

# Breast Love

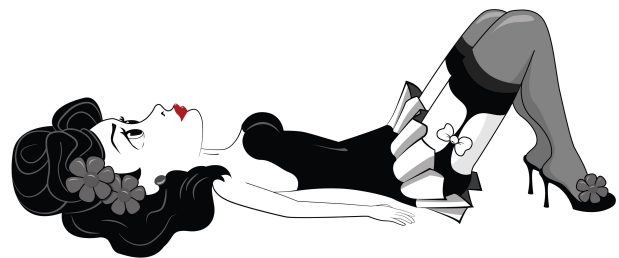
## 30-min sequence manual

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

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

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## Breast Massage

Rub your hands together vigorously for **30-seconds** to generate some heat (you may like to do this with the coconut oil). Then place your hands a couple of millimetres above your breasts, so they're not quite touching the skin. Take a few deep breaths in and out, allowing yourself to connect with the auric field of your breasts - see if you can feel the *energy* of your breasts. Can you feel their vibration?

Once you have a sense of your breasts place your hands softly onto your actual skin and begin with a **Four-Corners Massage**. Start from the outside of the breast, stroking into the nipple. Use both hands alternating in one continuous motion. After a few strokes start from under the breast, stroking up to the nipple. Then stroke from the inside of the breast to the nipple, and finally from above the breast in the same inward motion. The aim is to always stroke from the outer breast into the nipple, alternating between the four corners.

Moving onto the **Underwire Massage**, pull the breast up and use the (pinky finger) edge of your hand to stroke underneath your breast - the area where the underwire of your bra usually is. Take the edge of your hand and go underneath, underneath, underneath (as one hand comes out the other hand is going back in. You can do each breast individually or together.

Next we do the **Circling Massage**. To do this, place your hands between your breasts (on your sternum in the valley between your breasts) and in a flowing motion move your hands up and around your breasts, going down the outside of both breasts (right hand massaging right breast, left hand massaging left breast) before moving around the bottom of your breasts and back up through the centre, continuing to circle both breasts simultaneously. Once you've gone one way for a bit, you can reverse direction and go back the other way.

Finally we move into **Nipple Circles**. Start with three fingers together and place them on your nipples, and make circles focusing on the nipples. Do both breasts at the same time. Enjoy for a while before reversing the direction, then simply give your breasts any other loving touch they are craving today. Spend a minimum of **3-minutes** massaging your breasts. As you massage you may like to squeeze your vagina on the inhalation and release it on the exhalation.

Even if you've had your breasts removed, still give this area your loving touch as while your breasts may not be there *physically*, they are still there energetically, so you will still receive the delicious gifts of breast-massage.

**GIFTS:** Massaging and caring for your breasts in this way helps harmonise your hormones, fill your breast tissue with potent energy and open your emotional and spiritual heart. When energy is flowing through your breasts, lumps and bumps cannot survive, hence why breast massage plays such a vital role in breast cancer prevention.

**The Underwire Massage** in particular stimulates the reflexology point for the kidneys leaving you feeling calm and relaxed. When the kidneys are out of balance this shows up as fear. The kidney meridian is also responsible for our sexual arousal. Thus breast massage is a beautiful warm-up to sexual intercourse, but also to *Yoga for the Vagina*, preparing your vagina to be entered. Massaging your nipples activates the endocrine system, which helps the vagina produce lubrication.

**The Circle Massage** has particular effects on the body too. Massaging from the centre of your breasts up and down the outsides in circles, disperses energy, thus helping to eliminate lumps and bumps and any blocked energy being stored in the breast tissue, while reversing the direction energises and regulates breast health.

A side-effect of breast massage is that it can lead to you having firmer breasts. Breast energy become extremely powerful through massage, as you're ironing out tension which frees the body up to cultivate a lot of sexual energy. Ultimately, breast massage really is one of the most nurturing practices a woman can do for herself as it sends loving attention inwards.

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## Vulva Massage in Goddess Pose

From **Base Position** bring your feet together, aches touching, and let your knees gently butterfly away from each other, so the soles of your feet kiss and your legs form a diamond shape. Surrender into this pose, letting gravity invite your legs to melt further into the earth with each exhalation, as you give your groin permission to completely let go.

Here in **Goddess Pose**, start to massage your inner thighs with coconut oil and a big dose of love. The meridians responsible for activating the spleen, liver and kidneys can be found in our delicious inner thighs, hence why we want to show them a little love, before moving inwards to massage the groin.

Move the massage to your vulva region. The vulva is the outer genital area in which there are lots of pleasure spots to be found. Explore your vulva with curiosity, letting your fingers wander to the pubic mound, your inner and outer labia, your perineum, and all the delicious territory in between. If you find painful areas, rest your hands over them and imagine breathing into the tenderness until the tension releases. Spend at least **3-minutes** getting to know your vivacious vulva, and to learn more visit **Your Vulvalicious Vagina playsheet** on the **Resources** page.



To end this pose, gracefully glide your fingers to your outer thighs, and as you press your feet together, press into the outer edges of your feet and close your legs back together like a book. See if you can imagine the ball and socket of your hips as your legs draw in, before inching them back to hip-width apart in **Base Position**.

**OTHER WAYS:** If you have a lower back injury or persistent lower back pain see how this pose feels for you, and if it's too much, simply stay in the **Base Position** and do your **Vulva Massage** from

there. If you cannot take your torso all the way back to the floor, place a cushion or two, a folded blanket or a bolster (if you have one), under your back to support you in relaxing fully into the pose. Make it as comfy as you need it to be to allow for a complete surrender.

You can also place some cushions under each knee for extra support - this will make the stretch in your groin less intense. Another option, which is really beautiful even if you can lie back in this pose without props, is to roll up a towel or blanket so it's like a fat snake and place it on the floor, so that when you lie back in this pose, the rolled by blanket runs along your spine. Resting here in this supported pose helps really open up the chest so your heart can shine forth.

**GIFTS:** Lying back with your legs shaped like a diamond really is the Queen of all yoga poses for women. It helps open up the hips and stretch out the groin so your energy doesn't get stuck in your pelvic region. At the same time, it also gives the thighs and knees a delicious stretch. There is a concentration of lymph nodes in the groin area, so stretching and massaging the groin helps activate your lymphatic system so it's moving toxins out of your reproductive area.

Given many women's reproductive and digestive problems stem from abdominal tension, this is a beautiful pose to softly relax the belly and keep the abdominal organs healthy. If you experience menstrual cramps or feel low on energy, **Goddess Pose** is your saviour! It also settles the mind and helps you unwind as you massage a little love into your thighs, groin and vulva. Becoming more acquainted with your visible lady parts, also helps dissolve shame around our sexuality as women.

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## Sipping

**Sipping** - or accepting the egg into you - is the first eggercise you will do each practice using your Jade Egg. It's absolutely vital you train your vagina to sip the egg inside, with your ultimate aim to be for your vagina to develop in strength and agility so it sips the egg in without any external help from your hand. Please know, this is one of the most difficult eggercises; so don't expect it to happen immediately. It may take months for your vagina to develop this kind of agility.



Take your egg and place the large end on the inside of the inner labia at the vaginal opening (the egg is always welcomed into the vagina large end first). Gently start circling the egg around the opening of the vagina. This will encourage the vagina to naturally open and relax, so you can discover the best angle for the egg to be invited in. This also builds trust, which is especially important if you've had someone force their way into you before.

Once you find the right angle, rest there and take a few slow deep breaths all the way down to the egg, before you begin the process of **Sipping**. This is all part of rewiring the vaginal programming. When you're ready, take a slow deep inhalation, gently sipping or squeezing the tip of the Jade Egg with your inner labia. As you exhale, relax the grip and allow your vaginal canal to yawn open - creating a vacuum that will suck the egg inside. You may like to rock your pelvis back and forth as you inhale and sip, and exhale and open, as you can see in the below pictures.

To begin with, the egg may not move in at all or only go in a millimetre at a time with each exhalation - that's completely ok, and completely normal. Take your time and NEVER just push it inside. There's no rush. **Sipping** really is the ultimate eggsercise in patience! This is about teaching the vagina how to sip the egg inside. You may also find it helps to yawn open your mouth at the same time as yawning open your vagina - as the vagina and mouth are intimately interconnected. Total relaxation, total yawning is required on the exhalation or the egg will push back out.

The first few times, you may need to use your fingers to apply a slight amount of pressure on the egg as you yawn the vagina open, but you really want the vagina to learn to sip the egg in on its own. If you find the egg moves back out on the inhalations, simply allow your hand to hold it in place, so it doesn't push out. Our vagina likes to be entered with love and patience, so really honour your vagina for what she is willing to do in any given practice.

If you sip the egg in quickly, brilliant! Most likely however, you will need to develop your muscles over the next few months, so you can easily sip the egg inside in just a couple of sips. For this reason spend at least **3-minutes** practicing sipping the egg, to help train the muscles, before gently nudging the egg inside as your vagina opens on an exhalation. If you'd like more time practicing **Sipping**, simply pause the **Guided Audio** before moving onto the other eggsercises.

**GIFTS:** **Sipping** teaches us surrender, patience and softness. It can be easy as women in today's society to take a more masculine approach to our sexuality, when true pleasure is found when we're able to be fully in our feminine. **Sipping** helps us realise that sexual intercourse can be a gentle, nurturing and profoundly ecstatic experience as it activates the kidney system, which activates and increases sexual energy. Rocking as you sip the egg will also awaken your sacrum and allow you to feel into your sensuality, making the eggsercise itself, deliciously pleasurable.

Anatomically, you are strengthening and building the muscles responsible for being able to pull things inside of you. How do you think the women in Thailand can shoot ping-pong balls from their vaginas? **Sipping** exercises the bulbocavernosus muscle (which is divided into halves that extend from just behind the clitoral head - or glans - to the central tendon of the perineum). In women, this muscle helps achieve a clitoral erection (Yes, as I discuss in the [Sexual Self course](#), women get erections too!) and increases the pleasure of orgasms.

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## Feel for your Vaginal Pulse

Place one hand on top of the other hand cupping your vulva (all the way from the pubic mound to the perineum), and rest here for a moment, simply creating the space to feel your vaginal pulse your vagina's voice! Take slow deep breaths all the way down to your vulva and notice what you notice, allowing yourself to merge with the subtleties. You may not feel anything, which is completely normal

when you start out, so just be allowing and listen for your **Vaginal Pulse**. Over time your **Vaginal Pulse** will become more alive and more easily felt.

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## Intention

Setting an intention for your practice is like planting a seed of what you wish to experience in life. Take a moment to get clear on your intention for your practice – for that is what will create healing – and spend a moment simply connecting with that very intention, stating it to yourself until you can *feel* it resonate within you. In this sequence we set the specific intention of feeling unconditional love. You can choose the exact words here, but let this intention be, to feel more love. As international speaker and author Dr. Wayne Dyer once said: 'Our intention creates our reality'. Intend to be healed, and so shall it be.

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## Rock '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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## Heart Opener

Sitting in **Easy Pose** find your sit bones and plant yourself firmly into the ground so you feel fully supported. Bring your hands in front of your forehead in fists, palms toward you, elbows pointing to the floor. Allow your pelvis to rock back so your spine is curved to the wall behind you, shaped like the letter 'C'; your shoulders should naturally relax forward.

On the inhalation, as you squeeze your vagina, your pelvis tilts forward and your arms move to the sides, maintaining their 'L' shape, hands opening like star-fish, as your chin and eyes look up. Neck long. Your back should be arched - belly and heart forward - and you should feel a nice stretch between your shoulder blades and in your fingers. As you do this movement, imagine your heart is leading the movement. Feel your heart open and expand.

As you exhale, release the vaginal squeeze as your pelvis tilts back, your arms coming back in front of your body, your hands into fists again as your back curls round and you return to the starting position with your eyes closed. Continue to inhale your heart forward, and exhale your heart back like this, at your own womanly pace. Continue for a full **3-minutes**.

**REST.** Massaging your ovaries, scoop the energy up to your breasts as you would in the **Love Scoop**, cupping your breasts, and take three slow deep inhalations, relaxing the vagina further and further open on each exhalation. Make sure you relax your shoulders back, letting any tension disappear with each exhalation. Relax here for **30-seconds**.



**OTHER WAYS:** If you find it difficult to sit in **Easy Pose**, you can pop a cushion under your booty or you can sit in **Rock Pose** on your knees. You can also do this pose sitting in your chair with your feet flat on the floor.

**GIFTS:** This pose is a beautiful opener to the *Breast Love Sequence*, helping to warm up the spine and get the energy moving from the base of the spine, running up through your heart, all the way to the top of your spine. You're waking up your life-force energy while inviting your heart to blossom open physically, emotionally and spiritually, while deriving all the yummy benefits of a good spinal flex.

Moving your arms and spine in this manner helps get any stuck energy moving so your breasts can be free of blockages and toxins. Looking up on the inhalation helps direct the energy up your spine, so it travels through all of your chakras, to help keep them balanced. The opening and shutting of your eyes also exercises your eyes, giving them a good stretch, which is great for maintaining and improving eyesight.



## Spinal Twist in Easy Pose

Staying in **Easy Pose**, take your arms out to the sides, parallel with the floor, palms up, then bend your elbows to bring your hands into your shoulders, thumbs to the back, fingers to the front. As you inhale and squeeze your egg, twist to your left, and as you exhale and release your egg, twist to your right. What's also important to remember, it that you want to relax and open into this pose, as opposed to tightening and pushing at the lateral extremes of the twisting motion.



You're twisting from your navel, and your upper body and head all turn as one. Make sure your shoulders are relaxed but your elbows don't drop throughout - they need to stay parallel with the floor. *Note:* Your shoulders don't move in this pose, they naturally follow the torso as one entity.

We always inhale left and exhale right because our left side is associated with 'initiation' and our right side is associated with 'activation'. So we are quite literally initiating the move on the inhalation as we turn to the left, and activating the pose on the exhalation as we turn to the right. This helps bring the body and mind into alignment.

The **Spinal Twist** is a continual rotation so you're not stopping. The pace is quite quick, with one complete twist left and right taking about one second, so the vaginal squeezes are pretty fast. That said, if you find yourself getting dizzy or

this doesn't feel comfortable on any given day, either open your eyes and/or slow down the pace. Always go at the pace that is perfect for YOU! Continue doing the **Spinal Twist** for **90-seconds**. You can also choose not to do the vaginal squeezes, and just do the **Spinal Twist** and you will still reap great benefits.

To finish the pose, come back to centre, inhale and squeeze your vagina, holding the squeeze and the breath for **15-seconds**, then exhale, releasing the egg, letting your arms softly float down to your knees.

**REST.** Staying in **Easy Pose** place your hands on your knees, and rest here, taking slow deep inhalations and exhalations. On the inhalation imagine love coming up through the soles of your feet, all the way up your body to your heart, and on the exhalation, imaging the love moving from your heart up through your body and out through the crown of your head. Continue for **30-seconds**.

**OTHER WAYS:** If you can't reach your hands to your shoulders, you can either hold your arms out to the side parallel with the floor, or simply cross your hands over your chest and do the spinal twists in one of those positions. If **Easy Pose** is too difficult, even with a cushions under your booty, you can either do this eggsercise in **Rock Pose** or sitting on a backless chair.

**GIFTS:** The **Spinal Twist** helps improve circulation in the breast area making it a brilliant eggsercise to do for overall breast health. It keeps the shoulders flexible and relaxed, and releases any tension that accumulates from swollen, enlarged breasts. The twist also helps strengthen your upper back, to give your muscles additional circulation, and to help prevent headaches.

If you're wanting to lose weight around your sexy waist-line, this is also the eggsercise for you! Because the **Spinal Twist** is detoxifying and helps with digestion, it's lovely for targeting those love handles while at the same time massaging your internal organs, warming up your spinal chord, assisting in the return of blood and lymph to the heart, making it a nice all-rounder.

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## Heart Shine

Staying in **Rock Pose**, stretch the spine lifting your heart away from the pelvic base, bring your hands in front of your breasts, palms flexed and facing away from you. On the inhalation squeeze your vagina for three counts as you push your steady hands out in front of you until they can't go any further; arms are straight and parallel with the floor. Your hands remain flexed at all times. Hold this position for three counts as you suspend the breath and hold the vaginal squeeze.

Then as you exhale for three slow counts, release the vaginal squeeze and bring your arms back into your breasts - maintaining control - and when they arrive, spend three counts further relaxing the vagina, continuing to empty the breath out, while you give the breasts a mini massage circling outward (so your hands are going up through the centre of the breasts, and down the outer sides).

On your next inhalation take the same pose, but press the hands and energy out to your sides for three counts, palms out with fingers pointing up, holding the breathe and squeezing for three counts once your hands can't go any further, then drawing them back to your breasts for three counts, massaging the breasts in that same outward spiral as the vagina completely relaxes. Continue to do this pose, first taking your hands out to the front, and then out to the sides for **3-minutes**.



**REST.** Place your hands on your knees and take three slow deep breaths in, simply noticing what it feels like to experience expansive love for yourself and the world around you.

**OTHER WAYS:** If **Rock Pose** is not comfortable, you can do this exercise in **Easy Pose** sitting cross-legged, or sitting on a chair with your feet flat on the floor.

**GIFTS:** The outward spiral massage in the pose, according to Taoism, is said to expand your energy. So in this pose, we are expanding our love for ourself and for the world around us. By becoming aware of the feeling of moving energy in this pose, you will become more aware in your everyday life when your energy is not moving, before pain or physical symptoms manifest in the body. Being this in tune with our body is how we prevent illness and disease.

Physically, you have the armpits exposed, meaning the lymphatic system is moving toxins out of your breast tissue. And because of the slow presence required as you use your hands to expand your energy, you are learning how to consciously control your movement, bringing awareness to how you 'use' your body, which is a valuable tool in all activities you do that require you to move in some way. It's amazing what we can learn about our use of ourself when we slow our movements right down!

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## Energy Pull

In the **60-minute Breast Love sequence** we do this pose standing, but in the **30-minute sequence** we sit in **Rock Pose** for the **Energy Pull**. Feel the earth come up to support you and simply ensure your toes are next to each other, not crossed. Bring your hands into fists sitting on the outer sides of your breasts, ensuring your shoulders are down and relaxed and your elbows pointing back.

Reach your left hand out in front of you as far as it will go, so your arm is straight, as if you're reaching out for something, then as you bring it back into you, your right hand will go out and do the same. As your right arm comes back, your left arm will go out again, and so it continues for **90-seconds**. Make sure you're bringing your elbows right back behind your body each time so you feel the full dynamic of the posture. Also ensure that your torso is not twisting. Your torso wants to stay put; it is your arms that are moving, not your body.

The pace is rapid and continuous. To get the most out of this posture, visualise yourself pulling in love with each pull and that love filling up your heart. To end the pose, draw both hands back into your chest in fists, and take a big breath in, and a long slow breath out.

**OTHER WAYS:** If sitting in **Easy Pose** is easier for you, do that, or you can also sit on a backless chair, feet flat on the floor.

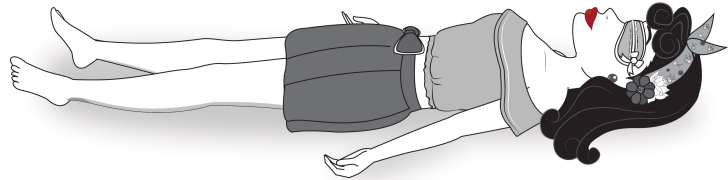
**GIFTS:** This is a really great moving posture for getting the whole lymphatic system moving. The rapid movements shake up the entire breast area, bringing in fresh blood while helping the lymph nodes dispel any unwanted toxins. I know I've talked a LOT about the lymphatic system, but if you want good breast health (and good health overall) you want your lymphatic working its magic!



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## Relaxation in Sleeping Beauty Pose

Come into the full **Sleeping Beauty Pose**, legs stretching out, toes falling away from each other. Send your arms out, palms up (if the palms are facing down there is an unconscious tendency to press into the floor). You may like to place a small folded blanket under your head. Use a pillow under your knees if you want extra support, close your eyes and relax.



Come out of your human *doing* and come into your human *being*. This is about *consciously* resting. Let your focus softly rest on the breath and invite the breath to take you inward so you can feel your energetic body. Invite in presence. Spend **3-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.

To come out of the **Relaxation**, draw your awareness to your eyes while keeping them closed and gently rotate or spiral your eyes once in each direction (as if you're drawing large circles with your eyes). Letting them settle back into their sockets, wiggle your fingers and toes. Do any other stretches or movements you feel drawn to help you come back into your full awareness of the here and now.

**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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## Self-Love Blessing

Sitting in **Rock Pose** - spine tall, sit bones pressed squarely against your heels - take your hands out to the sides of your body, then keeping your shoulders plugged into their sockets, squeeze your egg and inhale your arms up so they're stretching away as they paint a rainbow around you until your palms meet overhead (like your hands are scooping through your aura). Exhale your hands down to your heart into **Prayer Pose** as you release your egg.

Thumbs pressing against your sternum, fingers pointing up, feel your palms touching all the way from the base of your hands, to your fingertips; knuckles drawing into each other. Decide what feels good for you today: soft palms or active hands. Smile. Then inhale and say the **Self-Love Blessing** out loud three times:

'I am beautiful, I am bountiful, I am blissful. I am love.'



Bow forward to yourself, parting your knees if you have bigger breasts, and placing your head onto the floor in **Child's Pose** (or **Extended Child's Pose** if you'd prefer). Stay here for at least **3 full breath cycles** in honour of your most loving self. When you feel you're complete, roll back up through the staircase of your spine, vertebra by vertebra, head coming up last.

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

**GIFTS:** To bless and honour oneself is the ultimate form of self-love. The fact that you've taken the time and energy to gift yourself this *Yoga for the Vagina* practice is sealed in with

a **Self-Love Blessing** of oneself to recognise all you have given yourself. It can be easy to thank others for their efforts, but often we do not thank ourselves for the good we are doing. This is the time to really honour all you are and all you have to offer, and let yourself sink into the potent energy of the love within.

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

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Allow this heart connection to stay with you as you move into your next activity, knowing your loving centre is available to you whenever you need it. All you need to do is place your hands on your heart and so shall you feel your love's presence.