

# Pure Pleasure

## 60-min sequence manual

Love Wrap in Base Position .....	Pg. 1	Video 0:14
Jaw Massage .....	Pg. 2	
Breast Massage .....	Pg. 3	
Vulva Massage in Goddess Pose .....	Pg. 3	Video 0:52
Sipping .....	Pg. 4	Video 1:28
Vaginal Pulse & Intention .....	Pg. 5	
Rock-Around-The-Pelvic-Clock .....	Pg. 6	Video 1:59
Rock'n Roll .....	Pg. 7	Video 3:13
Sufi Grinds .....	Pg. 7	Video 3:41
Mermaid .....	Pg. 9	Video 4:47
Tarzan .....	Pg. 10	Video 5:17
Body Tap .....	Pg. 11	Video 5:47
Pelvic Thrusts .....	Pg. 12	Video 6:48
Hip Swivels .....	Pg. 13	Video 7:42
Figure 8s .....	Pg. 13	Video 8:27
Pelvic Shimmy .....	Pg. 14	Video 9:05
Hip Dips .....	Pg. 15	Video 9:41
Freestyle Dance .....	Pg. 16	Video 10:31
Froggies .....	Pg. 17	Video 11:18
7-Stroke Rolls .....	Pg. 19	Video 12:04
Relaxation in Sleeping Beauty Pose .....	Pg. 20	Video 12:53
Eye Love .....	Pg. 21	
The Shuffle .....	Pg. 22	Video 13:26
Pretzel Stretch .....	Pg. 22	Video 13:55
Self-Love Blessing .....	Pg. 23	Video 14:37

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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.

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## Jaw Massage

Relax your jaw and let your lips part a little. Make sure there's space between your upper and lower teeth - this will encourage your jaw to relax even more. Take your two middle fingers, locate the hinge of your jaw (where your top jaw meets 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 and soften this area, the more aware we are when we start tensing during our day. Spend **1-minute** massaging out any tension.

**GIFTS:** 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 - then your vagina, cervix and anus will be tight too! In order to easily accept your egg inside, your vagina needs to be as relaxed as possible. This is also why I encourage you to make sound during some exercises, as it relaxes these muscles both in your head and in your pelvis. 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 **3-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.

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## 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.

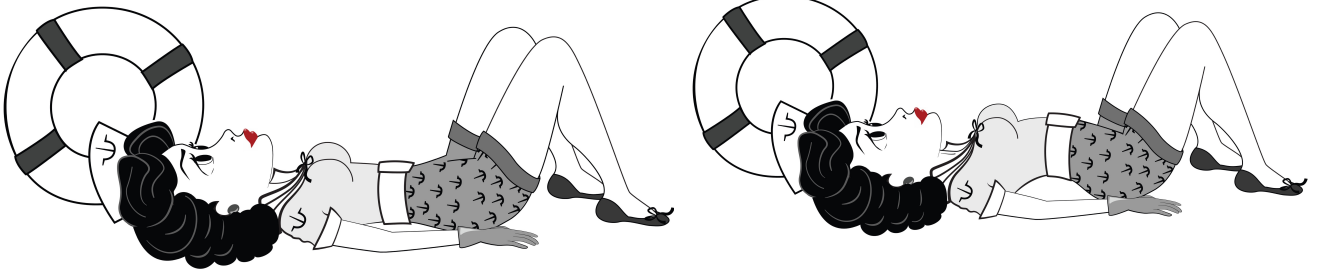
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## Sipping

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.

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## 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.

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## 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.

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## Rock-Around-The-Pelvic-Clock

Staying in the **Base Position**, locate your sacrum (the triangular bone at the base of your spine) and imagine that 12 o'clock is the top of the sacrum, 3 o'clock is the right side of the sacrum (back hip), 6 o'clock the tailbone and 9 o'clock the left side of the sacrum (back hip). This is our **Pelvic Clock**! Hands resting on your ovaries (or beside you if you prefer) bring your awareness to the place between your pubic bones and your belly button and simply imagine that a concentric circle is being drawn in a clockwise direction

Then whenever you feel ready allow this idea to express itself physically, slowly and gently moving your pelvis in circular motion. If I break this down of you it looks like this: Starting at 12 o'clock press the top part of the sacrum into the earth while keeping your back flat. Start to roll slowly towards 3 o'clock, then 6 o'clock (your tailbone) where your back should be arching. In one continuous motion roll up to 9 o'clock and then back to 12 o'clock. Continue to roll around your pelvic clock drawing a circle as you slowly take long slow deep breaths. Spend **90-seconds** going one way, then reverse the direction and spend **90-seconds** going the other way.

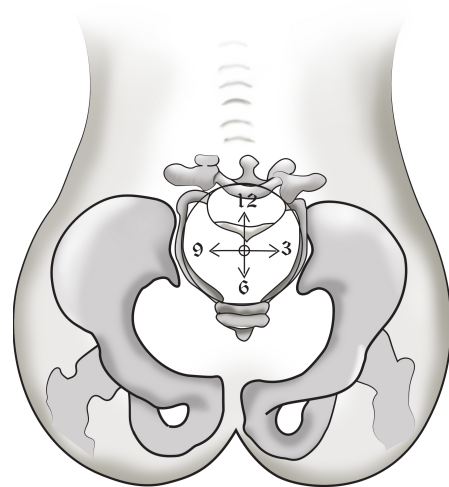
If you find any sore, tender or stiff parts, move even slower through those areas to help iron out the tension. One micro-millimetre at a time. You might find it helps to imagine you're spinning a dinner plate around on the table - your sacrum being the base of the plate, the plate itself being your pelvic area, the floor being the table. This is the type of motion we're wanting to replicate, only in super slow motion.

**REST.** Drawing your knees into your chest, give yourself a yummy hug and feel free to give your booty a little love, by spending the next **1-minute** massaging your buttocks.

**GIFTS:** **Rock-Around-the-Pelvic-Clock** is a delicious warm up to help free up your pelvic area and bring more awareness to your pelvic girdle. Immersing yourself in the spinning motion creates a natural activation of the pelvic floor and super structure of muscles that support the pelvic floor, while expanding your range of movement here. This is a highly nourishing practice for your pelvic region.

This pose also helps activate and iron out tension stored in the sacrum; the triangular bone just below the lumbar spine forming the base of the spine and the centre of the pelvis. The sacrum and the coccyx are unquestionably, two of our most important and vulnerable structures. Our centre of gravity lies within the pelvic bowl and it is upon the sacrum that all of the mechanical movements of the body are anchored.

The sacrum holds the back of the pelvis together and connects the lower half of the body to the upper half of the body. It supports the weight of the upper body, plus any additional loads we carry, and



distributes the weight - more or less everything depends upon the sacrum's alignment - through the legs. When the sacrum is not in alignment we're more prone to injury, fatigue and pain.

The sacrum and the coccyx are the gathering centres of all major nerves and are closely connected to the organs and glands. When they're open and connected we feel balanced physically as much as emotionally, but when they're closed we can feel trapped. You want your sacrum receiving this kind of nourishing movement - not only because it circulates your spinal fluid - but because it's so powerful in opening you to your full sexual bliss as a woman!

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## Rock 'n Roll

Hugging your knees into your chest, 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 through 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.



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## Sufi Grinds

Coming into **Easy Pose**, make sure your sit bones are plugged into the earth. If you need to spread the fleshy parts of your booty so you feel that earth connection, please do. Rest your hands softly on your knees and to begin the **Sufi Grinds**, simply rotate your spine in one continuous circle moving in one direction for a while, before going back the other way.

If we break this down, it looks like this: Inhale and push your chest out toward the front of you like the carved figure on the prow of a ship, arching your neck and back. Begin circling your spine clockwise, pushing your spine around to the right, making sure you keep your left sit bone pressing deeply into the mat. Feel the stretch in the right side of your torso. As you come around to the back, exhale and push the middle of your spine out toward the wall behind you.



Circle the middle of your spine round to the left in one continuous fluid motion, feeling the stretch in the left side of your torso, as your right sit bone presses into the mat. Inhale and come around to the front again, pushing your chest out in front of you and arching your back. Continue to wind your way around inhaling and squeezing your egg as you wind forward and exhaling and releasing your egg as you travel back.

As you wind your way around focus on keeping your sit bones connected to the floor at all times. You want to keep your head central, sitting above your pelvis, so it's your heart that is leading and creating the most movement. Your head and shoulders barely move. Once you find your rhythm, drop your awareness down into your pelvis and notice how you feel *inside*. Where you take your focus, that is the area you wake up - so really connect in with this grinding motion in your pelvis.

You may also like to imagine your spine is like a teaspoon in a teacup and you're stirring the tea. Feel the steam - or energy - moving up your spine as you stir up your life force energy. As the energy within awakens, allow it to wind up your spine with each rotation. Continue one way for **90-seconds**, then go back the other way for a further **90-seconds**.

To finish, gently come back to centre, inhale as you squeeze your egg. Suspend the breath, hold the breath inside your body, be still for **12-seconds**, and then exhale.

**REST.** Giving your ovaries a nice little circular massage, **Love Scoop** the energy up to your breasts, circling your breasts and resting there for **30-seconds**.

**OTHER WAYS:** If you feel stiff when you do **Sufi Grinds**, this is totally ok! Once you've been grinding away for a while, your rotations will become much more fluid. If you can't sit in **Easy Pose**, simply sit on a bolster or cushion in **Easy Pose**. You can also do this one in **Rock Pose** (kneeling) or sitting in a chair; you will still derive the full benefits of this practice. If you have problems with your spine, hips or back simply do smaller circles.

**GIFTS:** This spinal rotation is very grounding and affects your lower chakras, increasing blood flow to your pelvic region and promoting the health of your reproductive organs. When you **Sufi Grind** you are massaging the pelvic floor, the gluteal and softening and balancing the entire pelvic girdle. It's brilliant for relaxing and opening your hip joints and working the core muscles in your abdomen and back.

The circling motion keeps your lower spine flexible and your digestion moving. If you have troubles with constipation do **Sufi Grinds** on their own for up to 15 minutes to help shift the poopies. Because this pose works with the adrenals it can have a real calming effect, which can be quite meditative on its own. It really is a quick and easy way to become mindful, and drop down into your body.

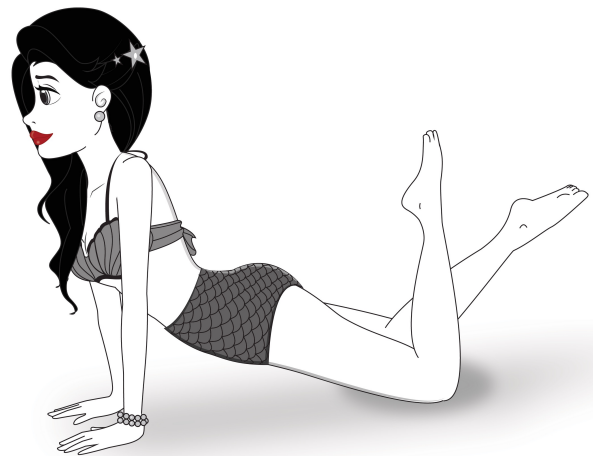
One of the reasons many women experience chronic back pain is because they have a limited range of motion in their spine. Unlike muscles that are nourished through blood flow, the discs between your vertebrae receive nourishment through the circulation of synovial fluid - and this circulation occurs only through movement and stretching, making **Sufi Grinds** extremely effective.

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## Mermaid

Come into **Rock Pose** with your hands on your knees. As you inhale and squeeze your egg, let your hands slide forward along the floor and out in front of you as your head dives down towards the floor like a **Mermaid**, rounding through your back, rocking your pelvis to the sky. As your chin nears the floor, in one fluid movement roll up through the spine pressing up into a **Cobra**-style position (only your pubic mound isn't on the floor like a traditional **Cobra**), your navel drawing in so you're not collapsing through your core.

Suspend the breath here as you pulse on your knees for a few beats, holding your egg. To get your sexy on, I suggest having both feet in the air, one a little higher than the other, toes pointed. If you've ever watched a sexy stripper you'll be familiar with the sensual undulations we're going for in this movement. Hold this pose for a moment, along with the vaginal squeeze, feeling your head lifting towards the sky.



Exhale your way back, release the egg, rolling back through the same curvature that got you to this position, chest to floor as your booty heads back towards your heels, feeling the arch in your back, using your abdominal muscles and arms to push yourself back up. As your butt cheeks rise, slide your chest back towards your knees and return to **Rock Pose**. Continue back and forth sensually for **2-minutes**.

There **Mermaid** is quite a strenuous move, so keep your breath flowing throughout. Many muscles come into play and you want to make sure not to skip any of them, so take your time, and really feel each vertebrae engage and release as your spine sensually unfolds. Keep your elbows hugging into your side body as you lower your chest down. The closer your elbows stay to your body, the more difficult the pose, but the more beneficial on the body. What's important in this pose, is that your chest and nose never actually touch the floor, but they come as close as they can do, without giving yourself a gravel rash.

**REST.** Rest here in **Rock Pose**, simply observing the energy you feel. Take a **full-minute** to connect with how your body feels having connected with your inner **Mermaid** and what that has brought up or opened up for you.

**OTHER WAYS:** Start in **Extended Child's Pose**, and as you inhale and squeeze your egg, roll forward, keeping your hands on the floor, coming up into **Sphinx** pose. One knee will bend so one foot comes into the air all sexy-like. Then as you exhale and release the egg return back to **Child's Pose**. If you have a stiff back or a rod in your back, simply allow your body to be as curvy as you can make it without causing yourself any pain. Even a tiny curve will help ignite your pleasure pool!

**GIFTS:** Just like a garden hose needs to be free of kinks, so too does the spinal cord. When there is an imbalance between the abdominal and back muscles, the vertebral column is pulled out of proper

alignment. By arching your back, as you do in the **Mermaid**, you're compressing your spine and rejuvenating the spinal nerves by bringing a rich supply of blood to the region, as well as massaging and toning the muscles in your back, thus realigning your spine.

So as you can see, the sensual movement of the **Mermaid** helps activate and keep the spine flexible, which you want if you want to maintain your youthful glow. The **Mermaid** also brings in a fresh supply of synovial fluid to the joints, which nourishes the joint cavity and surrounding structures. This eggercise engages your hips, creating a ripple effect throughout your entire body, not to mention it giving your core, arms and legs a really nice workout.

When we witness ageing in the body, what we are really witnessing is the body drying out. One of the areas this negatively affects is the juicy plump psoas. Through time, lack of movement and lack of support, the psoas dries and shrinks. As the psoas dries it begins to shorten. If you want to imagine what a shrunken psoas looks like, think of a bent-over elderly person. The gush of fluid, micro-movements, undulations and wavelike motions - such as we do here in the **Mermaid** - can enliven the exhausted psoas, bringing it the hydration and deep nourishment it's yearning for.

Plus it just *feels* sexy when you do the **Mermaid**! Watch a few pole dancers or some stripper videos for some inspiration if you want to really get your **Mermaid** on! Or simply watch a cat stretch and see how they gracefully stretch their spine out. Let yourself feel the sensuality of the movement and really let yourself connect with the *pleasure* of your inner **Mermaid**!

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## Tarzan

Begin sitting in **Easy Pose** with your legs crossed. Make your hands into fists, take them out to the sides of your body, so your arms are straight and parallel with the floor. Then start to softly pound your fists on your chest like you're **Tarzan**. Not too hard; don't hurt yourself! You just want to be able to feel it.

Essentially your right fist comes into your chest as your left fist goes out, and then your left fist comes into your chest as your right fist goes out. Make sure you're tapping all the way up your sternum, from your nipple-line to your throat. And don't miss the area between your breasts, as there is a super powerful acupressure point here that you want to be activating during your **90-seconds** of **Tarzan**.



Inhale and exhale through your nose. The exhalations happen as each fist comes into contact with your chest, and you want to increase in speed until you have a **Breath of Fire** forming. Allow yourself to fall into your own natural rhythm, making sure that your right arm is extending fully when your left fist is on your chest, and vice versa. Let yourself feel the energy moving. Let your inner **Tarzan** come out to play, and when you feel ready, start to make **Tarzan** sounds.

**OTHER WAYS:** If you can't sit in **Easy Pose**, **Rock Pose** or sitting on a chair will do just fine! The benefits come from the activation of your acupressure points up and down your sternum and from the sound you're making, so any seat will generate powerful benefits.

**GIFTS:** Your chest is littered with acupressure points that not only help shake up your lymphatic system, but also get your sexual energy moving. One of the most powerful points is right in the centre of the sternum, between your breasts. This point, known as CV 17, is great for overall breathing, is brilliant for heart health and helps alleviate anxiety and nervousness, hence why it is also known as the 'Sea of Tranquility'.

Other acupressure points in the chest help boost your immune system bringing relief to issues such as depression, an inability to concentrate, coughs, reflux, asthma, chest tightness and tension. As the tension releases, you start to feel better physically, and emotionally and gain a new perspective on the issues that underlie the anxiety and nervousness.

When you apply pressure to specific areas of the body you're creating better blood flow and activating the meridians responsible for sending healing energy to various organs in the body. Acupressure points are effective in their own right, but even more so when combined with specific breathing techniques such as the **Breath of Fire**, thus changing the chemistry within your body.

When you make sound like **Tarzan** you're activating your Vagus nerve. Your Vagus nerve connects your throat and voice-box with your cervix and uterus. Hence making sound in any of the eggercises super beneficial as it will start to melt any tension being held in the cervix, so that you can start to open your body up to the bliss of full body cervical orgasms. The deeper and stronger your **Tarzan** sounds, the bigger the healing! This is also a great pose for the thymus gland.

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## Body Tapping

Flowing on from being **Tarzan**, simply open your fists and start patting your body with your flat palms. Start with your naval. Again, not too hard, just enough to shake up the energy in your belly. If there is a baby in there do NOT **Body Tap** your belly. Move down to your abdomen to generate energy at the core of your being. Move down to your thighs, patting the entire region outside of your vulva.

Then gently pat the back of your kidneys. Be very gentle with your kidneys - you just want to give them a little stimulation to help them wake up. Move onto the rest of your body, tapping your arms, shoulders, neck, face, the top of your head; anywhere you feel drawn to pat, give them a nice **Body Tap**. Remember to breathe slowly and deeply as you pat your body for **90-seconds**.

**REST.** Bring your hands to your knees, placing them palms facing up, spine tall and rest here for **30-seconds**, feeling the effects of your energy activation from the previous two poses. Find the pleasure in the stillness, in the *being*.

**GIFTS:** **Body Tapping** has long been used in the Eastern world as a holistic healing method. The main benefit of **Body Tapping** is that it improves circulation in your body while freeing the body of tension, helping you feel vibrant and revitalised. While we only spend 90-seconds body tapping here, you can make this a solo exercise you do for five-minutes during your day to boost your circulation.

**Body Tapping** also helps you gain better control of your feelings by allowing you to gently release negativity you may have been bottling up. **Body Tapping** also enhances your energy by stimulating your chakras and you can even use **Body Tapping** to move energy up your spine, when you **Body Tap** from chakra 1 up to Chakra 7.

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## Pelvic Thrusts

Standing with your legs a fraction wider than your hips, soften your knees so they're comfortably bent. On the inhalation tuck your pelvis forward as if to create a stomach lock, while at the same time squeezing your vagina around your egg. Then on the exhalation push your pelvis back so you have a nice arch in your back with your breasts forward, releasing the vaginal squeeze as you do.

You can let your arms flow back and forward naturally, or pop them on your hips. You can simply squeeze and release the egg in this posture as you did in the 30-minute sequence, or you can use the inhale and thrust forward to suck the egg up the length of the vaginal canal to the cervix, and the exhale and thrust back to push the egg down the canal to the vaginal opening. This will help build more tone and sensitivity. Continue for **3-minutes** before moving straight into **Hip Swivels** below.



**BE CAREFUL...** not to lose your egg! If you're pushing it up and down the vaginal canal be careful not to push it right out. It could be a safe idea to make sure you have something soft for it to land on in case this happens :)

**GIFTS:** Pelvic Thrusts help to gently open up the pelvis and can become quite a dynamic posture when done rapidly. The muscles involved in a **Pelvic Thrust** include the gluteals and hamstrings, along with the muscles in the lower back, abdominal muscles and of course the pelvic floor. This exercise, while requiring minimal effort, gives these core muscles a really beautiful workout.

**Pelvic Thrusts** also help in the bedroom! Not only will you increase your range of motion and feel freer to embrace your natural undulations while enjoying love-making, **Pelvic Thrusts** also help evoke powerful sexual feelings and build your endurance, helping you sustain a strong body for prolonged enjoyment in between the sheets... and during childbirth!

Speaking of which, **Pelvic Thrusts** are a beautiful part of prenatal care. They help the expectant mother learn how to manoeuvre the pelvis in preparation for a natural birth. Many of the movements in this sequence also encourage abdominal tone which helps to quickly shed excess pregnancy weight. So if you're preparing for birth or recovering after, **Pelvic Thrusts** are a brilliant pose to take into your day.

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## Hip Swivels



Standing with your feet a little more than hip-width apart as you did with the **Pelvic Thrusts**. Fluidly slide your right hip out towards your right. Begin making wide, slow, clockwise circles with your hips as you inhale. Stick your booty out as far behind you as you can, arching your back and allowing your breasts to come forward to counter your hips (much like what you did on the exhalation in the **Pelvic Thrusts**).

Swing your hips slowly around to the left, pushing your left hip as far out to the left as you can. Exhale as you circle your hips to the front. Tuck your butt and push your pelvic bones out toward the front (as you did the **Pelvic Thrust** on the inhalation). Allow your upper body to counter backward. Take as much time circling around to the front as you do the back. Bring your hips back around to your right, pushing your right hip toward the right as far as you can. The deeper you bend your knees and the further apart your feet, the wider the curve becomes and the harder your quads will work.

Continue doing these super slow sensual circles without locking your knees with absolute presence for **90-seconds** one way, and **90-seconds** back the other way. Give yourself permission to feel the deliciousness of each millimetre of movement. And if you feel drawn to use your hands to touch and connect with your body, please do. Allow yourself to be playful and sexy, however that looks for you.

**GIFTS:** Continuing on from the **Pelvic Thrusts** we are continuing to unlock our hips and free our entire pelvic region so they are free to move as they were designed. A lot of vitality and arousal gets locked up in our hips, so when we start moving them as we are in this series of movements, we give ourselves access to that sexual energy. A hip workout really can be a profound experience!

Your pelvis is powerful and as you push the boundaries of how far you can physically stretch yourself, you may also unblock some powerful feelings. If you feel apprehension while doing these movements it will be coming from your subconscious conditioning - a lifetime of inherited thinking patterns. *Be* with these feeling without judgement. Be accepting and be where you need to be right now. Know that simply being with these feelings is the key to healing those insecurities so you may stand tall in your beauty womanly figure.

On top of all of that, the circular isolation movements of the hips simultaneously train the muscles of the vagina when the Jade Egg is being used. **Hip Swivels** are also the perfect antidote to tension in the pelvis during menstruation, helping to bring circulation to the area and alleviate feelings of stress. So get your **Hip Swivel** on, while waiting at the water cooler, in the line for the bank or as a morning wake-up stretch!

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## Horizontal Figure 8s

Standing with your feet directly underneath you, about hip-width apart. Keep your knees soft, pelvis slightly tucked and start doing **Figure 8s** with your hips. To do this, you are essentially drawing **Figure 8s** horizontally with your hips, but let's break it down...

Twist your right hip forward horizontally, push your hip diagonally forward shifting your weight onto your right leg, then twist your right hip towards the back. As your right hip twists back your left hip comes forward, pushing it diagonally forward, your weight coming into your left leg, as you twist your left hip backwards. At the same time, your right hip comes diagonally forward and so you continue doing **Horizontal Figure 8s**.

Aim to keep your upper body isolated from the hips - so your upper body isn't moving. Your chest stays in the middle as your hips draw their **Figure 8s**. Keep your knees soft with a light bend so you don't cause yourself an injury. Be mindful not to lift your hips when they go out to the sides; you want to stretch as far as you can, keeping your hips horizontal, as opposed to lifting them. Your feet remain flat on the floor. Continue to fluidly move your hips in a **Figure 8** for **one-full minute**.

**GIFTS:** Using your hips to draw a figure of eight requires strength and flexibility from your back and oblique muscles. In essence, you are twisting your body in a controlled manner and any form of controlled movement like this, requires great muscular strength. The graceful **Hip Swivels**, **Figure 8s**, **Hip Dips**, and **Shimmies** essentially use every major muscle group, toning your abdomen, pelvic, trunk, spine and neck, thus building a powerful core.

These movements work in harmony *with* the body, instead of *against* it, because they are based on movements that come naturally to the female human form. Movements such as **Figure 8s** put the joints and ligaments in the lower back and hips through a full range of gentle, repetitive motion enhancing flexibility and suppleness and improved balance when walking.

These kinds of sensual movements, used in various styles of dance, also help increase the flow of synovial fluid (nature's lubricant) in these joints, thus preventing and helping ease arthritis. This all helps relieve stress in the back, counteracting the almost constant compression of the disks that happens from sitting and a sedentary lifestyle.

Because you're on your feet, these types of movement's are considered weight-bearing exercise, which prevents osteoporosis and strengthens bones. The other big benefit with this kind of movement is that it is low impact, so you're not jolting or jarring your body, making it a very safe form of movement that is unlikely to cause injury. Plus they're also great for weight loss.

The undulating movement helps improve circulation and alleviates congestion and tension in the pelvic area, calming pre-menstrual symptoms. Emotionally this feminine expression creates sensual freedom and acceptance of oneself and one's body, drawing deep insecurities, fears and hurts to the surface to be healed. You can often feel like you're freeing yourself of both physical and mental limitations.

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## Pelvic Shimmy

In the **Breast Love** sequence we explored **Shoulder Shimmies**, now we get to play with the **Pelvic Shimmy**! Begin standing with feet hip-width apart and knees slightly bent. Make sure your knees are relaxed. Start moving your knees back and forth - left knee goes forward as right knee goes back, and vice versa - keeping your feet flat on the floor, and gradually get quicker and quicker.

As the pace increases start to feel the **Shimmy** coming from your pelvis as opposed to your knees. Feel the vibration in your pelvic area spread to the rest of your body and continue to **Shimmy** for **1-full-minute**. The most important thing to remember when you **Shimmy** is to stay relaxed, as it's really hard to **Shimmy** when you're stiff! *Please note:* The **Pelvic Shimmy** I am teaching you is somewhat different in nature to the **Pelvic Shimmy** taught in belly dancing!

**GIFTS:** The **Shimmy** energy is brilliant in energising and invigorating every cell in our body with vital life force energy. Our whole lymphatic system gets woken up, helping to maintain pelvic health. There is a lot of joy to be found in shimmying and expressing energy through the movement of our body - and this really is a fun eggercise to play with.

What you'll also find if you do pelvic isolation movements like the **Pelvic Shimmy** is that you'll have better digestion. Moving the muscles in the abdominal and pelvic region massages deeper internal organs, helping them function at their optimum. The result is better intestine and colon health. Strengthening the pelvic muscle groups and improvements to blood circulation help prevent menstrual cramps as well.

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## Hip Dips

This a version of a pole dancing move I learnt many years ago and have adapted it to make it easy to do, minus a pole! Standing, take your feet out so they a little more than hip-width apart. Slide your left hip to the left, moving your weight onto your left leg, then in one continuous fluid motion let you hips dip down, knees bending, as your booty travels from the left to the right in one luscious **Hip Dip**, until your right hip is stretching out to your right with your weight in your right leg.



Without stopping the flow, go back the other way, letting your booty paint a semi-circle on the wall behind you. Continue to go right to left, your heart lifted as your booty draws semi-circles behind you for **2-minutes**. Really let yourself feel into this pose, and make it purr! You can bring a lot of sensuality into your **Hip Dips** if you allow yourself to completely let go.

If you have your hands on your knees, be careful to make sure you are not using your hands to push you back up from the dip. You want the power muscles in your legs to look after that for you. That way your hands are free to either stay as support, or start making their way around your body with sensual touch.

You want to be taking deep full breathes in this pose, so trust your body to do this for you. But if you want to add a vaginal squeeze, I suggest inhaling and squeezing as you dip down, and exhaling and releasing as you come up; simply continuing this pattern throughout your **Hip Dips**.

**GIFTS:** Spending a lot of time sitting at a desk can lead to muscle strain and muscle loss, with our gluteal and hip muscles the biggest casualty. The atrophy of this muscle group causes a saggy booty!

Certainly not something that any of us want! When this happens our gluteal muscles cannot function properly, putting stress on our lumbar spine, which can lead to lower back pain.

**Hip Dips** - and many of the hip moving eggsercises in this sequence - go a long way in helping to wake these muscles back up. Because **Hip Dips** are essentially a sexy way of doing **Squats** you're working pretty much all the same muscle groups, making it a brilliant workout for your legs and booty! Plus you get to share your booty with the world as you do it!

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## Freestyle Dancing

From the **Hip Dips**, keeping your hands on your bent knees, start to draw circles with your booty. Let yourself feel the lusciousness of the slow and sensual movements available to you, and when you feel comfy with your butt circles allow you body to move as it feels drawn. Now you get to **Freestyle Dance** for a full **3-minutes!**



Now if you're feeling even a teensy bit self-conscious, know that you have been dancing for the past 10 or so minutes! All of these movements you can draw upon in your **Freestyle Dancing - Pelvic Thrusts, Hip Swivels, Figure 8s, Pelvic Shimmies, Hip Dips and Booty Circles**. If you don't know where to start, start with these movements and then give them life. Let yourself embellish them as you feel drawn to.

The purpose of **Freestyle Dance** is to find your own unique rhythm; your body's voice. Don't feel the need to look a certain way or dance like someone else, find *your* dance. We all have an inner Dancing Queen just waiting to be invited out to shake her sexualicious booty. So let your heart guide you in. Free the freedom that comes with letting go of any feelings of inferiority or fear.

**REST.** Slowly come to a stand still, allowing your arms to relax to your sides, spine tall, heart lifted, legs comfortable with conscious footing. Take a full **90-seconds** to feel the full effects of

the positive feelings generated after giving yourself permission to express your own feminine sensuality. Enjoy the safety and inner confidence that comes from having explored the many delicious ways you can move your body.

**GIFTS:** When you move your body in this dance-like meditation - where you let your inner voice guide you - you're releasing endorphins. Endorphins are naturally occurring neurotransmitters that resemble opiates (the word 'opiates' actually comes from the Greek meaning 'inner morphine'). Studies have shown that increased endorphin production lowers stress levels, helping you feel calm and relaxed, and have even been found to prevent cancer!

Not only that, dancing leads to better heart health and helps build resistance to the common cold and other infections by boosting your immune system. Because dancing is essentially an aerobic workout, it burns fat, raises your metabolism and tones all major muscle groups; legs, thighs, calves, gluteals, abdominals, upper arms back, reduces cellulite while improving suppleness.

If you make dancing a daily activity expect to have brighter skin. That's just one of the gorgeous side-effects of better circulation and enhanced oxygen being delivered to your skin cells (and your brain). You'll sleep better if you dance regularly, and the feminine curvaceous movements will help you stay more in tune with your natural cycles, thus helping to ease PMS.

Dancing will serve you well into old age as the movements relax and lubricate your joints, which can be extremely helpful in cases of arthritis. And because dance mentally stimulates you - as you're required to synchronise movements of different muscle groups - it improves your motor skills, hence why those who dance a lot have better memories and more mental alertness.

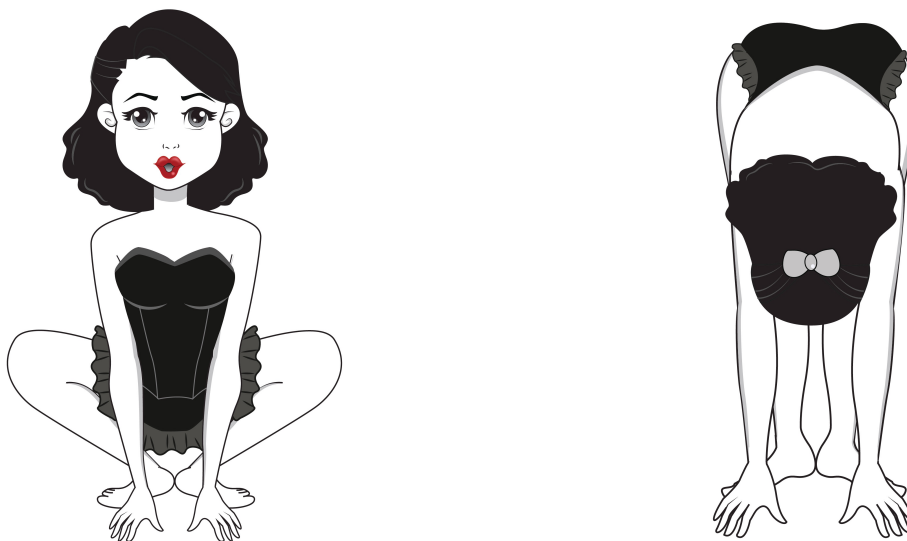
There's even a movement now encouraging birthing women to dance their way through labor, as dancing helps open up all the major muscle groups required for a natural birth while at the same time helping a woman connect with her unborn child. So if you're planning on having children, dancing is a delicious way of helping to prepare you for the birth process. Bellydancing in particular has been inextricably linked to birth for thousands of years and is still a birth custom in today's Arabian villages.

If you've danced leading up to conception and through your pregnancy you'll also find that your body will return to its original shape much more quickly due to the muscle memory. Sensual movements that focus on the pelvic area also help keep the pelvic floor in tact, preventing incontinence which affects at least 60% of women post birth. So yes, dancing will help you in so many respects, but most of all dancing is just plain FUN!

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## Froggies

Start out by looking like you're squatting on your little lily pad as the image suggests, with your heart lifted and your shoulder blades moved in and down your back. Your heels are raised and together, feet facing outward and in line with your knees, hips as open as possible. Your arms are straight down in between your legs with your fingertips touching the floor and your back straight. Feel the length through your spine.



Inhale and squeeze your vagina as you lift your hips up, lowering your head to look at your knees. You should feel a nice stretch in your legs here. You don't have to straighten your legs completely, simply

straighten until you feel a good stretch. Your booty should be up in the air. Your fingertips remain on the floor, heels together and raised off the floor at all times throughout the pose.

On the exhale, release your vaginal squeeze, returning to your original squatting **Froggy**, head looking straight ahead (you can keep your eyes open for this one so you don't fall over), always keeping your heels raised and touching. Continue to do the Froggy for a full **90-seconds**. As you'll find, the quicker you do this move, the easier it is. So ideally you want to create quite a rapid pace moving in and out of your **Froggies**, without any gap between each one.

**REST.** Lie down on the floor in the **Base Position** and rest here for a full **90-seconds**. Feel the energy moving through your body, allowing yourself to connect with it and really feel the pleasure of the energy you've just stirred up within you.

**OTHER WAYS:** If you can't go down low into a squat for this, simply go as low as you can go and do your **Froggies** from there. Tailor the move to where you're at right now. You can also roll your yoga mat or use a blanket or towel to place under your heels if you need to.

This is a very dynamic pose, so if you can't do **Froggies** for 90-seconds (I certainly couldn't when I started!), go for as long as you can, and then simply rest on your lily pad and visualise yourself doing the pose for the time remaining. With practise you'll increase the time you can do **Froggies**. Just remember: You are stronger than you think!

If this is still too much, bring in a chair, stand behind it and holding the chair, have your feet flat on the floor, heels touching, bend the knees up and down in this position, inhaling and squeezing up and exhaling and releasing down. If you feel any pain at all in your knee joints, make sure you do one of these modifications. You don't want to feel pain.

**GIFTS:** This is a wonderful energiser of a pose that will really rev you up! If you're at your computer and you feel fatigued, if things just aren't going well for you emotionally, simply get up and do a few minutes of **Froggies**. **Frogs** are such a good pick-me-up you'll be amazed by how alive you feel afterwards.

The reason you want your heels touching is because there are energy lines that run through your heels, so when they're touching these energy lines are being activated. There are also energy centres in your fingertips, so when they're pressed into the ground, they're also being activated. You can have your whole hand down if you need that extra balance, simply make sure your fingertips are still touching the floor for that extra energy boost.

Energetically, the **Frog** pose works on our three lower chakras so it's activating and strengthening our sense of self and how safe we feel in the world. This pose really fires you up and strengthens your commitment to self. This is a great one to lift your sexual energy. If you're not feeling desire, this pose will shake up the energy and really help you feel the sexual energy more vibrantly.

**Froggies** strengthen and wake up our legs, heart and our lungs, while lifting up our creative energy too. **Froggies** are even great for any upper body problems. Even though they look like a leg exercise, when you do them the muscles in the legs flush the upper body with blood, so if you have trouble with your shoulders, wrists, elbows or hands, they will benefit from regular **Froggies** too. Plus, **Froggies** are a booty blessing!



## 7-Stroke Rolls in Goddess Pose



Lying on your back in **Goddess Pose**, legs shaped like a diamond with the soles of your feet touching. Squeeze your vagina around your egg seven times in succession, sipping in a little air with each squeeze. Hold your breath and the squeeze for seven counts, then release the vaginal squeeze and exhale for seven counts. Repeat this pattern for **3-minutes**, letting yourself feel the pleasure differences between the holding and the releasing. This can be an extremely orgasmic eggsercise that generates a LOT of sexual energy.

Once you get a hang of the **7-Stroke Roll** physically, start to add the energetic component. On each sip of air, imagine you are moving energy up your spine one chakra at a time. We have seven chakras as you will see on the image below. Moving energy up the spine, helps keep us chakrically fit; meaning we are healthier, happier and more in the flow of life. As you suspend the breath, hold the energy in your crown chakra and as

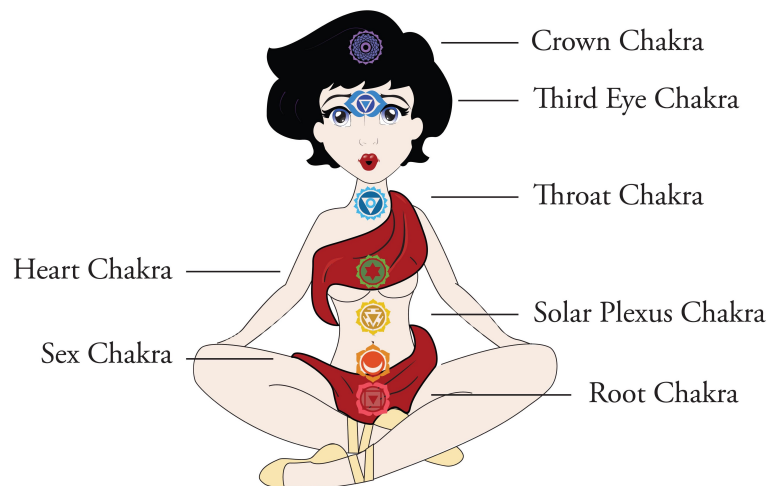
you exhale, imagine the energy moving up and out through your crown chakra into the heavens above, feeling yourself connected with all that is.

The actual squeezes as you sip can be as slow or fast as you feel drawn. That said, my suggestion is to start slow, to ensure you make a full vaginal squeeze on each sip. Then over time, as you build the vaginal dexterity and agility, increase your speed, until you are literally doing a **7-Stroke Roll** with your vagina!

**OTHER WAYS:** If you haven't quite built the vaginal dexterity to do seven squeezes in reasonably quick succession, simply do **3-Stroke Rolls** instead: Squeezing your vagina three times in succession as you take three sips of air simultaneously, hold the squeeze and suspend your breath for three counts, then release the vaginal squeeze and exhale over three counts.

**GIFTS:** The **7-Stroke Roll** was inspired by my love of drumming. I felt, if I could play a 7-stroke roll with my hands and my feet, why couldn't I play one with my vagina! What I discovered as I began training my vagina to play **3-Stroke**, **5-stroke**, **7-Stroke** and **9-Stroke Rolls**, was that they were extremely arousing; the quick contractions igniting an energy within me I hadn't known existed.

What I also discovered, is I developed for more vaginal control and dexterity and agility, essentially opening me up to the possibility of playing rhythms on my partner's penis. Then when I added the energy movement up the spine, the **7-Stroke Roll** turned into an ecstatic experience. I then added



gentle finger strokes - in time with the **7-Stroke Roll** - on the upper left hand quadrant of my clitoris, which made the eggsercise truly orgasmic.

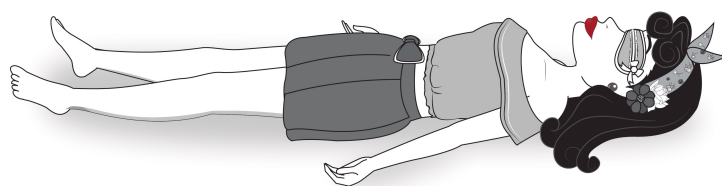
Now, I don't suggest doing the clitoral stimulation as part of your **Pure Pleasure sequence** as we are wanting to keep the energy *inside* our body (so we can start to experience the deeper G-spot and cervical orgasms), not eject it out through a clitoral orgasm, but if you want to play with this for fun outside of your sequence, by all means please do. And if you have never had an orgasm before, this would be a really nice way to warm into one.

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## 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:** Relaxing after your *Yoga for the Vagina* sequence helps the body integrate the work you've done. Whether you feel like you've done a lot, or whether you feel like you haven't done much at all, you've stirred up a lot, creating some potent healing energy inside of you. Now you want to give your body the time and space to distribute that energy - allow it to flow freely - to the places that need it most, before you go about your day, or go to sleep.

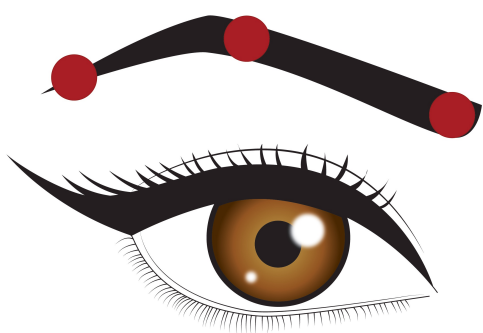
This is your chance to loosen the body and mind of any tension it has been storing - to completely let go and unwind. You deserve it! When our body stays in a constant state of alert (always on the go) it

expends a LOT of energy. Consciously relaxing the body, which we do at the end of every practice, trains the muscles to release when they're not required for use. It's like training your muscles to take advantage of every ounce of downtime it gets throughout your day to refuel ahead of your next task.

In a nutshell, **Relaxation** serves several functions: It rejuvenates the parasympathetic nervous system, distributes energy stimulated by the poses, releases rigid patterns in the muscles and blood flow, circulates glandular changes, centres one's emotional energies, thus teaching us how to better handle stress and let go of anxiety and overwhelm. It goes without saying that the ability to relax is essential for physical and mental wellbeing.

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## 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 eggsercise 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.

## The Shuffle

Staying on your back in **Sleeping Beauty Pose**, bring your legs closer so they're hip-width apart. As you inhale, stretch one leg away from you as far as it will comfortably go (as if you're trying to make it longer) with your toe pointed, and as you exhale, release that leg as you stretch the other leg away from your body in the same manner.

Continue to rotate between each leg, stretching away from you and releasing, for **30-seconds**. You may choose to include your arms overhead in the movement for a full body stretch, by stretching the right arm away from you as your left leg stretches away, and the left arm away from you as your right leg stretches away.



**GIFTS:** Stretching our your legs and hips in this manner, helps iron out tension and even out where the legs sit in the hip sockets. Many women's hips and pelvic regions go out of alignment easily which can lead to knee, ankle and foot injuries, not to mention sciatica. This simple yet effective pose helps even out your pelvic alignment, which ultimately, is at the centre of your whole body alignment. Plus when you involve your arms in the action, it just feels really really nice!

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## 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 you 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.

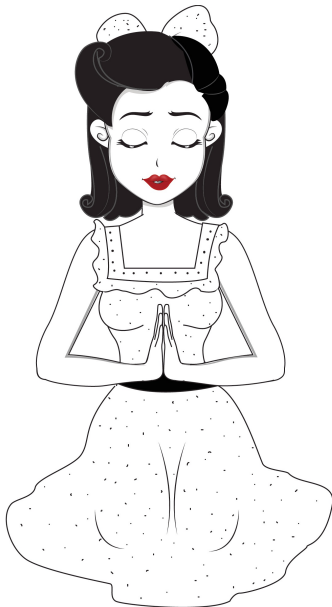
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## Self-Love Blessing

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 pleasure-filled 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 acupuncture 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.



Feel the depth of your gratitude for having devoted this time to your heart-felt pleasure.