

# Moontime

## 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.*



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 **4-minutes** tuning into yourself in this way.

**GIFTS:** The **Love Wrap** is one of my core teachings to all my students to help them connect or 'tune in' to their inner voice; their True Self. ALWAYS start your *Yoga for the Vagina* practice with a **Love Wrap** as this will help you stay in the loving space required to allow deep healing to take place. Research shows that people who are more connected to their heart are more at ease in their body and are less likely to experience injury. It is this connection to our heart that also facilitates a feeling of peace.

The **Base Position**, also known as Constructive Rest or Semi Supine, was taught as an essential part of self-care in a large back pain trial published in the British Medical Journal in 2008. This pose was found to be highly effective in helping release tension, by consciously directing and projecting one's thoughts while in a supported resting position. If done for 10-20 minutes a day (see the **Sea of Love Mini** for your guided audio) it can help align and elongate the spine and improve overall posture, among many other yummy benefits.

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## Light Massage

Let your intuition guide you to where you need loving touch the most. Let your hands be drawn to the physical aches and pains in your body. The bad back, the injured knee, the stomach ache, the sore muscles, the headache. Linger in these places as you feel the warmth of your hands sooth away any tension and pain. Your hands are so full of healing energy, they can help dissolve emotional pains as well as physical ones.

As your hands ride along the surface of your body, let them trace the emotions inside. Physical tightness and emotional repression are linked. Start to bring your awareness to where your body holds sadness, love, anger, jealousy, frustration or guilt. Coax your hand to go to places that hold sorrow, anxiety, or painful memories, or where you simply feel something locked, tight or resisting movement. Let your hands linger there, soothing and drawing out these negative feelings like a magnet. Any negativity dissolving as it comes to the surface for **2-minutes**. Use this time as you heal your hurts, to also find any spots in your body that are filled with joy and light.

**GIFTS:** Massage is one of the oldest healing techniques, found in the ancient Chinese medical texts of 4000 years ago. It's used by many to help overcome psychological and physical problems. It cuts through stress like a hot knife cuts through butter, relaxing muscles, lowering heart rate and blood pressure, helping digestion, enhancing blood circulation, improving skin elasticity and even boosting immune function.

As I mention in my book *The Upside of Down: A personal journey and toolkit for overcoming depression*, touch really can have a powerful emotional effect on us and has been shown to reduce the symptoms of depression. This is partly because when we receive loving touch from ourself or a masseur,

the body releases feel-good chemicals such as serotonin and dopamine and reduces the stress hormones cortisol and adrenalin. Aside from the many medical benefits, massage just *feels* good!

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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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## Goddess Pose

From **Base Position** let your legs splay out to the sides, so your legs form a diamond shape, where the soles of your feet are touching. This is **Goddess Pose**. You can place your hands where they feel most drawn, for example, on your ovaries or one hand on your heart and one on your womb. Or you may like to rest your hands out to the sides of your body on the floor, palms facing up. Shimmy your shoulder blade under your heart to open up your chest.



Let gravity do its thing. Feel the weight of your legs completely and fully surrender towards the earth. With each exhalation allow your knees to sink a touch closer to the floor. Intend for your body to lengthen up through your neck, like a string is pulling gently from the top of your head. Intend for there to be space between each rib as they open outwards. Relax the groin, and invite your body to completely let go.

Feel the openness in your chest and connect in with your heart. Surrender into your heart and simply notice how your whole body softens as you lay here and surrender into the pose. As you feel the pose undoing anything that no longer serves you, feel the healing energy filling the womb, the fallopian tubes, and the ovaries. Allow your breath to flow easily and your mind to rest. Be completely absorbed by the posture for **3-minutes**.

You may like to rock your head side to side in this pose. But above all else, notice how it feels to work on *opening*. 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 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 of extra support - make your practice feel nurturing for where you're at today.

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, and just feels really lush, especially during that time of month!

**GIFTS:** **Goddess Pose** is said to be the Queen of all yoga poses for women and is a really nice restorative posture to do as soon as you wake up, before you go to sleep, or just when you need little time to take into your centre. It helps open up the hips and stretch out the groin - also giving the thighs and knees a delicious stretch - so your energy doesn't get stuck in your pelvic region, while at the same time helping you feel more open emotionally.

Reclining back in this yummy pose helps expand the lumbar curvature of the spine, while lengthening the layers of the abdominal wall, helping maintain pelvic organ support. 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.

**Goddess Pose** is especially a great pose if you experience menstrual cramps or when your energy is low. This pose also has a drying effect on the internal organs and helps reduce a heavy menstrual flow and diarrhoea. For those women who have cystitis (burning sensations when urinating) around the time of menstruation, this pose relaxes the bladder to help relieve those symptoms.

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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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## Alternate Nostril Breathing

### in Easy Pose

Sitting in **Easy Pose**, move the fleshy bits of your booty out of the way so your sit bones can root down into the earth. Feel your spine tall and shoulders relaxed. Rest your left hand on your left knee, and let your heart be open. Bring your right hand in front of your face and drop your middle finger, ring finger and pinkie down towards your palm. Use your right thumb to seal up your right nostril.



Inhale slowly through your left nostril until you reach a full inhalation, pause as you close your left nostril with your right index finger and remove your thumb to open your right nostril. Exhale through your right nostril until you are empty of air. Inhale through your right nostril. At the full inhalation, pause as you switch from your index finger back to your thumb so your left nostril is open and the right nostril closed, and exhale through your left nostril.

Continue this breathing sequence: Slowly inhaling left, exhaling right, inhaling right, exhaling left, and so on for **3-minutes**. Remember to consciously take slow deep breathes throughout, keeping your breath smooth without straining. This can sometimes feel a little like yoga for the brain, so just remember, every time you fill up with breath, you switch nostrils.

**OTHER WAYS:** If you have any nasal congestion or other sinus related issues practise long deep breathing instead. If you cannot sit comfortably in **Easy Pose**, simply pop a cushion under your booty, sit in **Rock Pose** (kneeling) or sit on a chair, feet flat on the floor. Whichever pose you choose, just ensure your spine is tall and you can feel your sit bones rooting down and well supported.

**GIFTS:** Our nose is directly linked to our brain and nervous system and is exceptionally clever! By simply practising a few minutes of **Alternate Nostril Breathing** each day you can restore imbalances in your brain, improve sleep, boost your thinking and calm your nervous and glandular systems. How's that for a healing tonic!

Breathing in through your left nostril accesses the right 'feeling' hemisphere of your brain, helping to calm you while integrating unwanted negative emotions and stress. It's cooling, relaxing and associated with lunar energy. Breathing in through the right nostril accesses the left 'thinking' hemisphere of the brain giving you clarity and putting you in a positive mood. It's warming, energising, projective and associated with solar energy.

Consciously alternating your breath between either nostril will activate your whole brain creating a deep sense of wellbeing and harmony on the physical, mental and emotional levels. The ancient yogis

believed that if you could regulate breath, then you could control your mind. This is a simple yet powerful breathing meditation that can be done for up to 30-minutes on its own to gain great benefits.

In this pose, you're invited to hold your left hand (and both hands when you rest) in **Gyan Mudra** - also known as the seal of knowledge - holding the tip of your thumb together with the tip of your index finger. This is believed to stimulate and expand your connection to the knowledge and wisdom within, while at the same time creating a sense of calm and receptivity within you.

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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!** Continue for **3-minutes**.

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.

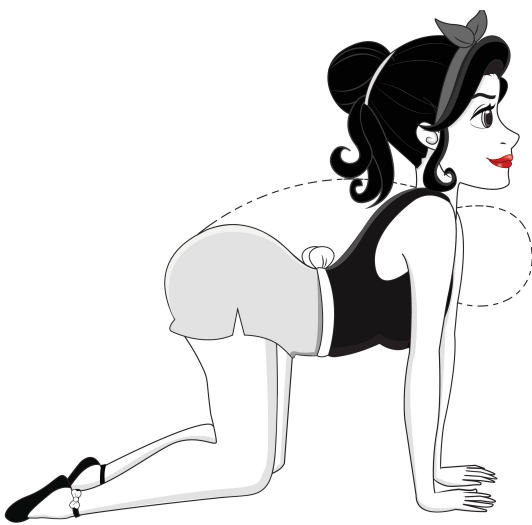
**Half Moon Neck Rolls** helps regulate the function of your thyroid - the mother gland which is like a butterfly sitting at the front of your throat - which often gets a pounding when we step into our 30s and

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, 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, 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 **3-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, heart reaching forward, rounding through the back on the exhale as you tuck your chin into your chest. 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 feel discomfort in your knees, place a folded blanket between your thighs and calves. You can also place a cushion under your outstretched arms as this can be very restful during menstruation. 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.

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## T-Rex

Sitting in **Rock Pose** extend your left leg straight behind you, so you're sitting on your right heel. Bend your elbows, so the palms of your hands are looking forward, making sure that your elbows are as close to your sides as possible. Your hands should be around shoulder height, palms softly turned to the sun.

Engage your navel and lift and lengthen through your front torso (similar to you would in **Camel Pose**) allowing your back to arch back so your heart is open. Maintain the stretch so you don't compress your lower back and hold this pose for **90-seconds**. If this pose is strong enough, leave out the backbend. Your face is looking to the sun, unless this



feels uncomfortable, then simply tuck your chin to your chest.

To further refine the pose, as you hold here, feel the energy of your pelvic floor moving up your front body, giving you a lift in such a way that you're holding your torso up, so that you're not collapsing your weight into your supporting heel and knee. The tops of both feet are grounding down, while the rest of your body is being drawn to the heavens. This will make the pose more difficult and work more muscles, but it will also derive you more benefits.

To come out of the pose, engage your navel and gently lift up and out as you bring your spine back to the neutral position. Bring your hands down to the floor, bring your left leg back into to meet the right. Take a breath here, then repeat on the opposite side for a further **90-seconds**.

**OTHER WAYS:** If you find it difficult to hold your hands up and maintain your balance, simply lower your hands to the floor for support - fingertips pressing into the floor - while continuing to lengthen up through your spine, heart reaching forward and up. Aim to have just your fingertips touching the floor to activate the acupuncture points in the pads of each fingertip.

Another alternative for getting into the pose, is to crawl forward from **Rock Pose**, leaving one leg behind to naturally come into the **T-Rex** stretch, as I do in the video example. Both ways of entering the pose are perfect, simply choose the one that works best for your body. As usual, choose sensation over shape, and simply enjoy the option you feel drawn to in any given practice.

**GIFTS:** **T-Rex** warms and stretches the back muscles and spine while strengthening the core body, making it beautiful for awakening the body in the morning. It ignites the adrenals and nourishes the kidneys for those living a stressful life, while giving your liver a juicy massage. Your psoas muscle also gets a lovely stretch!

Because **T-Rex** stimulates the nervous, lymphatic and reproductive systems, this pose helps the body maintain proper hormonal balance and is highly recommended for peri-menopausal women. Opening your chest is great for asthmatics and allergy sufferers, and in Chinese medicine, it helps to relieve anxiety, depression and grief.

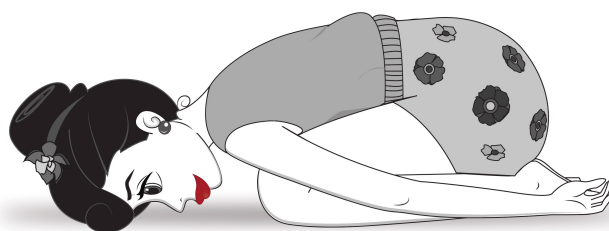
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## Child's Pose

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 **2-minutes**.

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.

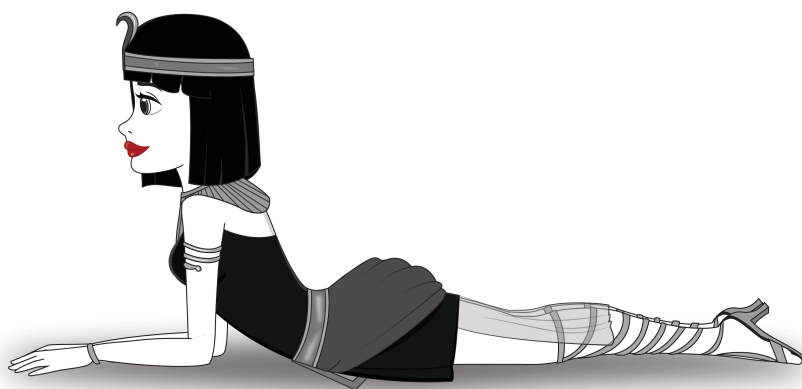
Regular practice of **Child's Pose** teaches you conscious exploration of the breath. As the front of your body releases onto your thighs, the frontal ribs and abdominal muscles become slightly compressed. This restriction allows for a deeper opening of the back of your torso as the lungs expand behind 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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## Sphinx

Lying on your stomach with your legs hip-width apart, rotate your thighs inward by rolling your outer thighs down toward the floor. This helps broaden and lengthen your lower back and sacrum to protect it in a backbend. Actively reach through your toes to the wall behind you, remembering as you move into the pose, to keep lengthening your tail toward your heels to protect your lower back.

Your booty cheeks should be firm but not clenched. Place your elbows directly under your shoulders and your forearms on



the floor parallel to each other, palms pressing down into the earth - you want to feel your elbows actively pulling towards each other. Your torso is lifted for a mild backbend, ensuring you're elongating through your spine, feeling a nice lengthening from your pelvis to your chest. Make sure you keep your neck in line with your spine.

Shoulders relaxed, draw your body forward slightly with your arms on the floor for a really juicy psoas stretch. Pull up the knee caps, squeeze your thighs, and press your pubic bone down into the rich earth. Bring awareness to your lower belly now - the area just above your pubic bone but below your navel.

To build a solid foundation in this pose, lightly draw your lower belly away from the floor to create a dome that rounds up toward your lower back. This is a really subtle movement. This belly lift supports and distributes the curvature of your backend more evenly along the length of your spine, soothing your lower back and awakening the upper back. Stay here taking long slow deep breathes while staying active in the pose for **3-minutes**.

When finished, inhale and as you exhale slowly release your belly and lower your torso and head onto the floor, rolling down one vertebrae at a time, turning your head to one side and resting on your hands.

**REST.** Lie here on your belly, head turned to one side for **30-seconds** broadening your back with each inhalation, and releasing any tension with each exhalation. If you feel like your back is quite vulnerable you can come into **Child's Pose** to help ease that vulnerability.

**OTHER WAYS:** If the back-bend is too strong (if you feel any compression in your lower back or spine), don't take the backbend up as far. Rest on your ribs, slide your elbows further away - as far away as necessary - to reduce the compression in your lower back. Or to ease the severity of the arch, you can take your elbows out to the side, hands together. If you find this pose too easy, and you want more of an arch in your lower back, then put a bolster or big cushion under your elbows.

In any back bend, avoid over arching your neck. Only go as far as feels comfortable. If there is any strain or tension, soften the arch until it feels comfy. Over-arching your neck causes a compression to the discs in the neck. The individual vertebrae move toward each other on the back side causing them to press on the disc in between. This can cause injury by gradually eroding the disc, so really nurture your neck. Lift your head just an inch or two from a full arch, or to keep your back completely safe, tuck your chin into your chest.

**DON'T DO THIS POSE...** if you're pregnant, have a bad back or tight sacrum. If you feel any sharp pains (or even little ones) gently come straight out of the pose. If you have a headache, this is one to avoid also.

**GIFTS:** **Sphinx Pose** opens the chest and strengthens the core body. It stretches the spine and massages the reproductive organs and the kidneys. It tones the ovaries and the uterus and helps to alleviate gynaecological disorders such as leucorrhea (irregular vaginal discharge), painful and absent menstruation. People with bulging or herniated disks may also find this pose therapeutic.

If your neck is dropped back a touch this will stimulate the thyroid. That said, only take the neck back as far as is comfortable for you. Some people get all the benefits they need from letting the head be an extension of the spine, as opposed to pushing it back beyond their natural flexibility. In fact, taking it too far back can cause major injury, so be very careful with your neck in any pose that includes a backbend.

**Sphinx** is one of the healthiest poses you can do for your back on a regular basis as it will create and maintain a healthy lower back curve into your wiser years. Long periods of sitting and growing older result in us losing the arch in our lower back which seems to be the cause of back pain and other associated problems. If you find **Sphinx** a comfy pose to stay in, it's a great pose for watching tele or reading a book!

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## Sacrum Grinds

Sitting in **Rock Pose** spread your knees as far apart as they will go while keeping your big toes touching. Place your hands together in **Prayer Position** turning your fingertips to point forward. Inhale deep into your belly, and as you exhale glide your torso forward until your forearms are flat on the floor, your elbows directly under your shoulders. You can leave your hands in **Prayer Pose** here, with your little fingers resting on the floor, or you can put the palms of your hands down for extra support. Whatever feels good for you.



Your torso should be parallel to the floor - make sure your belly is not collapsing down. You may need to readjust so you feel a really juicy stretch through your groin. If you need to put blankets under your knees for extra padding, please do. Your face should be looking down at your hands, neck and shoulders relaxed, chin tucked in a touch.

In this pose, take long slow deep breathes, as you start to ever so gently circle your sacrum. Simply imagine your sacrum is drawing tiny tiny circles. *Please note:* This movement is very very small. You're only moving your sacrum/tailbone (not your hips - they will follow naturally, but the hips are not initiating the movement). It only takes a very minute movement to feel the stretch in your groin, so be soft in this one. Circle clockwise for **90-seconds**, pause, then circle anti-clock-wise for a further **90-seconds**. To come out of the pose, slide your booty back until you're sitting on your heels and rest here.

**REST.** Push back so your sit bones kiss your heels for **Extended Child's Pose**, only this time, maintain a reasonable stretch in your groin, keeping your knees wide apart. You can leave your hands out in front of you or simply bring them next to your sides, palms facing up. Rest here for **90-seconds**.

**OTHER WAYS:** Having trouble getting your knees as wide, or wider, than the width of your mat? Only spread your knees as far apart as gives you a nice stretch without experiencing any pain. If you can only go a hand's width apart, that is perfect. If this pose hurts your knees, place some folded blankets under them for support (in fact I suggest doing this anyway to make it feel more lush). If you do have bad knees, then you may want to give this one a miss.

During your rest in **Extended Child's Pose** if you're feeling a little vulnerable, you need a bit of extra support, pop a pillow or three from your hip creases all the way up to your torso, turn your head to one

side, and melt into the cushioning. This can be really yummy during that time of month when we are at our most sensitive. Give yourself what you need in this posture to make it luscious.

**GIFTS:** **Sacrum Grinds** are abductor heaven, helping open up the groin and the meridians - spleen, liver and kidney - that pass through the groin area. When you do tiny spirals - or *grinds* - you are helping 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 your pelvis.

Isolating the sacrum is an important part of expanding our orgasmic experiences because the more mobile our sacrum is, the more potent it becomes as a pump to move sexual energy up our spine. When you move in this sensual way you are directly connecting to your sacral chakra and activating the spine. Moaning can enhance your experience of this pose, as can pulsing your tailbone up and down slightly, so feel free to give both of those a try.

We women hold a lot of emotional and physical tension in our hips and pelvic region, so don't be surprised if during this posture you feel emotions bubble to the surface to be felt and cleared. You'll notice when you get stressed you're likely to clench your throat, hips and lower abdomen. Hips move in all sorts of directions, hence why there are so many different hip opening poses in *Yoga for the Vagina*.

Ultimately though, **Sacrum Grinds** really are excellent for anyone with tight hips, which is most of us, particularly if you have an office job or do a lot of sitting. Our bodies get cramped when we sit for long stints of time. We do a lot of things in our culture that go against our alignment. So this is a really beautiful pose to get nice and low, lubricate the hips and open yourself up to the beauty and pleasure of this world.

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## Prayer Squat

Come to a standing position with your hips a little more than hip-width apart, feet turned out. Inhale and as you exhale - as slow as you can go, heart lifting throughout - sit down inside yourself so you're in a deep squat. If you need to adjust your feet here, simply walk your feet apart until your torso is not resting against your thighs. Ensure your feet are flat on the floor so you can create the action of pressing down evenly throughout the foot, which lengthens the inner thighs and allows for deeper exhalation.



Bring the palms of your hands together in front of your heart in **Prayer Pose**, so your elbows are pressing against your knees for a juicy hip and groin stretch. Keep your knees and feet pointing in the same direction as it's safer on your knees and ankles. Spread your collarbones to open the chest, and move the back ribs inward in order to keep length in your spine. Allow the weight of your pelvis to fully descend as you reach up through the crown of your head to lengthen your spine.

Ensure to keep your torso fully extended and expanded - keep lifting up through your heart. Release and lengthen through your legs. As your knees bend and your torso angles forward,

lengthen through the muscles of your upper and lower legs. Both hamstrings and quadriceps lengthen, while simultaneously working to support your angled body. Likewise the muscles of your torso are also lengthening, so invite in this elasticity within these working and lengthening muscles. Then breathe deep into your lower belly, as this helps with digestion.

It's important to understand that for maximum support and alignment in our body we want to be rooting down through three points in our feet: The centre of your heel, the top of the sole of your foot just beneath your little toe, and the top of the sole of your foot just below your big toe. These three points form your **tripod** (as I refer to it in the guided audio), upon which you create healthy alignment in your body. So as you come down into this pose, and as you sit in it, make sure you're feeling these three points - this *tripod* - rooting down into the earth. When I refer to the three arches in each foot, I am referring to the arch that runs between each two points of the tripod.

When your feet are wide apart - hip width or further - this pose works into the hips more deeply. Having the feet close - perhaps even touching - this pose works the ankles more deeply. Ultimately you want to find a position that works for your body, where you're able to melt into the pose without putting unhealthy tension on any of your joints. To come out of this pose, go straight into the **Forward Bend** as instructed below...

*\*For an extended explanation on the 'Tripods' and arches' in our feet, check out the **Foundation for the Feet Mini** sequence, where I discuss the important of grounding down through the tripod in our feet and having strong arches.*

**OTHER WAYS:** If you have difficulty balancing in **Prayer Squat**, stare at a point on the floor while you sit in this pose. If you find you can't keep the soles of your feet flat on the floor, place a blanket under each heel for support. It's much better for your body's alignment to have that support, than to sit in this pose, heels raised, as you want to be pressing down through that tripod. If you can get down into the squat but cannot hold it, either take your feet further apart or place a cushion or a stack of books under your booty for support as you rest here.

If you're having trouble getting down into the squat, know firstly, that you are not alone and this is SUPER common. Lets train the body to gradually work its way down! Get a chair that has a sturdy back on it, hold it with your hands for support, and squat down only as far as you feel you can without feeling any strain. Hold there. If you practise this regularly, over time, you will find your whole body open up so you can go lower and lower, until you can finally come right on into a full **Prayer Squat**.

It's really important to let your body relax in this pose. So if you need to use props to help facilitate that letting go, please do. Know that is well worth your while helping the body open up into a full squat, because your diaphragm, which will be restricted due to the lack of movement in the floating ribs, will be able to move easily in response to the demands of breathing and this will release pressure on your abdominal organs. See? Win win!

In the **Moontime** sequence we do not come up to standing from the **Prayer Squat** position, however if you're doing squats where you come up to standing at any other time, make sure as you lift up and out of the pose, that you are leading from the heart and not your booty as this is far healthier for your body's overall structure.

**DON'T DO THIS POSE...** if you have dodgy knees as it can put too much pressure on them. You should never feel pain or strain in your knees. If you do, STOP!

**GIFTS:** Humans have been squatting since the dawn of time, yet these days due to office desks and modern toilets, many people have lost the ability to squat and access this range of motion in their body. Squatting is a movement that works the hip joint through most of its range of motion. In this pose we see a lengthening of the muscles in both of your legs and your torso. This is why cultures, where squatting is part of their daily life, have fewer cases of osteoarthritis of the hip joint and back, compared to Western countries.

Approximately two-thirds of the world's population goes to the bathroom every day this way! If uncomfortable, it may be a sign that you need to practise squatting more.

What you'll also find, is that because your hip joints get exercised through their full range of flexion when you squat, it will be easier for you to maintain a natural foot arch. What am I saying? If you have flat feet (collapsed arches) squats, along with **Tree Pose** and **Life Nerve stretch** are the poses you want to do regularly, to help bring back and maintain a natural arch in your feet, just make sure you're evenly rooting down through the tripod points in your feet.

Each yoga pose has an energetic quality and when it comes to squats, they are very grounding - helping you tap into the downward-flowing energy - making it a great pose to do when you're needing more calm. Squatting circulates the energy of the lower three chakras (chakra 2 being responsible for your sexual organs) helping you build a strong pelvic floor. It also offers relief to women with lower back pain due to their menstrual cycle, by automatically releasing the lower back muscles, as well as the lower part of the diaphragm, which is attached to the lumbar spine. It also helps cleanse and energise the kidneys.

Not only does the **Prayer Squat** help improve your balance, memory and concentration, it gently massages the uterus, tones the belly while stretching the groin, ankles, sacrum and back torso. It also opens up the circulation to the hips and lower intestines - energising your kidney, liver and urinary bladder meridians - stimulating metabolism. Squatting also helps elimination and can help prevent constipation and haemorrhoids.

Squatting is a really great position to practise if you're planning to have a child. Squatting while giving birth can increase the rotation of the baby, allows for excellent perineal access, is great for foetal circulation, can increase pelvic diameter by as much as 2-centimetres and requires less bearing down because you have gravity on your side. What about sex? Squats increase blood flow to your pelvic region which can energise your libido and even make orgasms more intense!

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## Forward Hang

To come out of your **Prayer Squat** and into the **Forward Hang**, place the palms of your hands on the floor in front of you. Straighten your legs as you press your pelvis and booty up to the sky, at the same time as you let your head come down and hang so you're looking through your legs. Keep your legs straight without hyperextending, as you release the full weight of your head down.

Once you arrive here - feet flat on the floor - you can keep your legs straight or bend them as generously as you need to send some love to your lower back so there's no strain, so your lower back can fully release, as you allow the front of your torso to lengthen and hang like a rag-doll.



Let your hands rest on the floor if they reach, if they don't you can let them hang, or you can hold the inside of your elbows, forearms touching, and simply rest there. Let the weight of your arms gently pull you further into the stretch with each breath out. Then feel into the pose. Perhaps you sway a little from side-to-side, stay still or flex and lengthen your knees one at a time. Continue to explore here for **3-minutes**.

To come out of this pose, don't roll up, simply bring your booty back down into the squat position (adjusting your feet as required), stay there for a full breath in and out, and come out of that position, by simply rolling back onto your buttocks, using your hands to support you. OR you can press up from the **Squat** into a standing pose. If you do this, which is great for your body, make sure you press down through the tripods in your feet and let your heart draw your back up (as opposed to your booty).

**OTHER WAYS:** If you have a dodgy back, bend your knees as generously as you need to send some love to your lower back so there's no strain. You can also rest your elbow on your thighs, or even rest your elbows on a table or chair if the pose is creating too much tension. If you can't squat all the way down, to come out of the pose, simply bend your knees, then roll up one vertebrae at a time through your spine super slow.

If your legs are straight you'll give your hammies a beautiful stretch, and if your knees are bent because you need that extra support in your lower back, your thigh muscles are being strengthened, so there's benefits all round, no matter how you adapt this pose to suit your unique and gorgeous body.

**GIFTS:** **Forward Hang** relieves tension and calms the mind, helping to get rid of anxiety, as well as reducing menstrual cramping and lower back pain. This pose helps relieve headaches, constipation, abdominal bloating and flatulence, and high blood pressure. If you have tight hamstrings the **Forward Hang** is a great pose to help loosen and stretch them out.

When you do a **Forward Hang** you're stretching the entire back body; a yogic term that covers the territory from the soles of your feet right up to the backs of the legs and spans the lower, middle and upper back, the rise up your neck and circles over your scalp and back down your forehead, finally ending at the point between your eyebrows. When you fold forward you stretch the entire sheath of muscles and connective tissue all in one go.

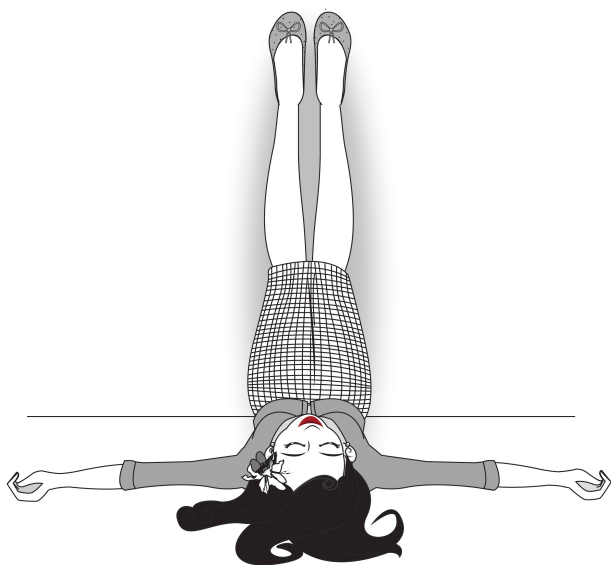
The **Forward Hang** also helps build strength in the diaphragm while providing a massage for the abdominal organs such as the liver, spleen and kidneys. Due to the intense stretch along the back of the legs and spine, the urinary bladder meridian gets a lot of stimulation helping those who experience urinary infections.

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## Legs-Up-A-Wall

Basically exactly as it sounds! You lie on your back with your sitting bones as close to the wall as is comfortable for you, with your legs straight up the wall. To get into this pose, sit sideways on your left

butt cheek, and in one swift movement swing your legs up against the wall. It might feel a little awkward getting into the pose the first few times, but with practise you'll roll on in easily!



Your legs extend up the wall, so that the backs of your legs are resting fully against the wall. Your sit bones don't need to be right up against the wall, but you do need to be in a position where you can release without the need to hold up your thigh bones. Release your arms out to the side, palms up - or feel free to place them anywhere on your body that you feel needs some loving touch.

Let the heads of your thighs bones - the part of the bone that connects to your hip sockets - release and relax, dropping toward the back of your pelvis, then rest fully into the pose, with slow deep breaths; fully letting go, fully surrendering so the pose can do its thing! This feels amazing! In this sequence we stay in this pose for a full **3-minutes**, but feel free to spend 10-minutes here if during the day you just need a little recharge.

In this sequence we go straight into the **Wall Pretzel**, but if you're doing this pose alone, to come out of this pose simply release your legs down the wall, hug you knees into your chest, then gently roll onto one side, before using one hand to push yourself up into a sitting position.

**OTHER WAYS:** This is a posture you can do practically anywhere that has a wall in almost any style of clothing - I've even done this one in a pencil skirt! After a long day, this is a great way to kick your feet up, you can even do this on your bed! You don't need fancy yoga stuff to do **Legs-Up-A-Wall** but as you'll see there are plenty of options to use props for extra support in this practice.

Place a small folded blanket under your hips and pelvis to create a slight inversion in your lower belly if that's more comfortable for you - this simply adds a nice support for your lower back and sacrum and makes the pose a little more restorative (so I highly recommend trying it out). To do this correctly, just place the blanket close to the wall, leaving enough room for your booty to snugly fit in the gap between the blanket and the wall. Depending on your body, using support may make it more difficult to plug your sit bones into the wall.

If you can't straighten your legs against the walls, that's no probs at all, simply let your legs be bent, so your knees are soft. Emotionally this pose can be a little intense if you've not had the blood flowing this way for a while, so if you need to take breaks, lower your legs down into a diamond shape with the soles of your feet together, as you would do in **Goddess Pose**. Do what you need to make the pose work for you.

On the other hand, if you're after a more intense stretch, flex your feet, or take it into a stretch for your thighs, hips and groin by spreading your legs wide against the wall into a V shape. If it's hot and you want to cool your body down and calm your nervous system, interlace your hands behind your head and use your thumbs to massage your neck.

**GIFTS:** **Legs-Up-A-Wall** is one of the most nourishing, grounding and calming poses. When you put your legs up against the wall, lymph and other fluids (that can lead to swollen ankles, tired knees and

congested pelvic organs) flow into the lower belly; this refreshes the legs and reproductive area, making this a really healthy pose to do at any point in your cycle.

Even with a decent fertility rate, you can increase the chances of conception by relaxing in this posture after intercourse.

**Legs-Up-A-Wall** relieves backache and stretches the back of your neck, front torso and back of your legs, relaxing your feet and tired legs. This pose also gives blood circulation a gentle boost toward your upper body and head (making it great if you have high or low blood pressure), which creates a pleasant rebalancing after you've been standing or sitting for a long time.

This pose also alleviates headaches, boosts energy, helps with varicose veins, respiratory ailments, menopause and soothes menstrual cramps. **Legs-Up-A-Wall** has a restorative effect on the nervous system and heart, eases muscle fatigue and helps restore healthy restful breathing, hence why it's said that 20-minutes in this pose is the equivalent of 2-hours sleep!

Many yoga instructors offer **Legs-Up-A-Wall** as an antidote to exhaustion, illness and weakened immunity. If you're stressed, fatigued or jet-lagged (so great for frequent travellers), this pose is especially refreshing. But the true beauty of this pose is that it teaches us that positive results can come from doing less, not more.

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## Wall Pretzel

Staying in **Legs-Up-A-Wall** pose, bend both of your knees so the soles of your feet are flush against the wall. Rest your right ankle on top of your left thigh. Flex your right foot. If you feel a stretch (for most people this will be the case) deep in the back of your right leg and booty cheek, stay here. If you need more of a stretch, press your right leg towards your chest, making sure you keep the right knee and ankle in the same horizontal plane. Keep your pelvis square and rotated so that your spine is not being pushed into the floor. Hold here for **30-seconds**, then switch feet and repeat on the opposite side, holding for a further **30-seconds**.



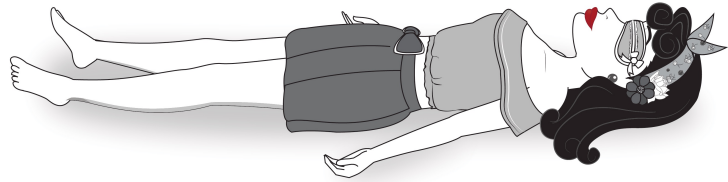
**OTHER WAYS:** Feel free to adjust your foot position on the wall to make the stretch work for you. Take your feet further up the wall for a less intense stretch or if you're finding it difficult to get into the **Pretzel**. Walk your feet further down the wall if you're after a really strong stretch.

**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 it's 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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## 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). Pull a blanket over your body to ensure you keep warm - it's difficult to fully let go and relax if you're cold - pop on your socks and leg warmers. 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 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 **Sleeping Beauty** simply doesn't work for you, **Base Position**, **Child's Pose** or **Easy Pose** are all options for you **Relaxation**.

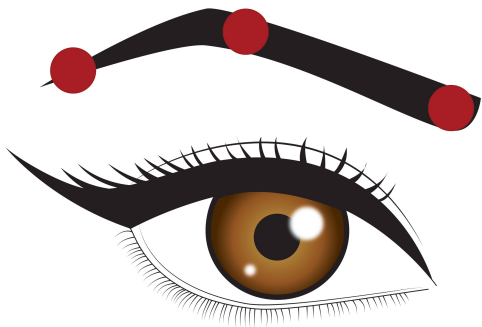
**GIFTS:** Relaxing after your *Yoga for the Vagina* sequence helps the body integrate the work you've done. Whether you feel like you've done a lot, or whether you feel like you haven't done much at all, you've stirred up a lot, creating some potent healing energy inside of you. Now you want to give 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 eggercise 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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## 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 you 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 you 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 connected 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, 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!



Know that today is an invitation to surrender, to let go, and to enjoy the beauty of your inner voice, guiding you through a day of peaceful ease.