

# Foundation for the Feet

## 19-minute Mini playsheet

If you want to become more grounded in your body and in your energetic being, this is the Mini that will help create that solid connection from within. Designed to help build strength and stability in your body, this Mini is brilliant for anyone with collapsed arches or flat feet, as it helps rebuild and lengthen the muscles needed for you to regain your natural healthy, and happy, feet. Now throughout this Mini you will notice I refer to the 'tripods' a lot. So lets begin by learning more about those...

### YOUR ACHES AND YOUR TRIPODS

A well working foot is wide and triangular with well-developed arches. In order to have a healthy pelvic organ support system we need strong arches in our feet. The arch of the lumbar spine in our back and the arches of the feet develop together and support each other, hence why I felt it so important to include this Mini in the series as the structure of your foot directly impacts the health of your lady parts. Now the foot has three arches:

- ♥ The *transverse arch* runs from just below the bottom of your little toe and big toe; from the outside of your foot to the inside.
- ♥ The *lateral longitudinal arch* covers the area from the heel of your foot to the little toe
- ♥ The *medial longitudinal arch* spans from your heel to your big toe.

Hence to say, when I refer to your arches, I am talking about all *three* arches in each foot, as opposed to just the inside foot arch. What about the tripods? When I refer to the tripods in your feet, I am talking about the three areas on each foot, where these arches meet; so the spot just below your little toe, the spot just below your big toe, and your heel. When I invite you to root down through your tripods, it is these three spots that you want to draw your awareness to.

The contact our feet make with the floor, particularly the ball of the big toe, stimulates postural reflexes and helps us experience opening and expansion through the legs, hips, pelvis and entire torso. When we walk, run, do yoga, play spot or simply move, you want to be ensuring that your tripods are being used evenly. Grounded feet and a stable weight-bearing pelvis offer the spine a firm base for support.

### OTHER HELPFUL TIPS...

The prime cause of flat feet, is unhealthy lifestyle choices. Dodgy shoe choices, wearing high heels - yes, as you'll read in in the **Breast Love 60 playsheet**, even a measly 2cm heel is a big no-no - and poor posture, which I also discuss in great detail in that playsheet, are the main factors that cause our arches to collapse, as they cause shortening and contracting of the muscles needed to keep our arches healthily aligned. The great news is, you can rebuild your arches.

What is great for your feet? Balancing postures like **Tree Pose**, poses that stretch your hammies like **Life Nerve Stretch**, walking barefoot on grass and switching to a shoe that supports your feet in self-correcting. My recommendation is to try some **Vivo Barefoot** shoes, as they're designed to allow the foot to walk as if it was barefoot, so it can self-correct, without any support or shoe design getting in its way. The thing to remember is that our feet are designed to support us, but when we wear shoes that compromise this, we do our feet (and thus body) a disservice.

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## 19-minute Mini manual

- ♥ **Natural Womanly Stance:** 1-min
- ♥ **Toe Raises:** 1-min
- ♥ **Arch Raises:** 1-min
- ♥ **Standing Side-Body Stretch:** 30-sec
- ♥ **Forward Hang:** 1-min
- ♥ **Lunges:** 2-min
- ♥ **Foot Massage:** 1-min
- ♥ **Life Nerve Stretch:** 90-sec
- ♥ **Squat:** 1-min
- ♥ **Tree Pose:** 3-min
- ♥ **Natural Womanly Stance:** 1-min

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## Natural Womanly Stance

We begin this Mini by taking a moment to find conscious footing in standing pose, so we can discover our **Natural Womanly Stance**; the upright posture that is most natural to us ladies, and will give you the greatest chance of maintaining well functioning sexual organs that remain in place until the day you pass.

To do this, stand with your feet hip-width apart; toes pointing forward, ankles directly over your feet. Your knees are straight but unlocked. Lift your heart, while maintaining the curve in your lower back. Crown drawing to the sky, take a full breath in, relax your belly, and then relax it a little more on the exhalation. This is your **Natural Womanly Stance**.

As you stand here, you may like to imagine the Bubbling Spring points in your feet (see **Luscious Lady Parts 60 Manual** for diagram) drawing your arches up, as the points draw nourishment from the earth up into your beautiful body. As this happens, allow your body to release any unnecessary tension - let gravity align you - so you can feel at ease in this gorgeous posture. Spend at least **1-minute** consciously coming into this posture.



You may like to explore the sensations in your jaw and pelvis and their connection to subtle arm movements. Open your mouth and sense how gravity, experienced as weight, moves through your feet

into the floor. By gently pressing your feet into the floor, opening your mouth and sensing the pelvic floor you can stimulate a sense of contact important for keeping your bones neutral.

**GIFTS:** When we stand in this **Natural Womanly Stance**, and move through life with this tall but at ease posture, the pelvic floor remains gently active, keeping our sexual organs supported and nourished. Women develop a far more pronounced lumbar curvature than men in order to create the perfect balance needed to keep our pelvic organs positioned horizontal in the hollow of our lower belly (so they don't prolapse), and allow the grace of fully upright movement, hence why its so important for our sexual health to maintain that lower back curve.

Right in front of the arch of the foot is the a major kidney point called the well of life, or Bubbling Spring that is associated with our ability to draw nourishment from the Earth. It energetically connects the upper psoas to the foot. It is the psoas that undulates when we experience a full body orgasm. The midline in its primitive response, moves through a wave-like motion as it overflows with pleasure.

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## Toe Raises & Arch Raises

Feeling strong and supported in your **Natural Womanly Stance** engage your kneecaps and lift your toes off the floor. Hold here for a second or two. Then starting with your pinkies, place one toe down at a time, working your way to your big toes. Just as it takes time to build vaginal dexterity, so too does it take time to be able to isolate our toes in this way. So be kind to yourself as you do a couple of rounds, lifting your toes together, then placing them down one at a time.

After a full breath in and a full breath out, move into the **Arch Raises**. Here we inhale the three arches in our feet up (see above explanation on the arches) while at the same time grounding down through the three tripods in each foot, for 3-seconds, then release them down for 3-seconds. This should feel a little like you're scrunching up your feet. Don't worry if your arches don't seem to be lifting, simply *imagine* the lifting, continue to do the physical action, and over time, they will start to reawaken.

As you inhale your arches up, really connect in with the energy rising up through your arches all the way to the heavens, while at the same time, the tripods in your feet rooting down into the earth. Visualisation really is an important part of this movement. Do at least 10 **Arch Raises**, before taking a moment to reconnect with your **Natural Womanly Stance** with a few full deep breaths.

**GIFTS:** The reason we have flat feet is due to poor posture and alignment which has developed over time. This leads to the arches in our feet collapsing, which essentially means the muscles in this area are not working properly. When you do **Arch Raises** you are rebuilding the muscles and bones from the arches of your feet to the top of your head. If you're wanting to heal flat feet, do the **Arch Raises** 3 times per day to help reawaken your feet to they can fully support you through life.

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## Standing Side-Body Stretch

Before moving into the **Standing Side-Body Stretch**, take your hands up high overhead and reach for the sky for a full body stretch, making sure your feet continue to root down into the earth. Then when

you're satisfied, let your left hand take your right wrist and use an exhale tilt to your left for a lovely **Side-Body Stretch**. Take a full breath in and full breath out. Then think up and over as you inhale back to centre.

Switch - so your right hand takes your left wrist - then exhale to the right, feeling that beautiful stretch up the side of your body. Breathe deep here, feeling the energy of your pelvic floor rising up your front body. Then use an inhale to come back to centre, and simply float your hands down to your sides.

**GIFTS:** Just as we flex the spine back and forth through many of the postures in yoga, so too do we need to stretch it to the sides. Side bends are the most efficient ways to stretch some of the major muscles of the sides and back, such as the latissimus dorsi (broad back muscles) and the quadratus lumborum, which will leave your lower back feeling more comfy and flexible. You're also increasing your range of motion here and giving the diaphragm a nice stretch so you can breathe better.



Side stretches are also really good to help us even out sides of the body that get more action during our day, for example, driving or holding a phone in just one hand. The side body can get really tight, especially when we sleep, and the can affect us in all sorts of ways. This pose goes a long way in helping to iron out that tension and free us up for a more sound sleep, and more sound functioning overall. And of course, it's great for alignment!

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## Forward Hang

To enter the **Forward Hang** in this Mini, inhale your shoulders forward and up, exhaling them down your back. Chin coming to your chest, begin to slowly and softly roll down through your spine, one vertebra at a time, until you're hanging like a rag doll in **Forward Hang**. Knees bent as generously as you need to release your lower back, let your head and neck go, and take a moment here to stretch out your legs a little, perhaps straightening one at a time.



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 **1-minute**.

**OTHER WAYS:** If you have a dodgy back, bend your knees really generously 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 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, which in turn, helps rebuild flat arches.

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.

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## Lunges

In this Mini we begin in **Forward Hang**. Let your palms come down to the mat, bend both knees generously and step your left foot back into a **Lunge**. Making sure your front knee is stacked over your front ankle (and not past it) you can hover here or lower your left knee to the floor (top of your foot resting on the floor). Bring your hands to your waist, shoulder blades drawing together and down press into the front foot, engage your core, and rise your torso up so your head is stacked over your heart, and your heart over your pelvis.

Make sure you can see your front big toe and allow yourself to sink further into your front leg. Loop your shoulders and then either leave your hands on your waist, take them into **Prayer Pose** at your heart, or raise them above your head into a V shape. Spend time here breathing fully as you keep hugging your inner thighs in towards the centre of the mat to help with your stability.

To come out of the posture, use an exhale to draw your belly to the top of your thigh. Plant your palms on the mat either side of your front foot. If you're in the **Low Lunge**, curl your toes under and bring your left foot back in to meet your right. Then to balance it out, do the same on the other side.



**OTHER WAYS:** **Lunges** can be quite a strong pose, so take your options. The **High Lunge** is what you see in the image here. The **Low Lunge** is your option, where you lower the back knee onto the floor with the front of your foot resting on the floor. The **Low Lunge** is still super potent and if you find you need extra support under your knee, simply place a blanket there for extra padding.

**GIFTS:** If you have flat feet or fallen arches you've probably developed imbalances in your ankles, legs and hips. **Lunges** help to strengthen your entire lower body; releasing tension in your hips, stretching your hamstrings, quads and groin and strengthening your knees. This pose helps counteract the effects of sitting by lengthening the hip flexors, stretching out the psoas, and supporting you in having a strong foundation in all that you do in life. On top of that, **Lunges** build mental focus, and are also said to be great for indigestion, constipation and sciatica.

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## Foot Massage

From **Forward Hang**, bend your knees, bring your hands behind to support you, and lower your booty down to the floor, where you'll come into **Butterfly** pose. Ensure your sit bones are rooting down while your crown is drawing your spine up to the heavens, creating length through the spine. In this active pose, use your hands to begin to massage your feet as you feel drawn for **1-minute**. You can massage

the arches of your feet, the heel, the toes, etc. Go where you feel needs your most attention during any given practice. If you have a little reflexology learnings under your belt, feel free to play with areas you're familiar with too.



**GIFTS:** There are so many reflexology points in the feet - all 72 nerves in the body have endings in the feet - so as you massage your feet you're giving your whole body a nice healing, while at the same time, calming your nervous system.

Due to unhealthy lifestyles and spending all day on our feet, when one of our internal organs goes out of balance it creates calcium and acid deposits in that area of the sole. We can use foot massage to help

breakup these deposits and thus, help restore our whole body to its natural state of health and balance, simply through giving our feet a little love. Not only that, as we massage our arches, we help stimulate the feet - wake them up - so the arches can bounce back.

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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, bring your chest down to your knees, bending your legs as generously as you need to take hold of your feet. Don't arch your back! Loop your shoulders back, let your heart radiate forth and allow yourself to sink into this

yummy stretch. You should feel the stretch up the back of your legs. Hold this pose for **1-minute**, taking long slow deep breaths.

**REST.** Shake your legs, maybe windshield wiper them from side-to-side a few times. Take a moment to relax into your body and get the blood flushing through your legs again.

**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 hammys 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.

**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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## Prayer Squat

Rise back into your **Natural Womanly Stance** and then take 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 a 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. Spread your collarbones to open the chest,

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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

those three points in your feet, making sure you are not collapsing inwards. If this is happening, focus on pressing you weigh into he outer edges of your feet, as you imagine energy drawing your arches up. Hold for **1-minute**. To come out of this pose, press down through your tripods, and heart lifted and leading the way, softly and slowly rise back up to standing.

**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 the tripods. 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**.

**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. 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.

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.

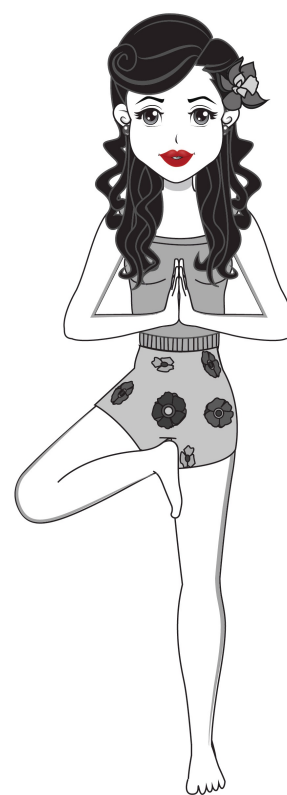
Not only does the **Prayer Squat** help improve your balance, memory and concentration, it gently massages the uterus, tones the belly while stretching the groin, ankles, sacrum and back torso. It also opens up the circulation to the hips and lower intestines - energising your kidney, liver and urinary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

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## Tree Pose

Standing in your **Natural Womanly Stance**, heel toe your feet together, so your inner arches are touching, with feet distributed evenly through the tripods of both feet. Find a nice strong base here, like the trunk of a tree. Feel the energy of your pelvic floor rising up your front body. Without moving your hips, press into your left leg and slowly lift your right foot up off the ground. As it comes up, gracefully use your hands to hike it up so the sole of your foot is flush against your left inner thigh. \*See below for other options.

Once your leg's in place, you can place your hands in **Prayer Pose** at your heart, take your hands into a 'V' overhead (this will stretch your chest and shoulders) or place your hands on your hips. Your choice! The knee of your standing leg should be straight but not locked. Your inner left thigh hugging in towards your right foot, as your right sole presses into your thigh, creating resistance. As you work the stretch, keep your hips evenly facing forward. Imagine drawing energy up through the arch in your standing foot. Hold for **1-minute**.



After you lower your leg down take a moment to stand tall and feel the difference between the left and right side of your body. Then when you're ready take the opposite leg up and repeat the process on the other side. If you fall out of the pose at any time, be with that sensation and stay connected to your breathing, simply coming back into the pose without judgment. Keep your attention on your inner sensations.

**OTHER WAYS:** Trees come in all shapes and sizes, so take your option. You can place the sole of your foot flush against your inner thigh, as you can see in the image of our little lady. If you're wearing slippery leggings and your foot keeps slipping, you can rest the outer edge of foot in the crease that joins your leg to your pelvis. These are the two more advanced options.

Easier options, are placing the sole of your foot flush against your inner calf, or resting the heel of your foot on your ankle, with the ball of your foot resting on the floor. All of these are great options, so find

the one that best works for you. Just remember to avoid putting your foot against your knee, as this can lead to injury.

In any of these options you may also like to hold onto a chair for stability if you find it difficult to balance. If you're struggling with the balance you can't work the muscles, which means you won't get a good psoas stretch. It's more beneficial to let go of the balance part of the pose to get the stretch, at least for part of the pose. So feel free to switch back and forth between using the support and balancing, as that will help improve your overall balance.

On the other hand, if you want more of a challenge, close your eyes as you hold this pose.

**GIFTS:** **Tree Pose** teaches physical balance and coordination, while stretching the thighs, groin, psoas, torso and shoulders. Due to the weight-bearing nature of the pose, it strengthens the ligaments and tendons in the feet, ankles and calves, in the bones of the hips, while also toning the abdominal muscles. Great for helping establish pelvic stability, **Tree Pose** helps remedy flat feet and sciatica. Regular practise also helps improve your focus and ability to concentrate, as these are key to staying in this pose.

Yes, this pose teaches *physical* balance, but as we learn physical balance so too do we learn mental and emotional balance. That's why **Tree Pose** is brilliant to practise if you're under stress. It teaches you how to remain calm while off balance, which translates into mental resilience, helping you achieve balance in all areas of your life. It will also help build your confidence and self-esteem. This pose really is so good because it leaves you in a state of rejuvenation.



We finish the **Foundation for the Feet** Mini in the **Natural Womanly Stance** where we go inside and meditate on our inner strength, and allow it to shine through into our lives.

