

# Blissful Breath

## 60-min sequence manual

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### Love Wrap in Base Position

Begin in the *Yoga for the Vagina* **Base Position**, lying on your back, knees bent towards the sky with your feet flat on the floor, hip-width apart. Take a few minutes to simply breathe into your body, allowing your breathing to deepen and lengthen; your stomach expanding on the inhalation and falling on the exhalation. Use the breath as a way into yourself. Let the breath connect you with your centre. *Come into yourself.* Bring your attention to how you're feeling in this very moment and give yourself permission to really *feel* 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** 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

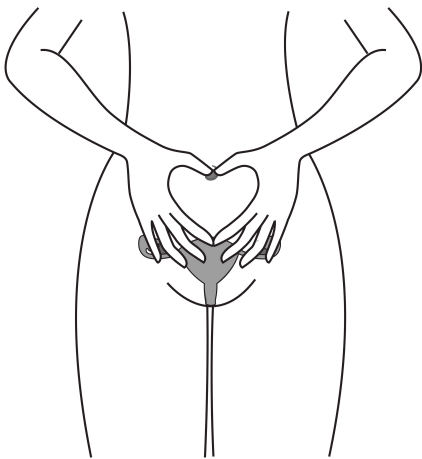
Rub your hands together vigorously to generate some heat (you may like to do this with the coconut oil). Then place your hands a couple of millimetres above your breasts, so they're not quite touching the skin. Take a few deep breaths in and out, allowing yourself to connect with the auric field of your 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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## Ovary Massage



Place your hands over your ovaries. Your ovaries are hidden deep in your body protected by the big bones. *Not sure where they are?* Bring your thumbs and index fingers together like an upside down triangle, placing your thumbs on your navel, the point of the triangle pointing down to your vagina, sitting on your pubic mound (as in the picture). Bring your attention to where your pinkie fingers are sitting; that's where you'll find your ovaries.

Spend **1-minute** massaging your ovaries in small, gentle but firm circles. Massaging through your skin in this manner helps wake up and enliven your ovaries. As you massage ideally you don't want your hands to lose grip with your skin (easier to do without massage oil); the stomach moves with you as you massage, making the movement quite subtle.

**GIFTS:** Ovary massage helps create accentuated blood flow into your pelvis and ovaries, which in turn, enlivens all the cells and tissues in this area. Since stagnation is the major culprit behind most of our female health issues, doing any exercise that promotes circulation, is a key part of maintaining your sexual health, and breaking up any stagnation so you can expand your pleasure.

What's interesting, is that we can actually get energy from the eggs we let go of each month *through* ovarian massage, while at the same time helping to keep our ovaries young and succulent. Ovarian massage is great for women going through menopause, as well as for women who are missing an ovary or two. The energetics of the ovary are still very alive, so you still want to work with them in this way.

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## Vulva Massage in Goddess Pose

From **Base Position** bring your feet together, arches 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. 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 and begin to connect with all the yummy pleasure spots. Spend **3-minutes** exploring 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.

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 you **Vaginal Pulse** will become more alive and more easily felt. In the 60-minute Sequences we return to feeling for our **Vaginal Pulse** before we go into our **Relaxation** to bring awareness to how more awake she is than when we first connected in. The pulse, will in most cases, be stronger and easier to be felt at the end of your practice, due to all the love and activation it's received over the past 45 or so minutes. Take **30-seconds** here to feel the ripeness of your energised vagina.

**GIFTS:** Over time this pulse - which may feel like a persistent throbbing - will become more present, not only in your *Yoga for the Vagina* and other sexual practices, but in your everyday life. You'll start to feel more alive, more beautiful and your creativity will flourish as you give yourself permission to be fuelled by this yummy and pleasurable life force energy. Connecting with your pulse - really taking the time to notice it - is a key ingredient in living an orgasmic life!

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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 experience yourself as love, for this is at the root of everything we want in life anyway. 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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## Clapping Scarecrow

Lying in **Base Position** send your arms out to your sides on the floor, like you're a **Scarecrow**, palms facing up. Inhale and squeeze your egg as you let your straight arms paint a rainbow until they meet (as per the picture), then let an exhale carry your arms back down to the floor, returning to you **Scarecrow** position, as you gently release your egg. You're using your arms to mimic the clapping action happening inside your vagina.



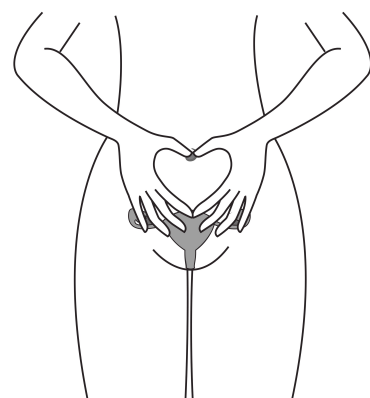
Focus on keeping your shoulders plugged into their sockets while at the same time, feeling your hands stretching away from you. This will keep your arms in an active pose where your arms will naturally remain straight as they float up on the inhale and glide back down on the exhale. As your arms return to the floor each time, let the expansion you feel opening up through your chest, be felt inside your vagina. Go as slow as your breath will allow and continue for **3-minutes**.

**GIFTS:** **Clapping Scarecrow** is a beautiful introduction to squeezing and releasing your Jade Egg as you get to mimic the action in your arms. In this way, you're able to bring more awareness to what's going on inside your vagina. What is happening in your vagina will be mirrored in your arm movements, making this practice super powerful in becoming more aware of where you tighten unnecessarily, and where you feel the need to rush. If you find yourself getting frustrated with the slowness of the movement, take it even slower, and you will start to reprogram and beliefs you have about needing to go hard-and-fast to get results.

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## The Love Scoop

The rest we do to assimilate the effects of the **Clapping Scarecrow** is **The Love Scoop**. To do **The Love Scoop**, place your hands over your ovaries (to find your ovaries place your thumbs at your belly button, hands pointing down in a triangle towards your pubic mound like in the diagram. Where your little fingers land is where you'll find your ovaries), breathe in, and as you exhale, feel the love of your heart fill your ovaries. Massage your ovaries in small circles for one or two slow conscious breaths, collecting your ovarian energy.



On your next inhalation, scoop the energy up to your breasts; your hands pulling the energy up the mid-line of your torso to your breasts. Cup your breasts and simply rest, breathing into your breasts with slow deep inhalations and exhalations, allowing your body to absorb all it's done; smiling into your heart as you surrender into its loving presence. Spend **1-minute** here.

**GIFTS:** When you fully engage with **The Love Scoop** you are training the body to move energy away from the genitals and reproductive organs and into the heart to be transformed into love and compassion. This is a powerful practice in transforming raw sexual energy into healing energy that will

not only facilitate deep transformation, but will open you up to deep heart-felt pleasure by turning physical orgasms into profound spiritual experiences.

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## Pelvic Lifts

Start in **Base Position**, knees bent with feet flat on the floor directly under your knees. Feel the earth come up to support you here. Palms of your hands on the floor beside your hips, feel your ten knuckles pressing down into the earth. As you inhale and squeeze your egg, press your lower back into the floor, and you will feel your pelvis tilt forward.

In one continuous motion, leading from your tailbone, roll your hips up off the floor, one vertebra at a time, squeezing your egg as your hips come up as far as they can go for a beautiful stretch, your sit bones energetically drawing towards your knees. As you arrive into the full stretch feel your chin come to your chest then let your chin look up to the sky. You might also like to imagine that a string is pulling your navel up as your heart blossoms open.

As you exhale, gently release the egg, making the slow journey back home, rolling down through your spine, one vertebra at a time, with your sacrum and hips the last to touch down, releasing any tension in your body as you arrive on the mat. Continue to do this eggsercise for **3-minutes**, paying close attention to every millimetre of movement as you roll up and roll back down. Take it slow and gentle. This is NOT a gym activity, but a practice in spinal awakening and presence. Use the breath in this pose to explore the *articulation* of your spine.

I also encourage you to make sound as you exhale your body down to the floor – whatever sound you feel needs to be expressed in that moment, let that sound free. We've been taught as a society to hold back our true feelings, so if you feel choked up, or unable to express freely, start with *mmmm*, *ooooh* or *aahhhh*. The more you open your throat, the more tension you release in your pelvis, hence why making sound on the exhalation is such a healing medicine in itself.



**REST.** Bring your legs into your chest, wrap your arms around them for a nourishing hug, rocking lightly from side-to-side to iron out any tension in your lower back. Stay here for **1-minute** to allow the energy freed up from the pose, to circulate and integrate.

**OTHER WAYS:** If you experience pain in your knees during this pose, place blocks or books of an even height under your feet. Watch that you're not squeezing your legs together as you lift as this can put strain on your knees. As you arrive into the full stretch with navel reaching up, be sure to look up as well, chin to the sky, so you don't put extra tension on your neck.

**DON'T DO IF...** you have nerve impingement in the neck area, as this can be dangerous.

**GIFTS:** **Pelvic Lifts** are designed to awaken you to the energy movement through your being, while also building strength in your back and in your hammys, promoting resilient connections between your hips, pelvis, and lower back. This pose stretches out your chest, neck, spine and hips and is brilliant for toning your booty! This is also a really great stretch for the ever-so-important psoas muscle.

**Pelvic Lifts**, when carried out with *presence*, calm the brain and central nervous system, which helps alleviate stress and depression. Your internal organs get a juicy massage that improves digestion while stimulating the lungs and thyroid glands. On top of that, it relieves the symptoms of menopause, anxiety, backache, headache and insomnia, while activating your immune and endocrine systems.

Moaning or sighing - making any sound really - on your exhalations, will help open the throat chakra, allowing for a much better flow of your sexual energy and dissolving of tension in the cervix and uterus, clearing the way for deeper orgasmic experiences. It will also help build your internal confidence to feel comfortable speaking your truth.

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## Rock 'n Roll

Bring your knees into your chest, holding them in your arms. Gently peel your head off the floor, and tuck your chin to your chest. Rock back and forth along the entirety of your spine - all the way from your tailbone to your neck - softly massaging your spine into the earth. Make sure you roll along your spine at least **3 times** before coming up into **Easy Pose**.



**GIFTS:** **Rock'n Rolling** does more than help us move from **Base Position** to **Easy Pose**; it circulates our life force energy and relaxes the spine. The spine is viewed as an energy antenna, thus rocking and rolling along the spine, helps wake up that energy and get it flowing more freely 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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## Spinal Flex Trio in Easy Pose

In order for your heart to function well physically, emotionally and energetically, it needs the support of the spine, to which it's connected. The spine must be able to take on different shapes and still allow

healthy breathing in the heart area. Staying in **Easy Pose**, imagine your head is filled with helium so your spine is being pulled up at the same time as your sit bones are rooting down into the earth, creating a beautiful stretch through your spine.

Feeling the space in your heart area let your hands take hold of your front ankle. In this position begin to breathe consciously and slowly into your beautiful belly, noticing how your body rocks ever so slightly forward on your sit bones as you inhale, and how it rocks ever so slightly backwards as you exhale. As you start to become aware of this very subtle movement, gradually begin to expand the movement into a full **Spinal Flex**.

In the full **Spinal Flex** you're rocking your pelvis forward as you inhale and squeeze your egg, pushing your chest forward and up, your chin pulling in slightly to your throat to help open up your spine. You're pushing the sit bones down, which will naturally bring your heart centre up. As you exhale and release your egg, you round the spine back for a juicy curve, naturally releasing off your sit bones.

Continue this rhythmic movement at a steady pace allowing your own inner rhythm to guide you. We all have an inner rhythm, and it may change from day to day, so go as fast or slow as your inner rhythm draws you to in that moment. Each practice is unique, so trust your inner rhythm to reveal itself to you. Whatever your pace, you should feel like you're riding a camel! If your eyes stay on the horizon with the flex, there'll be a sense of your head floating, hence the 'camel ride' feeling.

As you **Spinal Flex** be sure that the movement is being initiated by the pelvis; the pelvis moves and the spine and shoulders follow. The shoulders will naturally fall back as you inhale, and fall forward as you exhale. Keep your chin level at all times - your head doesn't move up and down - rather your chest rises. Ensure your head and shoulders remain relaxed throughout and use your hands for stability (as opposed to pulling you forward and pushing you back). Continue for **90-seconds**.

Without stopping, bring your hands onto your legs just below your knees. Continue riding your camel, allowing your ribs to open up and spread out as you come forward, drawing your shoulder blades back and down. Then as you exhale the ribs contract without allowing the heart space to collapse as the spine flexes backward to stretch the space between the shoulder blades. This variation will start to bring more air in and out of your lungs, hence why you want to go at a slower pace than when your hands were on your ankle. Continue in this new position for **90-seconds**.



Finally move your hands onto your knees (as pictured). Here, as you continue your **Spinal Flex**, you will be able to experience a full breathe down into the belly and out to fill the ribs as the spine extends and the chest moves forward and up. At this point the breath moves into the upper lungs, right below the collarbones, for a really complete deep breath, which stretches and opens the upper spine.

As you exhale your belly moves toward your spine. The spine stretches backward expanding the space between the shoulder blades, making more room for your heart. It's important here - because you're taking full breathes now - to slow your pace right down and feel the breath moving through you as your pelvis moves you back and forth. Continue in this final **Spinal Flex** pose for **90-seconds**.

**REST** in the **Base Position** on your back with knees bent towards the sky, feet flat on the floor hip-width apart. Do **The Love Scoop** and breathe. With each breathe, set the intention for your vagina to relax further open, more relaxed and more surrendered with each exhalation. And when you don't feel your vagina can melt open any further, intend for it to surrender open just that little bit more. Spend **90-seconds** here.

**OTHER WAYS:** If you've had a back injury or have a rod in your back, simply move as best you can. Do tiny movements to begin with; small movements are super beneficial! It doesn't need to be so pronounced to get immediate results. Go with where your body is willing to take you in this moment no matter what your condition, and ease your way into the pose as your spine gains flexibility over time.

If you can't sit in cross-legged **Easy Pose** you can do this eggsercise in **Rock Pose** (kneeling) or sitting on a chair, however this will change the benefits of the pose. So if at all possible, opt to do this one in **Easy Pose** and simply pop a big cushion under your booty for support. You'll know if you need a little extra support to lift your buttocks up if you feel your spine pulling you back. You want to be able to sit up tall with your legs naturally drawing down.

**GIFTS:** **Spinal Flex** is a wonderful pose to open up the flexibility in your body, and you want a flexible spine because the health of our spine is a direct mirror of how youthful we ladies look and feel. As Yogi Bhanan once said: 'Your age is not measured in years but in the flexibility of your spine.' Any pose that keeps the spine lubricated and agile is going to be an investment in your youthfulness.

The rhythmic movement of the **Spinal Flex** is designed to move energy up the spine, stimulating all 26 vertebrae and delivering all the chakras a burst of energy. More blood is carried to your brain, in particular the frontal brain, which is the seat of our executive thinking. Many people feel greater clarity after this exercise, probably due to the increased circulation of spinal fluid, which is linked to having a good memory and sparking creativity.

Moving your hands to three different positions during this eggsercise helps to open up the lower spine, the middle spine and the upper spine. When the hands are just under the knees, you will feel your ribcage become expansive, and then as you move your hands to your knees, your breath will open even further as your upper back and heart receive a good massage.

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## Heaven on Earth in Easy Pose

In **Easy Pose**, make sure your sit bones are rooting into the earth so you feel stable. Raise your arms up straight to a 60-degree angle, so they create a V, palms facing up; it's as if you're opening yourself up to the heavens, eyes looking up. In this pose begin **Breath of Fire** and continue for **2-minutes**. If you find it too intense, keep your hands up and do long slow breathing before returning to the **Breath of Fire** when you feel ready.

*\*See the **Blissful Breath** playsheet for instruction on how to do **Breath of Fire**. You'll need to practise this outside of your Yoga for the Vagina practice, so you do it correctly; otherwise you could quite literally pass out!*

To end the pose, inhale your hands together above your head, palms touching, then exhale your hands down to your body until you're in **Prayer Pose**, with your hands in **Prayer Position** in front of your heart, your sternum lifting to meet your thumbs.

**REST** here in **Prayer Pose** for **1-minute** taking long slow breathes deep into your vulvalicious vagina. Bring your awareness to how your body feels after doing BOF.

**DON'T DO ...** **Breath of Fire** when you are menstruating. If you're menstruating you can do this sequence without the Jade Egg, or you can do the **Moontime sequence**, specifically designed for this time.

**GIFTS:** The **Breath of Fire** (BOF) is valuable in so many respects, but the fact that it improves your quality of radiance and brightens and strengthens your aura, is reason enough for every women to do a little BOF each day. It's also one of the greatest ways to bust through emotional blocks fast by stimulating the parasympathetic nervous system, giving you a nice injection of confidence and strong sense of self-esteem. Not to mention a great energy boost!

If we look purely at physical benefits, BOF helps the body reach an optimum acid-alkaline balance, reducing irritability and plaque production in the arteries. It stimulates the Vagus nerve and balances the autonomic nervous system, cleanses the blood by removing toxins from the tissues, lungs and mucus membranes while improving digestion. How good is all that!



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## The Straw in Easy Pose

Cross your legs in **Easy Pose** - the pose of ease! Move the fleshy parts of your booty apart so you can root your sit bones down into the earth. The outer edges of your feet should be connected to the floor, so you feel nicely balanced and stable in this chair you've created using your body. Your hands will rest on your knees; have your palms facing up, so you're not creating any extra tension in your posture. There is a tendency to press down if the palms are facing down. So we want to switch them off. Let them disengage so they don't try to get in on the action. More importantly however, is the energy flows better when your palms are turned up. Then allow yourself to lift and lengthen through the spine.



Continue to focus on your heart lifting you throughout the pose. Breathing through your nose, take three consecutive sips of air; each breath filling your lungs one third of its oxygen capacity. With each sip, use your vaginal muscles to sip the egg up the vaginal canal, with the aim to have the egg sitting

up against your cervix at the third sip.

Exhale in the same way, letting out three breaths of air through your nose, as you push the egg back down your vaginal canal in three gentle movements, so the egg ends up just inside the vaginal opening by the third out breath. Continue to sip the egg up using the three-sip inhalation and allow the cervix to press the egg down on the three-breath exhalation for **3-minutes**, just like you're sipping the egg up and down a straw. Your vagina being **The Straw**.

To begin with you probably won't be able to move the egg in this way (it probably won't move at all), so simply imagine the egg moving one third of the way on each sip, as this will help build the neural pathways to eventually make this vaginal articulation physically possible for you. You can also use your eyes to help direct the egg. Look up to direct the egg up to your cervix, look straight in front when directing the egg to the centre position, and look down to direct the egg to just inside the vaginal opening.

If you want to know if the egg is actually moving, you can gently hold the string between your fingers and notice how much it moves. Alternatively you can gently put a finger in your vagina to gauge where the egg is resting - this is a great way to receive direct feedback.

Something else to be aware of is, that even if the egg is moving, to begin with you probably won't feel it moving. With practice you will start to feel a sensation moving through the vaginal canal, but be patient as this awareness and sensitisation develops over time. It can be a strange feeling, but it's quite incredible when you start activating the vagina in this way, especially when you're making love!

**REST.** Massage your ovaries, then scoop the energy up your torso to your breasts, circling your breasts before cupping them and resting there as per **The Love Scoop**. Allow your shoulder blades to melt down your back as you take three slow deep breaths all the way down to your vagina, letting your vagina melt even further open on each exhalation.

**OTHER WAYS:** If you need to pop a blanket under your booty to make **Easy Pose** more comfy please do, so your thighs can melt down. Of course you can also do this eggsercise in **Rock Pose** (kneeling) or sitting on a chair. If you want to make the exercise easier, so you're not having to contend with gravity, do **The Straw** lying on your back in **Base Position**. For a more advanced practice, try this eggsercise standing up. Just make sure you have something soft underneath you to catch the egg in case you push it right on out!

**GIFTS:** This eggsercise helps develop vaginal articulation and tone and can be used in sexual intercourse to keep the penis firm and alert. As the egg moves up and down it gives the vaginal canal a really lovely massage waking up the reflexology points in particular, activating both the spleen and liver systems in the body.

The quality of your vaginal walls is reflected in the lines on your face. So the more you massage the vaginal walls with the Jade Egg and tone and strengthen your vagina by doing eggsercises like **The Straw**, the more you increase collagen production and tone in your face, with the uplift effect happening in your pelvic area being mirrored on your face. So, yes, this is a brilliant eggsercise when it comes to keeping a woman youthful.

Overall, **The Straw** is a very grounding and energising eggsercise that can also be quite arousing when you tune into the minute movements in your vaginal canal! The bearing down, or pushing down motion helps prepare the body to be able to ejaculate, if this is something you'd like to experience. The actual

process of pushing the egg down (and out) is the most amazing entraining for giving birth, hence why **The Straw** is definitely a must-do exercise for women who wish to be a mother.

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## The Laughing Lion

Sitting in **Rock Pose** on your heels, making sure your big toes are touching and not crossed (crossed toes interrupts the flow of energy), hold your hands like the paws of a lion at either side of your head. Open your mouth and stick your tongue out fully. Then start to laugh from your belly. Really BIG laughter. And don't worry, it doesn't need to be a *real* laugh. Fake it 'til you make it! The body doesn't know the difference between a real laugh and a fake laugh, so it will still send happy chemicals streaming through your body. Continue for **90-seconds**.



**OTHER WAYS:** If you can't sit in **Rock Pose**, choose any comfortable seat that works for your body; **Easy Pose**, **Easy Pose** propped up with a cushion or in a chair. You can even do the **Laughing Lion** standing! Most importantly just have fun and laugh!

**GIFTS:** Laughter slices through negative emotion quicker than almost any other therapy. If you're not feeling good - stressed, depressed, anxious, in fear - laugh for two minutes straight and then notice how more alive and happy you feel. Not only is laughter a potent mood booster, it helps fill the body with oxygen, and disease and illness cannot survive in oxygen.

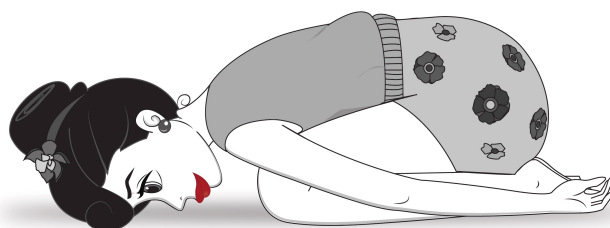
Aside from the mental benefits, laughter gives your whole body a workout, with scientists claiming one minute of belly laughing is the equivalent of 10-minutes on a rowing machine in terms of the workout you get. **The Lion Laugh** in particular is an excellent exercise for your facial muscles, throat muscles and even increases the blood supply to your thyroid gland.

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## Child's Pose

Come onto your knees as if you were coming into **Rock Pose**, making sure that your big toes are next to each other and not overlapped (as this hinders the flow of energy). Open your knees, especially if you have more voluptuous breasts. Inhale, lengthening up through your spine and as you exhale hinge from your hip creases, laying your torso down between your thighs, arms coming to the side of your body, palms facing up, forehead resting on the mat.

Broaden your sacrum across the back of your pelvis, and narrow your hip points toward your



navel, so they nestle down onto your inner thighs, as your forehead comes down to rest on the floor. Lengthen your tailbone away from the back of your pelvis while you lift the base of your skull away from the back of your neck.

Release the front of your shoulders toward the floor and feel how the weight of your front shoulders pulls the shoulder blades wide across your back. Breathe slowly and deeply, actively pressing your belly against your thighs on your inhale. Consciously rest here for **90-seconds**.

To come out of this pose, simply roll up through your spine, one vertebra at a time, head coming up last until you're back in **Rock Pose**, head over heart, heart over pelvis.

**OTHER WAYS:** If you have low or high blood pressure, place your forehead on two fists or a cushion so your head doesn't go below your heart. If you have difficulty sitting on your heels, place a thickly folded blanket between your back thighs and calves to ease the strength of the pose.

**DON'T DO IF...** you have diarrhoea. **Child's Pose** can also be uncomfortable just after you've eaten (although ideally you would leave any practice at least 20-minute after a meal).

**GIFTS:** **Child's Pose** is a healing, restful pose that calms the body, mind and spirit and stimulates the third eye point, while stretching the lower back and massaging and toning the abdominal organs, thus stimulating digestion and elimination. The spleen and stomach meridians are compressed in this pose while the kidney and urinary bladder meridians are stretched. *Feeling stressed or fatigued?* This is a beautiful pose to relax into. It's especially comforting if you're feeling cold, anxious or vulnerable.

Regular practice of **Child's Pose** teaches you conscious exploration of the breath. As the front of your body releases onto your thighs, the frontal ribs and abdominal muscles become slightly compressed. This restriction allows for a deeper opening of the back of your torso as the lungs expand behind your body. As this happens, remember to keep the breath slow, long and steady to allow for a new awareness of the breath's pathway through the front *and* back of your body.

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## Cobra

Begin by lying on your beautiful belly relaxing completely, legs straight and touching, making sure that all five toes are against the floor. Feel your abdomen pressing into the earth with each inhalation. Bring your hands, palms down on the floor directly under your shoulders, hugging your elbows into your rib cage and on an inhale loop your shoulders forward, up and back, to open your chest.



Chin to chest, as you inhale and squeeze your egg, press down through your hands and lift your chest and heart up first, letting your head follow as you lean back, only straightening your arms as much as you feel a soft back-stretch (don't crank yourself up into the pose or this will cause injury). As you arrive roll your shoulders back and down, chest open, eyes looking forward. Stay strong in your legs and keep your pubic mound on the floor. It's ok to have your elbows bent (like in the picture), as long as they stay close to the body.

As you exhale slowly release, letting go of your egg, roll down vertebrae by vertebrae allowing yourself to lusciously melt into the earth. Continue to slowly and gently inhale up as you squeeze your egg, and exhale and release down at your own steady pace, only going up as far as you feel a small stretch. The trick with **Cobra** is to stretch your chest forward as opposed to shortening your back; this will ensure that the joints of the lumbar sacral spine are not riding on each other. You want to keep your pelvis on the ground at all times.

Once you get comfortable with **Cobra**, make it as sensual and feline-like as possible; rolling up and down through your spine in a gorgeous undulating motion. You may also like to extend the posture by putting your tongue on the top of your mouth as you lift up and roll your eyes up, as if they are looking up and back; this helps move the energy up through your chakras. Continue for **2-minutes** at your own slow, sensual pace.

**REST.** Turn your head to the right side and lay on your belly resting for **30-seconds**. You may feel the pulse in your stomach as you lay there.

**OTHER WAYS:** I highly recommend with **Cobra**, to do **Baby Cobras**; only coming up a small way (even if that is just a few inches off the floor), before rolling back down. You've probably seen people pushing all the way up so their arms are straight - for most people this is far too strong, and will create tension and compression in your lower back. **STOP** at the first sign of this happening, as this in most cases, will lead to injury.

To help prevent this overstretch, you can place a blanket under your pelvis. Another great option is to simply come into **Sphinx** pose (which you'll find in the **Moontime sequence**), keeping your elbows and forearms on the floor as you arch up, lifting through the sternum. Your elbows will be directly under your shoulders when you come into this pose, as opposed to your hands being directly under your shoulders in the full **Cobra**. If you can't keep your feet together, keep the back of your upper thighs together.

**GIFTS:** **Cobra** stretches muscles in your shoulders, chest and abdominals, while helping to reduce stiffness in your lower back. It's super effective because it goes beyond targeting the muscles in your back, targeting the cartilage in the spinal cord as well as the abdominal muscles. At the same time, **Cobra** helps strengthen your arms and shoulders, increases flexibility and even stimulates hormone production in your uterus.

A top booty toner, **Cobra** helps sooth sciatica, eases symptoms of asthma, improves menstrual irregularities, stimulates organs in the abdomen like the kidneys, helping with digestion and improving blood circulation. When your hands are fully extended (your arms straight), this helps give the psoas a really nice stretch (again only do this if it does not compromise the safety of your lower back). If you want to see how much your core is doing, try this pose without using your hands at all!

Body benefits aside, **Cobra** is a really great mood booster, making it a brilliant pose to do if you're experiencing depression, anxiety, stress or fatigue, as it invigorates the heart. It also encourages sexual energy to rise up through your chakras and into your spine and head, especially if you put your tongue

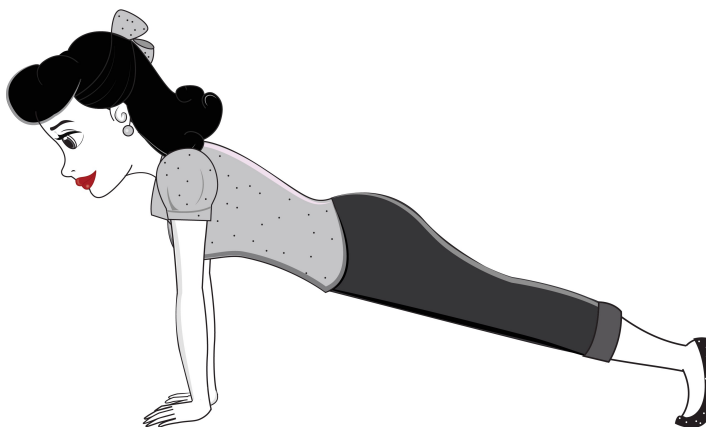
on the roof of your mouth and look up as you arrive in the back bend.

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## Cobra to Plank

Prepare to go into a **Cobra**, hands flat on the floor tucked in close to your shoulders. As you inhale and squeeze your egg, come up into **Cobra**. When your torso reaches as far as is comfortable, push up onto your knees, so you're in a **Knee Plank**, with straight arms; your body should be in a straight line from your knees to the crown of your head. As you exhale and release your egg, tuck your toes under and send your heels back, lifting your knees and toning your quads as you press up into a full **Plank**; body straight from heels to head. Make sure your hands are directly under your shoulders.

Holding this position, breathe in and squeeze your egg, then exhale and release the egg. Use this time to tend to your alignment. Stack your wrists underneath your shoulders. Make sure as you hold this pose your booty isn't sagging or up in the air; remember, it's a **Plank**! You want your body in a straight line at all times. Sending your gaze forward a little can help to stop any collapse in your body. On the next inhalation, squeeze your egg as you come back down to your **Knee Plank**.



Then as you exhale and release the egg, engage your core lowering yourself down, while maintaining a straight body until you meet the floor. It's important as you lower yourself down there is no arching in the back, no sinking of the belly - stay alive through your core so you're not dumping your chest to the earth without integrity. You need to stay straight or you'll hurt your back. So engage your core and lower yourself down, arms close to your shoulders. Continue doing **Cobra to Planks** for a full **2-minutes**, going as slow as your breath will allow.

The slower you go with control, maintaining body integrity, the more powerful and strength-building the pose. Do the best you can with this one. If you can only do a one or two **Cobra to Planks**, that's ok. Do what you can, and be willing to push yourself just that little further than you thought you could go (as long as there is no unhealthy pain).

**REST** on your belly for **1-minute** turning your head to the left. If you didn't feel the pulse in your belly after the **Cobra**, you probably will now! All poses creates energy flow, but especially when you're just learning how to feel for that energy, it can feel much more noticeable in the poses that really challenge us both mentally and physically.

**OTHER WAYS:** It's extremely common for people to collapse their lower back, tighten their neck, or contract the upper back in this pose by bringing their shoulder blades together. If this is happening it's better to practice one of the easier modifications of the pose, in order to avoid injury or further weakening of your body.

This is a strong pose, so if it's too much to begin with, simply come up onto your knees for the **Knee Plank**, and do the vaginal squeeze and releases there, as opposed to lifting up into the full **Plank** on

your toes. Another modification is to come up onto your forearms (as opposed to your hands). This is also a great option if you have weak wrists.

Find which 'other way' works best for you current fitness level and when you feel ready to progress to the next one, do so. Even if you can only do one full **Cobra to Plank**, do that first, and then revert to the easier options. With practice your body will gain the strength to do one more, then one more, and before you know it you'll be **Cobra to Planking** for the full **2-minutes** (or more!)

**GIFTS:** Strength and weight bearing exercise is important because, among other things, the pressure put through the bones stimulates osteoblasts (bone-building cells) to make new bone. As we get older there is a tendency for the bone to lose density if we're not continuing to strengthen it through such eggercises as **Cobra to Plank**, which engages all the major core muscle groups simultaneously including the transverse abdominus, the rectus abdominus, the external oblique muscle, and the glutes. **Cobra to Plank** builds isometric strength to help sculpt your waistline and improve your posture, while also engaging your back, arms, shoulders and hamstrings.

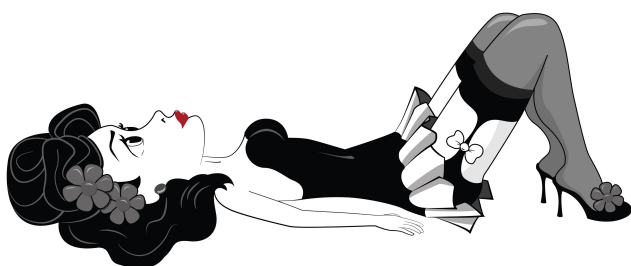
When done correctly, this pose will allow you to build muscle while making sure you're not putting too much pressure on your spine or hips. According to the American Council of Exercise, doing **Planks** regularly not only significantly reduces back pain but also strengthens your muscles and ensures a strong support for your entire back, especially in the area around the upper back. One thing to remember though, is that doing 100 fast push-up style poses like this, isn't nearly as effective as doing five slow ones with awareness and correct alignment.

As you build your physical strength so do you build your *mental* strength. The **Plank** rejuvenates our nerves as it relaxes muscle groups that become tense from prolonged sitting and can even ease symptoms of anxiety and depression. Plus, the muscles you strengthen while doing this exercise will ensure you burn more energy when you're sedentary, making it a nice metabolism booster!

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## The Love Tug

Turning over onto your back in **Base Position**, ensure your knees are bent, feet flat on the floor, hip-width apart. Take the string on your Jade Egg in your hand, and as you inhale gently pull down on the string (away from your vagina) while at the same time squeezing your vagina to hold onto the egg - pulling up with the strength of the thrusting channels, organs and glands - sipping the egg up inside of you. You want to create resistance when pulling the string, but not pull so hard the egg comes out.



As you exhale, release the string while at the same time releasing your vaginal squeeze, and rest. Continue taking long slow breathes for the next **2-minutes**, pulling down on the string on the inhalation as you squeeze your vagina, feeling the energy rise within you, releasing the string and the vaginal contraction on the exhalation. Only do as many as you feel comfortable and if you feel any pain or cramping, stop.

**REST.** Massage your ovaries giving them some love, before scooping the energy up to your breasts (as per **The Love Scoop**), circling your breasts and resting there as you cup your beautiful breasts,

taking three slow deep breaths, allowing your vagina to melt open as you give yourself permission to relax and feel the energy moving through your body.

**OTHER WAYS:** If you can't reach your string in **Base Position**, simply come up onto your forearm and use the opposite hand to reach the string.

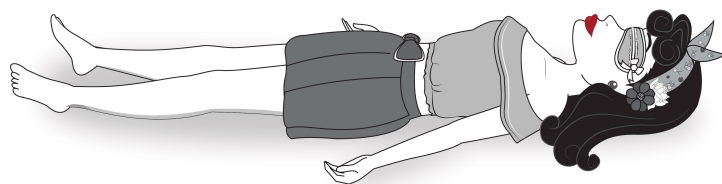
**GIFTS:** The **Love Tug** is a resistance eggsercise designed to further tone and strengthen the vaginal canal, giving the sexual organs a nice little internal workout. **The Love Tug** increases the suction power of your vagina and cervix, which adds to the health of your vaginal tissue, making it easier to sip your Jade Egg inside, as well helping you give birth.

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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.

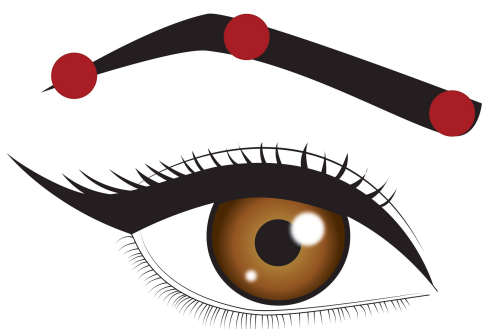
This is your chance to loosen the body and mind of any tension it has been storing - to completely let go and unwind. You deserve it! When our body stays in a constant state of alert (always on the go) it expends a LOT of energy. Consciously relaxing the body, which we do at the end of every practice, 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.

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## 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 blissful self. When you feel you're complete, roll back up through the staircase of your spine, vertebra by vertebra, head coming up last.



**OTHER WAYS:** If you have low or high blood pressure put a cushion in front of you (or stack your fists as a head-rest) as you bow your head so it does not go below your heart. Or you can simply bow your head to your heart. You can also do the **Self-Love Blessing** in **Easy Pose** if that's more comfy.

**GIFTS:** To bless and honour oneself is the ultimate form of self-love. The fact that you've taken the time and energy to gift yourself this *Yoga for the Vagina* practice is sealed in with a **Self-Love Blessing** of oneself to recognise all you have given yourself. It can be easy to thank others for their efforts, but often we do not thank ourselves for the good we are doing. This is the time to really honour all you are and all you have to offer, and let yourself sink into the potent energy of the love within.

Joining your hands together in **Prayer Pose** brings your right side, the *pingala*, and your left side, the *ida*, together, neutralising the positive and negative polarities of your electromagnetic field. When the knuckle of your thumbs press into your breastbone, it hits up against the reflexology point for the Vagus nerve; one of the major nerves going to the pineal gland up the front of the body\*. This pressure immediately causes the pineal and pituitary glands to secrete, creating calm in the brain. This allows one's prayer - or **Self-Love Blessing** - to come from the heart!

\* CV 17 or Conception Vessel 17 is one of the vital acupressure points for heart that helps to alleviate anxiety, nervousness and palpitation of the heart. It's even been found through scientific papers to possibly prevent heart attack. This point is termed the **Sea of Tranquility**, and it is found in the middle of the breastbone, three thumb widths up from the lower edge of the bone. It can be activated by pressing the point firmly using the thumbs for 1 to 2 minutes while breathing deeply, slowly and evenly.



As you go out into your next activity, move with intention, letting the breath guide you. Take this practice as an invitation to explore what it feels like to move through your day from a place of blissful ease.