds of orgasms, while you can work towards them, come about through surrender.

For some ladies their neural pathways for pleasure may even be in the anus or the perineum. It's not a one-size fits all. Don't make any one tool the one thing. These tools are meant to lead you to a place that is naturally already inside of you, where you can experience a nipple-gasm, a cervical orgasm or perhaps even an eye-gasm!

My suggestion it not to 'aim' for orgasm during your *Yoga for the Vagina* practice. That was never the purpose of this practice. Treat your practice purely as a healing experience - that may or may not be accompanied by an uber pleasure-filled moment or ten. If an orgasm arises within you, beautiful! If not, then you have cultivated some very potent energy to infuse into your creative projects.

**If you're wanting to explore G-spot and Cervical Orgasms in greater depth, I take you a journey into the world of orgasmic experience in my 2-month [Sexual Self online course](#).*

YOGA FOR THE VAGINA AND YOUR SEX LIFE!

Many women are drawn to *Yoga for the Vagina* to help them orgasm or help them deepen their orgasmic experiences. As you practise these sequences - making them a regular part of your life - your orgasmic response will naturally increase, as will your libido and want for sexual play. That is a given! Your experience of sex with yourself or another person will take on a new flavour as you start to come into your sexual ripeness.

As you would have begun to explore, not only can you squeeze your vagina, you can sip the egg up and down it, and you can isolate the different quadrants of the vagina - dividing the vaginal canal into three different levels, like the three different sections you'll see on your index finger. Part one is the entrance, part two is the centre, part three is the top up at the cervix.

Over time, once you reawaken the muscles and gain vaginal articulation and dexterity - squeezing the quadrants independent of each other - you will essentially be able to play rhythms on a man's penis (if you're a heterosexual relationship). Just imagine - you're partner is inside of you, neither of you are moving, and your vagina is massaging his penis into arousal!

Our vagina's increased dexterity also allows us to quite literally suck or pull our partner's finger, tongue or penis into us - just as you have been learning to sip the Jade Egg inside of you. Even if your partner has a soft penis, your increased dexterity will allow you to move his penis inside of you, taking the pressure off your partner to perform - opening the door to more pleasure from soft penetration. It really

can be quite fun to play with a flaccid penis, and massage it inside of you.

The feedback I've received from men, is that once you've experienced an awakened vagina, you're hooked! Your partner - and I'm talking in relationship to a heterosexual sexual relationship where thrusting is the main way of reaching orgasm - won't have to do as much work, they don't have to thrust into you, you can be *still* and create a lot of sensation that way. It's a different way of making love, which adds a whole new dimension to your orgasmic experiences.

As you gain control over these different quadrants through using the Jade Egg you also wake up the tissue so it can *feel* more pleasure. It becomes a lot more sentient because every little pleasure cell in your vagina and pelvis is being re-awoken. For most women, because they haven't paid much attention to this part of themselves, the tissue has become quite numb, hence why vaginal orgasms remain elusive.

Getting to know your body intimately is a life-long journey. Use these poses to keep your vagina alive and pulsing with pleasure.

Regular use of the egg builds your conscious connection with your vagina and pelvis. The more sensitivity and awareness you develop, the more you'll be able to relax and enjoy all the subtle ripples of orgasmic sensation. Regular use also gives you more mastery and control over the different pelvic floor muscles so you become skilful at inducing your own pleasure and stop being reliant on your partner's skill or the size of his erection. So even if you don't have problems with orgasms, that's great, it'll just make those orgasms much deeper, more intense; deliciously yummy!

The Jade Egg is an anchor for our consciousness and a symbol of our choice to make our succulence and our pleasure important and non-negotiable. That's why the Jade Egg is your friend, helping you step into your sexual self in all it's beauty, and reclaim yourself shame-free. This is where you get to connect with your sexual centre and reprogram the cellular memory in the tissues of your vagina.

Even when there is nothing inside of you, a dexterous and powerful vagina gives you access to a greater range of orgasmic responses. Just a few squeezes in the right place and you can become aroused very quickly. Once toned, a woman can essentially give a man a hand job with her vagina! If you can't feel anything in your vagina or you can't articulate in your vagina, then your vagina is not functioning as it was designed and the *Yoga for the Vagina* sequences will help you arrive there. So hang in there, practise pleasure, and pleasure will be yours.

TIME TO DO SOME PLEASURE YOGA

OK, so I've shared with you some really yummy ways to ignite your senses - play with this in your practice. Experience your senses independent of each other, track your sensations, and whatever you do, don't forget to journal after each practice so you can reflect and allow your True Self to shine some insights onto the page. So questions you may like to ask are:

- ♥ where do you feel numb?
- ♥ where do you feel the most pleasure?
- ♥ what are you doing when the pleasure is at its ripest?
- ♥ Are you able to be fully in your body during the practice, or does your mind steal you away?
- ♥ what do you need to let go of to expand your pleasure?

In this sequence we do even more hip and body undulations, so if you want a reminder on how important it is to explore the range of movement of your hips, re-read the **Pure Pleasure 30-minute playsheet**. Others, turn on your **Guided Audio** and play. Play and then play some more. Bask in pleasure!

PURE PLEASURE 60-MIN SEQUENCE RUNDOWN

POSES	TIMES
Love Wrap	2-min
Jaw Massage	1-min
Breast Massage	3-min
Vulva Massage	3-min
Sipping / Pulse / Intention	2-min
Rock-Around-The-Pelvic-Clock	3-min
Booty Massage Rest	1-min
Rock'n Roll	30-sec
Sufi Grinds	3-min
Love Scoop Rest	30-sec
Mermaid	2-min
Rock Pose Rest	1-min
Tarzan	90-sec
Body Tap	90-sec
Standing Rest	30-sec
Pelvic Thrusts	3-min
Hip Swivels	3-min
Figure 8s	1-min
Pelvic Shimmy	1-min
Hip Dips	2-min
Freestyle Dance	3-min
Standing Rest	90-sec
Froggies	90-sec
Base Position Rest	90-sec
7-Stroke Rolls	3-min
Pulse	30-sec
Relaxation	6-min
Eye Love	1-min
The Shuffle	30-sec
Pretzel Stretch	1-min
Rock'n Roll	30-sec
Self-Love Blessing	2-min