

# Letting Go

## 60-min sequence manual

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## Body Shake

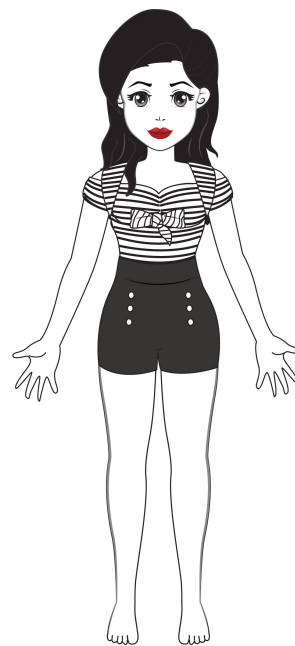
Start in a standing position and simply shake your body. Give it a really good shake. Shake off everything that is worrying you, shake off any old conditioning that's no longer serving you, shake it all off. Give your body one big shake and then shake some more. Let every little bit of flesh wobble and shake, rattle and roll. See if you can make your big toe wobble, let your knees bend as your arms sway, shake your fingers above your head and enjoy feeling your body bounce and be free.

Notice any areas you're unconsciously holding and invite them to release. If you feel drawn to make sound as you exhale, please do. Sign, moan, yell. Whatever you need in that moment to help shake off your 'stuff'. Spend **3-minutes** shaking up every corner of your gorgeous body before gently coming into stillness. Allow your entire being to sense the energy of the earth and feel the vibrations moving through you, quietly aware.

**GIFTS:** We begin the **Letting Go sequence** by shaking off all our worries and stresses physically, because the physical and the mental are one and the same thing. As one lets go, so does the other. Shaking and jiggling various body parts loosens holding patterns (conscious and unconscious tension) and has the power to unravel muscular and mental kinks simultaneously.

Try shaking next time you have a mental or physical trauma or hurt yourself. If you watch animals, you'll notice they'll shake after a stressful experience. This is their body's way of releasing the stress so that it doesn't accumulate in their body and cause harm. This is why I encourage you to shake your whole body and keep shaking until you feel a release, any time you get stressed out!

**Shaking** helps get the lymphatic system working properly, and you want the lymphatic system working because it's what transports toxins out of the body. Shaking the body vigorously also helps open up the meridians in your body so your life force energy can flow more easily. Scientific research has discovered that whole body vibration - which we achieve through such activities as **Body Shaking** - improves bone strength, circulation, muscle strength, bone density, and our sense of balance, among many other yummy benefits.

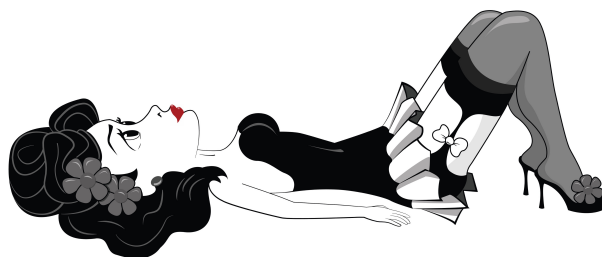


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## Love Wrap & Letting Go in Base Position

Come down to the mat into **Base Position**, lying on your back, knees bent toward the sky with your feet flat on the floor, hip-width apart. Take a few minutes to simply breathe into your body, allowing your breath 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*.

In this sequence we introduce some specific **Letting Go** directions to help the body fully immerse itself in **Base Position** and release tension and holding patterns before moving onto the other poses. For this reason, make sure you've read the **Letting Go playsheet** and have a head support that is the right height for your body.



On your next inhalation, bring your awareness to the contact your back makes with the floor. Don't use muscles to try and change that contact, simply set the intention for your back to widen, soften and expand. Let the expansion spread through your back and your torso. Take your time in inviting your whole body to expand and let go, with no expectation on *when* that expansion may occur.

Notice how relaxed your arms feel and invite the front and back of your shoulders and chest to fully surrender and let go. Let this surrender be felt in your pelvis. Your pelvis feeling a new sense of

expansion from within. Let your neck soften by undoing any subtle tendency towards contraction. Let softness come into your entire being. Anywhere that feels tense or contracted, breathe loving softness into that area, imagining the tension leaving your body on the exhale.

When you feel ready begin to drink up the unconditional love from the core of the earth - as part of your **Love Wrap** - with each inhalation breathing love in through the soles of your feet into your body, relaxing the part of your body the love makes contact with, inviting that area to unwind and soften. Continue to breathe in this tension-releasing love, until your body is full of love; any tension or anything that's no longer serving you, melting into the earth below to be neutralised. Spend **4-minutes** letting the pose nourish you from the inside out as you connect in with your inner well of love.

**GIFTS: Base Position** is one most powerful poses in the whole *Yoga for the Vagina* online series.

Why? Because it creates the space necessary for tension to release. Any tension held in the body creates physical and mental illness and disease. Simply immersing yourself in this pose for 10-20 minutes a day has the ability to completely reset your Autonomic Nervous System, giving you a really nice reboot!

Physically this pose improves overall organisation and alignment of the body, gives the intervertebral discs a chance to rehydrate, which results in increased length through the spine, elongates any curves of the spine that have been exaggerated through compression without flattening out the natural curves of the spine, improves breathing capacity and coordination, improves blood flow and allows internal organs to move, reorganise and function more effectively.

Ensuring the soles of your feet are rooted into the earth in this pose is crucial for maximum results, particularly the ball-joint of the big toe, as this stimulates postural reflexes and helps us experience opening and expansion through the legs, hips and entire torso. This in turn, helps to undo unhealthy ways of using your body, which are likely to lead to strain and injury. It's also important to have your head supported by a towel or small blanket so it doesn't fall back and cause restriction in your spine and torso.

What I call the **Base Position**, is also known as Constructive Rest or Semi Supine, and 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.

Coming into this constructive rest position and simply *being* here with yourself nourishes your adrenals helps tone down your 'fight and flight' response, therefore helping resolve emotional imbalances such as stress and anxiety so you feel more even, more centred and more at peace. It also nurtures your vagus nerve, which connects your throat and your voice box to your uterus and cervix.

On top of this you have the benefits of the **Love Wrap** where you're using this awareness with your body to help deepen your connection with your your True Self. If this is all you did in a practice, **Love Wrap** and **Let Go**, you would not only feel more peaceful and at ease, you would experience many physical and emotional 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.

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## 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. 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.

## 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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## Rock-Around-The-Pelvic-Clock

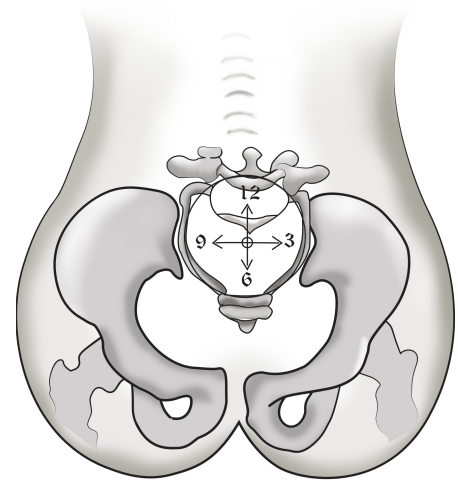
Staying in the **Base Position**, locate your sacrum (the triangular bone at the base of your spine) and imagine that 12 o'clock is the top of the sacrum, 3 o'clock is the right side of the sacrum (back hip), 6 o'clock the tailbone and 9 o'clock the left side of the sacrum (back hip). This is our **Pelvic 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.

**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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## Sacrum Drops

Staying in **Base Position** simply lift your sacrum (and hips) off the ground a centimetre or so, and then drop it with a sigh out through your mouth. Don't push the air out, just let it naturally fall out with a sigh. Take in as much air as you can, as effortlessly as you can, then let it go as you drop your sacrum down. Continue to do this at your own steady pace for **1-minute**. As you change the way you breath, so do you change the way you feel.

With each drop, give yourself permission to let go of a little bit more tension. Let out all your worries and frustrations; all of your `stuff'. Once you start to feel the release, start to quicken the pace, shedding more and more layers with each drop of the sacrum into the rich earth. The earth soaking up all that

unhelpful energy that no longer serves you. If you are drawn to take this one quite quickly, feel free to take long slow deep breaths as opposed to trying to keep up with the drops.

**REST.** Bring one hand to your heart, one to your womb, and simply breathe. Breathe deep, all the way down into your precious womb space, nestled so safely within you. Spend **1-minute** here, connecting in, before drawing your knees to your chest giving yourself a yummy hug.

**GIFTS:** The lower back is the repository for the tension we create when we worry about money and security. **Sacrum Drops** loosen up the lower back and wake up that powerful, sexy Kundalini snake at the base of your spine so you can feel more alive and more exuberant. As you read in the **Rock-Around-The-Pelvic-Clock** the sacrum plays a key role in our overall wellbeing, hence why we began this sequence with two powerful eggsercises to first awaken and nourish the sacrum and then activate it for optimum functioning.

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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**.

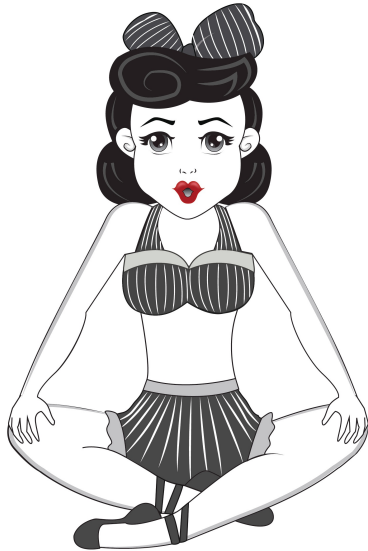
**GIFTS:** **Rock'n Rolling** does more than help us move from **Base Position** to **Easy Pose**; it circulates our life force energy and relaxes the spine. The spine is viewed as an energy antenna, thus rocking and rolling along the spine, helps wake up that energy and get it flowing more freely through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

Sit in **Easy Pose**, legs crossed on the floor, sit bones rooting down into the earth. If you need to spread the fleshy bits of your gorgeous booty to help your sit bones plug into the earth, please do. Making sure you feel really stable in **Easy Pose**, lift and lengthen up through your spine, feeling as though there is a string gently pulling you up from the crown of your head. Place the palms of your hands face down on your knees, relaxed.



As you inhale squeeze your egg as you bring your shoulders up, reaching for your ears, then as your exhale, drop your shoulders down, releasing the egg and letting out a sigh simultaneously. Continue doing this for **2-minutes**. Don't strain or stretch to the point of stress. Remember that we're dropping the shoulders, we're not placing them down. Let gravity do the work for you. Keep your arms fully relaxed.

Do the exercise rhythmically with your breath. It's a relatively quick movement. Think of it like shoulder dancing! Keep your chin relaxed and remember to lift and lengthen through your spine, as your heart shines forth. With each drop of your shoulders feel anything that's not serving you - fears, worries, tension and past conditioning - simply fall away. Imagine with each exhalation you're shedding another layer of tension and suppressed emotion stored in the body.

To end this eggsercise, inhale and hold the shoulders up, in a shrugged position for **12-seconds** - squeezing your egg gently - imagining the energy moving easily up your spine - then relax them down, releasing the vagina as you do so, giving it the space to fully melt open.

**OTHER WAYS:** If **Easy Pose** is too much of a stretch for you, you can either pop a cushion or bolster under your booty for some extra height, sit in **Rock Rose** kneeling or sit on a chair. Any of these options will give you the same benefits of the **Shoulder Shrug**. Just make sure your sit bones are still rooting down and you can feel a gentle lift through your spine.

**GIFTS:** **Shoulder Shrugs** are often used to help people rehabilitate after injury. Weightlifters even use **Shoulder Shrugs** with handheld weights to help build up the area around the neck and shoulders! What's great about this pose, is it's really easy to do while you're sitting at your desk at work, or even if you're waiting at a red light, to let off a little built up blah!

**Shoulder Shrugs** help loosen up your neck, building up your shoulders, increasing the circulation all around the neck and head area while also working the thyroid and parathyroid. This is why doing **Shoulder Shrugs** regularly will help you release tension from the upper back, keep you nice and relaxed, help define the muscles in this area and keep you loose and happy and smiling!

When you drop your shoulders with a sigh, you're doing more than releasing physical tension, you're letting go of emotional and mental conditioning and patterning, so that you're emotionally freer to experience life in an easeful manner. This is why I encourage you, as you let your shoulders drop, to practise letting go of some of your 'stuff' with each drop/sigh. Feel it loosening, feeling it releasing into the earth below to be neutralised.

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## Half Moon Neck Rolls

Sitting in **Easy Pose**, sit bones rooting down into the earth, with your hands on your knees, palms facing up, see if you can grow a fraction taller as your crown softly reaches towards the sky. Inhale and as you exhale let your left ear reach towards your left shoulder, feeling a stretch on the right side of your neck.

On your next inhale slowly and gently roll your head down across your collarbone to the other side until your right ear is as close to your right shoulder as your body will allow.

Feel the gentle stretch in the left side of your neck, then as you exhale, in one fluid movement roll your head back down across your collarbone to your left. Continue to roll back and forward across the front of your body like this, softly and gently, doing semi-circles or **Half Moons!** You may choose to add a vaginal squeeze on the inhale and a release on the exhale. Continue for **90-seconds**.

Many people tense up when doing the exercise. The idea is to move the head on frictionless bearings, keeping the shoulders totally relaxed. If the neck is aligned properly, very few muscles are needed to move it. So pay particular attention to which muscles may be unnecessarily tensing, and invite them to release.

**DO NOT** roll your neck back. Rolling your neck back puts your neck in the most vulnerable position. It can compress arteries and nerves in the neck and at the base of the skull and grind the cervical discs. This pinching can hinder oxygen delivery to the brain and result in dizziness, numbness, weakness or pain, not to mention, cause degeneration of the neck and spine. Hence why I **STRONGLY** suggest you only roll your neck to the front to avoid damaging yourself.

**REST.** Hands on your knees, palms facing up, simply becoming aware of any sensations in your body. Be present and open, inhaling love, exhaling fear for **3 breath cycles**.

**OTHER WAYS:** Still a little concerned about your neck? No dramas! Simply look left to right, right to left, back and forth, as opposed to rolling your head across your collarbone as you'll see in the video. Your neck is delicate so please take it easy in this pose! If you feel even the slightest pinch, **STOP** immediately!

**GIFTS:** We carry the world on our shoulders and something the size and weight of a bowling ball at the top of our neck. So it's no wonder that we get a little stiff and sore from time to time. Spending some time softly moving the neck in this gentle way helps iron out any stiffness or tension, and gives us a chance to connect in with how our muscle groups effect each other, creating more body awareness.

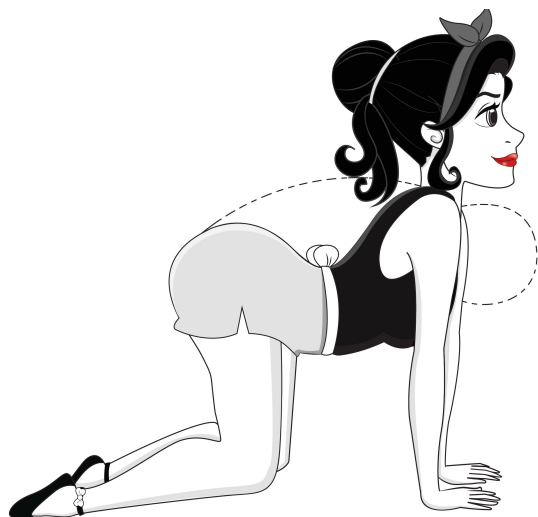
**Half Moon Neck Rolls** helps regulate the function of your thyroid - the mother gland which is like a butterfly sitting at the front of your throat - which often gets a pounding when we step into our 30s and definitely once we start having children. The thyroid functions our metabolism, has a huge influence on mood regulation, influences our circadian rhythm and how well we sleep during the night and how refreshed we feel during the day.



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## Pussy Cat

Come forward onto your hands and knees like a **Pussy Cat** (also known as Cat-Cow), ensuring your knees are directly under your hips, and your hands, wrists and elbows are straight, shoulder-width apart, fingers facing forward and spread like star-fish to activate your heart and help you balance and ground down. Your spine, including the back of your neck is parallel with the floor, gaze down. This is neutral or **TableTop** position.



Press through your fingers and the tops of your feet, as if you're pressing away from the yoga mat, and as you inhale and squeeze your egg, tilt your pelvis forward, arching your spine down towards the floor, head and neck looking up. Make sure you reach through the sternum to lengthen your spine; in other words, imagine your heart is radiating forward. You're moving from the base of your spine to the top, so your head comes up last.

As you exhale, curl your tailbone under, release your egg and arch your spine up towards the sky - like a Halloween cat - pressing into the tops of your feet, as your chin comes to your chest, letting the weight of your head go completely. Feel the stretch as your back creates a yummy arc.

Continue for **2-minutes** breathing powerfully. The movement should be fluid and the spine one continuous flexible bow. You're moving with the breath, dropping the belly as you inhale and squeeze, heart reaching forward, rounding through the back on the exhale as you tuck your chin into your chest and release your egg. As you **Pussy Cat**, keep checking in that your hands and feet are planted firmly into the floor, and your ears are drawing away from your shoulders. Keep your neck long.

What's important to understand with this pose - like any **Spinal Flex** in the series - is that your pelvis is what drives the movement. If you imagine you're a car, your pelvis is creating the spark so the full vehicle can roll forward through the pose. Lifting through your core, the spine separates from its muscular restraints as the back of your head and tip of the coccyx move toward each other. Don't lock your elbow joints, but focus on the sensation of weight moving toward the floor. The movement should be fluid and the spine one continuous flexible bow.

To finish the **Pussy Cat**, come back into neutral, rest here for a couple of breaths, then push back to sit on your heels for **Extended Child's Pose** (see below for instructions). You might like to take a minute here to do some circles with your wrists to wind out any tension.

**OTHER WAYS:** If your wrists are too tender in this pose, you can support yourself on the top of your knuckles instead. This will take a lot of pressure off your wrists. Or another way to do the pose is to lean your elbows onto a cushion or bolster. If you feel any pinching or tightness anywhere in your torso, make your movements smaller.

**Pussy Cat** can be done quickly, but be sure your head moves last even when you speed up once you've got your rhythm and the complete awareness of the body's motion established. I do need to say however, that going faster doesn't necessarily get faster results. Just something to keep in mind with all of the poses. Often the slower you go, the more effective the pose.

**GIFTS:** **Pussy Cat** is a super pose for the whole pelvic parfait (your pelvic floor and adjoining muscles and tissues). Doing it as part of the **Moontime sequence** means you're able to keep your pelvic floor active while you're bleeding without the need of a Jade Egg. As you exhale the pelvic floor will naturally engage, and as you inhale the pelvic floor will relax. This really is one of the best pelvic floor exercises you can do if you don't have time for a full practice.

Interestingly, four-legged mammals do not experience prolapsed organs because they don't experience the intra-abdominal pressure of the organs due to their four legged position, which allows the pubic bones to serve as a strong osseous shelf above which their pelvic organs are positioned. Yet us ladies, being upright most of the time, don't receive this support, and thus must ensure we maintain good posture at all times, to create the support to keep our organs in place. We look at Posture in more detail in the **Breast Love sequences**. Placing ourselves in a four-legged position goes a long way in helping to support our organs, so they stay pinned in place.

**Pussy Cat** pose targets the cartilage in the backbone, flexing it every time you do this pose. Not only does the spine get a gentle massage, so do your belly organs like the kidneys and adrenal glands. Your neck, torso, hips, abdomen and back get a really beautiful stretch as well, hence why this is such a brilliant warm-up exercise to begin a sequence or to indulge in in the middle of your day if you're feeling a little stiff or fatigued.

When you do the **Pussy Cat** it opens up the lungs, creates emotional balance, relieves stress and calms the mind. The pose is amazingly effective in ridding lower back pain and especially cramps. It's used to reduce abdominal swelling and bloating while also toning the reproductive system. Pregnant women can do this pose up until 6 months into the pregnancy but they should refrain from overly contracting the abdomen after the third month.

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## Extended Child's Pose

We come into **Extended Child's Pose** from **Tabletop Position** (on all fours). Feel your body pressing up off from the mat, walk your hands forward. Bring both big toes together, widen your knees. Inhale as you look forward and press into your palms as you exhale and send your sit bones back to kiss your heels, adjusting your palms as needed until you feel a nice side-stretch.



Let your shoulders relax, your forehead coming down to rest on your mat as your heart melts down into the earth. Keeping lots of space between your shoulders and ears, each time you inhale feel the stretch along your back body, and as you exhale, send your sit bones further down into the earth (your butt cheeks should be dropping down towards your heels), so you can feel a lengthening along your spine. Spend **1-minute** here. To come out of the pose, bring your palms in close to your knees and gently roll up through your spine, one vertebra at a time, head coming up last.

**OTHER WAYS:** If you 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 feel discomfort in your knees, place a folded blanket between your thighs and calves. Can't get your booty back to your heels? No probs...

If your ankles, feet or legs are speaking to you, come to your elbows, forearms on the floor, and melt back so your booty is shining love to the wall behind you. In this option your buttocks remain up in the air (as opposed to resting on your heels) with a little stretch pulling them back. Your head and heart melt down as explained above. This is a really great shoulder opener.

**GIFTS:** Giving yourself the time and space to sink into this pose rests the brain and soothes the nerves. How does it do this? By increasing circulation to the brain, stimulating the pineal and pituitary gland, which in turn, helps to regular serotonin and melatonin. This helps to balance sleep cycles and prevent and cure depression.

At any time the brain has about 25% of your blood. The beauty of this posture is that it gently pushes the 75% of the blood that's in the body into the brain tissue, filling it with nourishment, revitalising the 7% of cells that we use. At the same time it wakes up the 93% of the cells in the brain that we don't use. So long-term use of this pose gives us much better brain function.

**Extended Child's Pose** offers so much transfer of oxygen and nutrients to the brain it's said that just 30-seconds in this pose is just as beneficial as getting 8 hours of sleep! For that reason, this is a great pose to help with jet lag too. So next time you're low on sleep spend some time in this pose and see how refreshed you feel afterwards.

Some yoga teachers even call this posture 'Best Friend Pose', because it is your go to posture anytime you're in a yoga class and you need some time-out. Use this pose to check in and cool off. If at any time in this sequence you feel you just need to rest in **Extended Child's Pose**, take it.

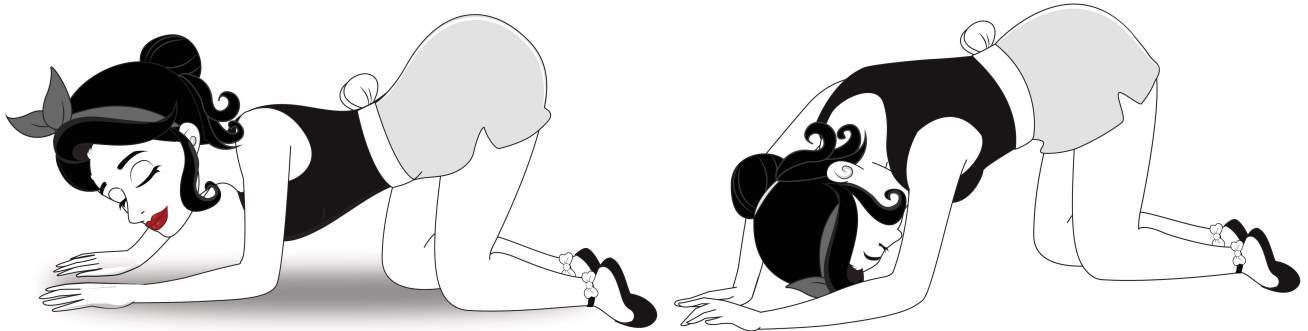
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## Sex Kitten

Come into the **Pussy Cat** position on all fours, knees hip width apart, hands flat on the floor like a starfish. Neck long. Instead of the spinal flex you do in **Pussy Cat**, you're going to circle your body around. To begin, inhale, and as you exhale roll your spine up to the sky like you would in the **Pussy Cat** move, scooping your belly and dropping your head to the mat. From there, circle your spine to the left, pushing out to the side with the left side of your torso, feeling the stretch in your rib cage and opening up your waist.

In one continuous fluid movement sweep your chest and abdomen down toward the floor as you inhale, arching your back down. Support the weight of your body on your bent arms (do not rest your chest on the floor) then continue to circle your spine to the right, pushing out to the side with the right side of your torso, again feeling the stretch in your rib cage and opening up through your waist.

Exhale as you roll your spine up toward the sky, belly scooped and head falling towards the floor. Continue to spiral your body around like this for **90-seconds** before pausing and going back the opposite direction for a further **90-seconds**. Allow this movement to be sensual and succulent. Let your inner **Sex Kitten** come out to play as you feel each millimetre of movement nourish you from the inside out.



**GIFTS:** This is a beautiful pose for exploring your sensuality. The curve of your body can never be too deep or too round. So start where you're comfortable, and then begin to expand that movement. As you allow yourself to indulge in this wave-like circular motion you'll start to feel a new sense of yourself, a new belief in yourself.

Mentally, this really is one of the best pose to do when you're feeling uncomfortable in your body or have a low body image of yourself. As you explore your curvaceous range as a woman, you will start to awaken your inner sex kitten. You will feel more confident in how your body looks, and more confident in expressing your sensuality in a healthy way that doesn't attract unwanted attention.

Physically, this exercise stretches your entire torso including your lower back, creating a greater range of movement through your body. It's really nice pose to come to when up feel fatigue in your back. You're essentially lubricating your spine so that all the connective tissue and musculature is nourished, keeping your spine healthy and youthful.

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## Leg Press

Coming back into sitting pose with legs out in front, knees bent, feet flat on the floor and touching.



Place your feet as close to your booty as is comfortable, and you can maintain a straight spine with your sit bones easily rooting down into the earth. Take your arms and cuddle your knees so your hands are holding the opposite arm's elbows, and your knees are resting on your inside elbows. Lift and lengthen through your spine, letting your heart beam forward.

On the inhalation press your knees away from each other, as you squeeze your vagina for three counts. You should feel this in your groin, it's a really great abductor stretch! Hold the legs and vaginal squeeze for three counts, then release your egg as you exhale a sigh, while at the same time releasing your knees for six slow counts. Continue to squeeze and release in this way, really feeling the tension melt away on the exhalation for **2-minutes**.

Remember to keep lifting and lengthening through your spine at all times, let your heart come forward and hold you in this pose. To look

at this pose, there doesn't seem to be a lot happening, but as you will experience, we are working with resistance to build tone and release tension.

**REST.** Bring your legs out in front of you on the floor, give them a really good shake. Move them from side to side to help them let go. Shake out your arms, let any tension simply melt away and allow the breath to ground you for **30-seconds**.

**OTHER WAYS:** Can't sit in this pose? You can do this one on a chair. Simply place your feet together on the floor, lean forward and wrap your elbows around your knees and as you press your knees away from each other, create resistance in your abductors (so your legs can't spread too far apart). If you find it difficult to bend forward, you can use your hands on your knees to create the resistance.

**GIFTS:** This is a brilliant pose for helping to strengthen the abductor muscles, which are located in your hips and upper thighs. Your abductors are small, and so many women won't bother to pay them much attention. Yet the abductors are responsible for essential functions like stability and injury prevention. They're what keep your spine in line!

If your abductors are weak or imbalanced it can create a ripple effect that causes issues in your hamstrings, knees, IT band and ankles. Your stronger muscles will try to compensate for the weakness in your hips by doing extra work, and they can wind up overused and injured. Hence, having strong and healthy abductors creates a healthy foundation for your larger muscles.

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## Life Nerve Stretch

Sitting up tall with your legs stretched out straight in front of you on the floor, thighs touching, ensure your sit bones are rooting down into the earth. Flex your feet back, so your toes are pointing up to the sky. Imagine your feet are pushing up against a wall! You want to be able to feel the stretch in your hamstrings. As you inhale lift your hands up above your head, and pretend you're climbing an imaginary ladder to the heavens, to help create a little more lift through your spine.

As you exhale engage your legs, hinge from the hips and leading with your heart lean forward as far as you can go while maintaining a straight spine. Don't arch your back! If you can grab your feet do (pressing the bottom of your big toe as this activates the pituitary gland), but only lean this far forward if your back is straight, or it will compromise the pose and lead to back issues.

Relax your shoulders, let your heart lead and sink into the pose. If you can fold yourself in half with a straight spine, let your belly come down onto your thighs, elbows relaxing into the floor. Tighten your thigh muscles and pull them away from your knees to hold the stretch.



Hold this pose for **90-seconds**, and as you do take slow deep breaths, squeezing the vagina on the inhalation and releasing on the exhalation. On the exhale see if the breath out can encourage your body just a micro-millimetre further down into the stretch. As the tension melts - as you create more space in your body - you'll be able to go further into the **Life Nerve Stretch**.

**REST.** Shake your legs out as you take a moment to relax into your body and get the blood flushing through them again. Take **30-seconds** here.

**OTHER WAYS:** If your hamstrings are tight you'll probably find it uncomfortable to sit in the L-shape, where the **Life Nerve Stretch** starts. If this is the case for you (don't worry, I'm the same) bend your knees as generously as you like, hinge forward so your breasts connect with your thighs and rest here. As long as you're feeling a stretch up the back of your legs, you're getting the healing you need. So don't worry at all if when you start you can't do the straight leg version - that's totally ok!

When the hammies are tight you'll tend to sit on the back of the sit bones. This rounds your back and puts pressure on the spinal disc, which impedes the flow of energy. That's why it's so important to take your 'Other Ways' if you can't sit directly on your sit bones with a straight back. Another option, which will also help ease you into being able to keep your legs straight, is to place a cushion under your booty to elevate your pelvis.

Take whichever option you need to ensure that you can start in a position where your back is straight, your crown lifting to the sky. If at any time your legs are dropping out to the sides, rotate your thighs in. If you'd like to play with this pose a little, you can move your torso down on the exhalation and up on the inhalation as you squeeze the egg. Again, only move up and down as far as you can maintain a straight back. If you're moving up and down in this pose you will start to free up your hips and develop flexibility in the hamstrings while stimulating the sciatic nerve.

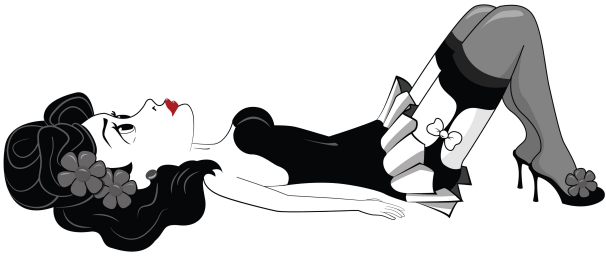
**GIFTS:** The **Life Nerve Stretch** will help stretch out your life! When you stretch the back of your legs, you're stretching your Life Nerves - the large nerves in your legs that connect with your parasympathetic nervous system that helps you regain harmony in stressful situations, hence why you feel more emotionally balanced. It's recommended in Kundalini Yoga that women do this stretch every four hours for maximum mental clarity. Do it for just three minutes before bed for a more restful sleep!

Why is this pose so important for pelvic health? Because the three muscles arising from the area of the sit bones and travel all the way down the entire length of the back of your thighs - known as the hamstrings - play a big role in how far the hips can move. If our hammies are tight (or short) it limits forward bending, and flattens the lumbar curve in the back. When we lose our natural womanly curves, our body loses its ability to hold the reproductive organs in place.

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## Anus Love in Base Position

Lying in **Base Position**, inhale and squeeze your egg for a couple of seconds, then release on a slow exhale. As you inhale this time squeeze your anus for a couple of seconds, then release on the exhale. Continue to take turns squeezing and releasing the vagina and then squeezing and relaxing the anus for **3-minutes** with full presence.



To begin with you may feel like you're squeezing both your vagina and your anus together, but with practise, you can learn how to separate the two, and build more awareness and dexterity.

If you find you're contracting your abs, hammys, quads or other muscles, that's ok - they're all connected. Simply aim to make the squeeze come from your *internal* muscles. This exercise helps you

gain more muscle control so you can easily contract *internally*, without contracting *externally*.

**GIFTS:** According to Taoism much of our life force (and sexual) energy leaks out of our anus and buttocks. In order to avoid this, we need to have a toned and strong anus. The stronger our anus, the more energy we will have, and the healthier we'll be, giving us a much greater ability to send energy up through our spine.

This exercise helps strengthen our anus, while at the same time, teaching us how to isolate our anal muscles from our vaginal muscles. It's also a powerful exercise in letting go of our emotional crap. We store a lot of stress in our arse, so we're quite literally letting go of all of our 'shit' - all the stuff that no longer serves us - as we let the anus go!

Something most people don't know, is that the anus is the one area of the body that you can apply pressure to, to relax the autonomic nervous system - which is responsible for regulating our digestion, circulation and breathing. So the next time you get really stressed out and you want to relax, simply play with your bum! If your partner comes home stressed and cranky, offer to play with *their* bum and see how quickly they relax!

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## Horizontal Ballerina

Lying on your back, with your legs together nice and close, extended straight out along the floor. Begin by pointing your right foot while flexing your left foot. Then alternate your feet a few times in a fluid movement. You should feel a nice stretch in both calves and down the front of your legs as well as a lengthening in the right side of your vagina, as the left side shortens. If you don't feel your calves activate then you're not getting the full benefits.

Building upon what you learnt in the 30-minute sequence where we isolated the two different sides of the vagina, we're now going to squeeze and release the lower, middle and upper points on each side, doing a six point isolation. Begin by pointing your right foot while flexing your left foot. On an inhalation squeeze the lower right side of your vagina (near the opening), and as you exhale, release the vaginal squeeze.



Inhale and squeeze the middle right side of the vagina, releasing on the exhale. Inhale and squeeze the upper right side of the vagina, releasing on

the exhalation. Switch feet; left foot pointed, with the right foot flexed. Inhale and squeeze the upper left quadrant of your vagina, releasing on the exhale. Inhale and squeeze the middle left quadrant, releasing on the exhale. Inhale and squeeze the lower left hand quadrant and release on the exhale.

Switch feet and continue this sequence for **3-full-minutes**, taking it as slow as your breath will allow, making sure you experience a full vaginal release on the exhale before moving onto the next quadrant. Just like with the left and ride side isolations, simply visualise the squeezes happening, as this is how you'll build the neural pathways for the physical squeeze to eventually happen. Imagine the movements in your feet are coming from the *inside* of your body.

**REST.** Giving your ovaries some loving touch, do **The Love Scoop**, scooping the pelvic energy up to circle your breasts and lay there cupping your breasts as you breath in love, and exhale any left over fear. Anything that's not serving you, simply letting it go on the exhalation, your vagina softening, melting open for **30-sec**.

**OTHER WAYS:** You can also isolate the roof (the top part when you're lying down) and the floor of your vagina (the part closest to the floor when you're lying down). So feel free to use this eggsercise to squeeze the lower bottom, middle, and top quadrants and then the ceiling's lower, middle and top quadrants, essentially creating a 12 quadrant isolation. Play, explore! If this is too much you can simply go back to the right and left side isolations. Go with where you feel drawn.

**GIFTS:** This eggsercise is super powerful in helping to build vaginal dexterity so that (if you're in a heterosexual relationship) you can eventually learn how to play rhythms on your partner's penis during intercourse! Now having a dexterous vagina isn't just for your sexual fun, it helps build tone and sensitivity in the vaginal canal and the adjoining sexual organs.

**Horizontal Ballerina** also further activates the movement of spinal fluid, which leads to deeper relaxation. This is one of the keys to experiencing orgasm and bliss and also releasing any blocks or tension held along the length of the spine. This pose is soft and subtle, but so powerful in helping us connect more fully with our body.

The left side of the vagina channels feminine energy and the right side relates to our masculine energy, creating a nice balance in your ability to both give and receive. So as you work in this pose, you're repatterning your cellular memory, shifting subconscious patterning and opening yourself up to a really nice balance between *doing* and *being*.

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## Relaxation in Sleeping Beauty Pose

You've given yourself this healing, now lie back and take this time to fully receive its nutrients. In this **Relaxation** we return to the **Base Position**. Because this sequence is focused on **Letting Go**, we do our **Relaxation** in **Base Position** to further facilitate the letting go process. Just have a look up above at the **Love Warp & Letting Go** (pg. 2) or the **Letting Go playsheets** where I go into more detail on the power of this pose in terms of **Relaxation**.

As with anytime we come to **Base Position** make sure you have a head-support the height that suits your body shape, and if you want to tuck yourself in with a blanket or lay down a couple of folded

blankets beneath you, by all means do. Find loving support here in this pose. 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 that little bit more with each exhalation. 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 **Base Position** simply doesn't work for you, **Sleeping Beauty Pose**, **Child's Pose** or **Easy Pose** are all options for you **Relaxation**, however the most undoing will happen in **Base Position**.

**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.

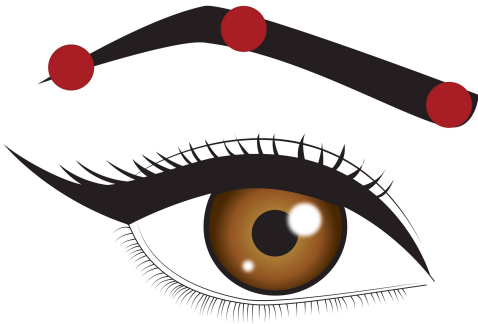
This is your chance to loosen the body and mind of any tension it has been storing - to completely let go and unwind. You deserve it! When our body stays in a constant state of alert (always on the go) it expends a LOT of energy. Consciously relaxing the body, which we do at the end of every practice,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

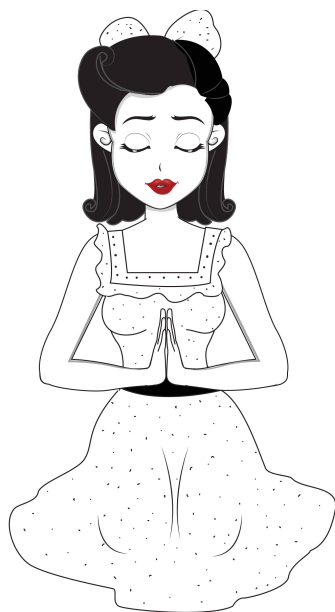
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## Self-Love Blessing

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

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

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

Joining your hands together in **Prayer Pose** brings your right side, the *pingala*, and your left side, the *ida*, together, neutralising the positive and negative polarities of your electromagnetic field. When the

knuckle of your thumbs press into your breastbone, it hits up against the reflexology point for the Vagus nerve; one of the major nerves going to the pineal gland up the front of the body\*. This pressure immediately causes the pineal and pituitary glands to secrete, creating calm in the brain. This allows one's prayer - or **Self-Love Blessing** - to come from the heart!

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



May you be happy, may you be healthy, may you experience ease, as you move  
into your glorious day.