

# Breast Love

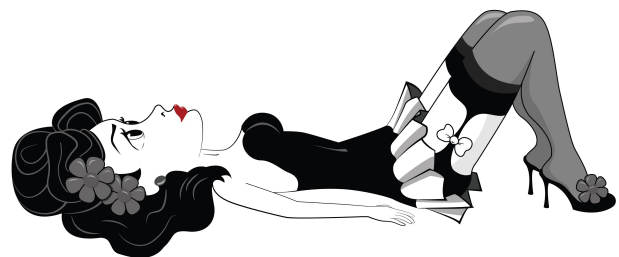
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### Love Wrap in Base Position

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 souls of your feet kiss and your legs form a diamond shape. Surrender into this pose, letting gravity invite your legs to melt further into the earth with each exhalation, as you give your groin permission to completely let go.

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

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



to know your vivacious vulva, and to learn more visit [Your Vulvalicious Vagina playsheet](#) on the **Resources** page.

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

**OTHER WAYS:** If you have a lower back injury or persistent lower back pain see how this pose feels for you, and if it's too much, simply stay in the **Base Position** and do your **Vulva Massage** from there. If you cannot take your torso all the way back to the floor, place a cushion or two, a folded blanket or a bolster (if you have one), under your back to support you in relaxing fully into the pose. Make it as comfy as you need it to be to allow for a complete surrender.

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

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

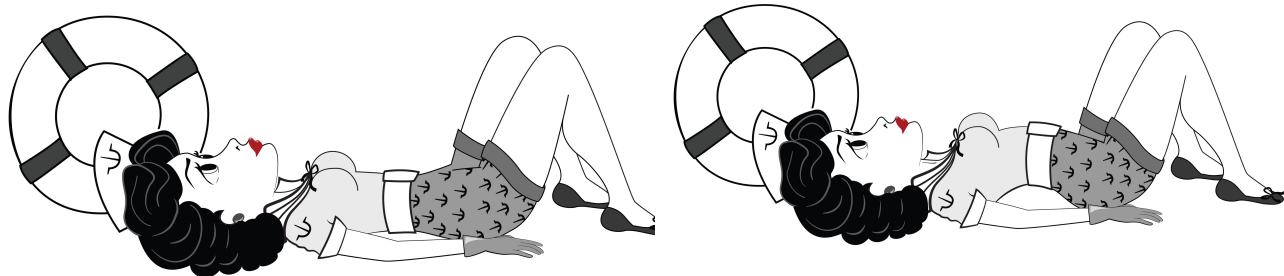
Given many women's reproductive and digestive problems stem from abdominal tension, this is a beautiful pose to softly relax the belly and keep the abdominal organs healthy. If you experience menstrual cramps or feel low on energy, **Goddess Pose** is your saviour! It also settles the mind and helps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

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## Sipping

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

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



Take your time and **NEVER** just push the egg inside. There's no rush. **Sipping** really is the ultimate eggercise in patience! This is about teaching the vagina how to sip the egg inside. You may also find it helps to yawn open your mouth at the same time as yawning open your vagina – as, like I discussed earlier, they are interconnected. Our vagina likes to be entered with love and patience, so take your time and invite your egg inside.

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

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

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## Feel for your Vaginal Pulse

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

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

**GIFTS:** Over time this pulse – which may feel like a persistent throbbing – will become more present, not only in your *Yoga for the Vagina* and other sexual practices, but in your everyday life. You'll start to

feel more alive, more beautiful and your creativity will flourish as you give yourself permission to be fuelled by this yummy and pleasurable life force energy. Connecting with your pulse - really taking the time to notice it - is a key ingredient in living an orgasmic life!

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## Intention

Setting an intention for your practice is like planting a seed of what you wish to experience in life. Take a moment to get clear on your intention for your practice - for that is what will create healing - and spend a moment simply connecting with that very intention, stating it to yourself until you can *feel* it resonate within you. If you're not sure what intention to set, simply set the intention to experience yourself as love, for this is at the root of everything we want in life anyway. As international speaker and author Dr. Wayne Dyer once said: 'Our intention creates our reality'. Intend to be healed, and so shall it be.

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## 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 **3-minutes**. 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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## Breast Reflexology

Bringing your feet out in front of you, soles flat on the floor with knees bent, we explore the **Breast** and **Lymphatic drainage Reflexology Points**. Now the Chinese reflexology point for the breasts isn't actually a point as such; it's a large rectangle area on top of both of your feet that starts at the base of your toes (as pictured in the first image below).

To massage this area, make a fist and use your knuckles to rub up and down. You want to press hard enough to feel it, but not so hard you bruise the foot, as this area is delicate. Don't just skim the surface, you want to feel along the bones. Spend **45-seconds** massaging this area, doing both feet at the same time; right fist activating the top of your right foot, left fist activating the top of your left foot.



Then move onto the **Lymphatic Drainage** point. The lymph point is in the webbing between the big toe and the second toe. Feel for the bones of both these toes and keep feeling down until you find the V where the bones meet each other.

To massage this point, use the knuckles of your index fingers (on each foot respectively) and simply press and stroke towards you. Lift and repeat. This is a one-way direction where you start from the base of the toes and stroke downwards where you feel that V. **DON'T** go both ways. You want to do about 30 strokes which will take around **45-seconds**.

**DO NOT DO...** the breast and lymphatic drainage reflexology points if you're pregnant.

**GIFTS:** The body is made up of many energy pathways; in Traditional Chinese Medicine (TMC) these are called 'meridians'. Sometimes the energy in our body stops moving - it becomes stagnant - and this can cause blockages along these meridians. When the meridians get blocked this is when sickness and disease form. By pressing on these reflexology points we're helping to clear any stuck

energy so it can move freely again and support the body in healing and rebalancing itself naturally.

Of the 12 meridians that traverse the body and link each other, four of those meridians pass through the breasts and are responsible for breast health. The kidney meridian runs along the inner side of the breasts, the stomach meridian runs through the nipples, the spleen/pancreas meridian runs along the outside of the breasts and the gallbladder meridian runs on the extreme outer sides of the breasts, almost in the armpits, so we can certainly support the health of our breasts by working with these meridians.

If we look at the **Breast Reflexology Point**, this point is excellent for clearing energy blocks so the energy is flowing smoothly as well as balancing energy disharmonies caused by negative emotions. The **Lymphatic Drainage Point** is also crucial in the health of our breasts. The lymphatic system transports lymph fluid to help the body to get rid of toxins and gunk. You'll find lymph nodes throughout your body, but there are a large group of them located in the breasts, armpits and groin area. This reflexology point covers the breast and armpit area.

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## Bowing Lady

Coming into **Rock Pose** on your knees, bring your hands behind your back interlacing your fingers at the base of your spine. Straighten your arms, lifting them as high as you can for a nice stretch; you may only be able to come up a centimetre or two and that is perfect, as long as you can feel a stretch and you're not pulling anything in an unhealthy direction. Let your shoulders slide down your back, away from your ears. The shoulder blades should be positioned so that they feel like two helping hands are pressing the heart forward and upward. Hold this pose for **90-seconds** as you squeeze your egg on the inhale and release on the exhale.

Holding this same pose we then inhale and squeeze the egg, then as we release on the exhale we bring the forehead down to touch the floor. Once your forehead arrives, inhale and squeeze your egg as you come back up to the upright position. Continue to do this movement at a slow steady pace for another **90-seconds** exhaling down and inhaling back up; bowing to your most radiant self.

Remember to maintain the stretch in your arms; you want to ensure they don't become lax. You also want to ensure your spine remains straight throughout the movement. If you continue to let your heart lead this movement with a gentle lift, you'll maintain a lovely alignment.

**REST.** Shake the arms out and come into **Extended Child's Pose** with your arms out above your head on the floor for a nice stretch and relax here for a **full minute** as per below.

**OTHER WAYS:** If you have low or high blood pressure place a pillow in front of you so when you bow down your head touches the pillow and not the floor, to ensure your heart is not going lower than your heart.



**GIFTS:** Bow to your beauty ladies! The static part of this pos, in particular, brings circulation and beauty to your cheeks so you won't need make-up! Hello rosy cheeks and healthy skin ☺ **The Bowing Lady** opens the shoulders in such a way that it creates a really lovely stretch across your chest so your heart is open physically. Physically putting your breasts out there into the world, as this pose has you do, will invite you to emotionally feel confident in sharing your truth with the world, beaming forth the love within.

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## Extended Child's Pose

We come into **Extended Child's Pose** from **Rock Pose**. Bring both big toes together, take your knees as wide as your yoga mat. Send your hands up high, like you're trying to reach the sky. Inhale a little taller, then as you exhale hinge forward from your hips, taking your torso down to snuggle in between your thighs, forehead coming to kiss the mat, adjusting your palms as needed until you feel a nice side-stretch.

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



**OTHER WAYS:** If you have low or high blood pressure, place your forehead on two fists or a cushion so your head doesn't go below your heart. If you feel discomfort in your knees, place a folded blanket between your thighs and calves. Can't get your booty back to your heels? No probs...

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

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

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

**Extended Child's Pose** offers so much transfer of oxygen and nutrients to the brain it's said that just 30-seconds in this pose is just as beneficial as getting 8 hours of sleep! For that reason, this is a great pose

to help with jet lag too. So next time you're low on sleep spend some time in this pose and see how refreshed you feel afterwards.

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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 get there, 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**.



As you go through the physical movements imagine you are pushing the energy out to the fronts and then the sides, as if you are expanding the love within you, out through your hands and beyond. Once you become comfortable with this eggercise, the second level of learning, is to go inside. Feel how it feels in your body as your love expands. What do you notice? Stay very present with the movement itself as you begin to track the energy moving.

To end the pose, keep your hands on your breasts, and take three slow deep breaths in, simply noticing what it feels like to experience expansive love for yourself and the world around you. Then we move straight into the **Chakra Love**.

**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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## Chakra Love

Staying in **Rock Pose** making sure you're lifting and lengthening through the spine. Heart forward. Bring your arms out to the sides of your body parallel with the floor, palms facing down. On the inhalation, squeeze your egg as you bend at the elbows so your hands can come into the chest (they should sit above the breasts), then back out to the sides as you exhale and release the vaginal contraction.



Continue moving the arms in this smooth motion for **3-minutes** imaging as you inhale the hands in, that you are filling up your Heart Chakra. Let your body's rhythm decide the pace. Make sure that your

shoulders remain relaxed throughout; let them drop down and back as your heart leads the movement. If you wish you can speed up the movement for the final minute.

**REST.** Come into **Child's Pose** and rest here for a **full minute**, allowing yourself to feel and assimilate the energy you've created in the body.

**OTHER WAYS:** If **Rock Pose** is not comfortable, you can do this exercise in **Easy Pose** sitting cross-legged.

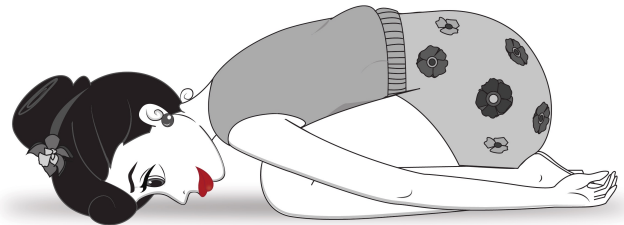
**GIFTS:** This eggercise helps energise the forth chakra which is responsible for the health of your breasts. The more you live in your heart (as opposed to your head) the more love you experience in your life, by way of happy and healthy body, relationships, a nourishing career and finances, and so forth. This posture helps you get back into your heart. Because your armpits are exposed, it also helps get the lymphatic system moving so you are physically moving toxins out of your breast tissue.

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## Child's Pose

From **Rock Pose**, 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 **1-minute**.

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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## Shimmy in Rock Pose

Sitting in **Rock Pose**, open up your arms, loosen and relax your upper body and begin to **Shimmy**. If you've never shimmed before, you want to hold your hands out to the sides in a comfortable pose, and start slow. Move one shoulder forward, as it comes back, move the other one forward and continue to alternate. Increase the speed until you have your **Shimmy**! Aim to keep your hands fairly steady (you don't want them flying around in space!) and let your shoulders do the moving.



Your hips don't move; this is an upper body movement. This may take some practise, so only go as fast as you can keep your hands and pelvis still and maintain an even movement between alternating shoulders. Ensure you're not holding your breath, as this will cause you to tense the body, and a tense body will get in the way of a natural **shimmy**. You want to be loose. As you Shimmy be sure to engage your lower belly so your pelvis is perfectly still. **Shoulder Shimmy** for **1-minute**.

**REST.** Simply sit in **Rock Pose** for **30-seconds**, hands on knees and feel the energy movement within your body.

**OTHER WAYS:** You can do the **Shoulder Shimmy** sitting in **Easy Pose**, in a chair or you can do it standing. If you wear a bra regularly (and therefore have not developed the muscles to hold your breasts naturally) or if you have larger breasts, doing **Shoulder**

**Shimmy** bra-less can be a little painful to begin with. If this is the case, simply make your **Shimmy** really small; micro-movements so you feel a nice little bounce. You'll still derive all the yummy benefits.

**GIFTS:** We're generally trained not to shake what naturally wants to shake sometimes, which is why being relaxed in this pose is vital. When we shake we shake up the lymphatic system, helping it transport toxins out of the body, hence why this is such a good eggsercise for breast health. You're literally shaking all the toxins right on out of you!

Have you ever noticed how animals will shake after a stressful experience? This is their body's way of releasing the stress so that it doesn't accumulate in their body and cause harm. Hence, **Shimmying** is a

brilliant way to shake off anything that no longer serves you; your fears, insecurities, daily stresses, frustration or anger. You might even like to imagine all of that gunk shaking off you as you do the **Shoulder Shimmy**.

Any kind of shimmy or shaking of the body creates high vibrations in our energetic body, and we want high vibrations in the body, as the higher our overall vibrational frequency, the easier it is to manifest what we desire into our life. It really is like you're charging up a magnet (you being the magnet), giving you this invisible power of drawing things to you. As part of this high vibration you will also feel high energy in everyday life, which as an added bonus will translate into the bedroom.

If we take a look at specific physical benefits, you are also helping build your core stability and muscle strength through keeping the pelvis and hands still while moving your upper torso at a quick pace. These fast **Shimmies** also offer cardiovascular benefits, especially if you do them long enough to break into a sweat!

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## Energy Pull

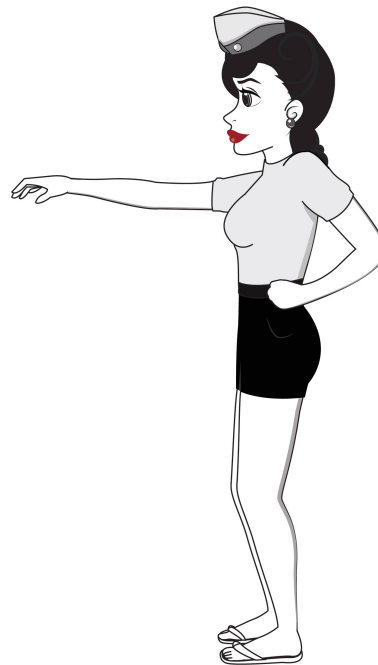
Standing with your feet hip-width apart, knees slightly bent, making sure you feel solid in your stance, feet anchored into the earth. Feel the energetic lift up through your arches. Bring your hands into fists sitting on the outer sides of your breasts, ensuring your shoulders are down and relaxed and 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 you really really want - then as you bring it back in, your right hand goes out to do the same. As your right arm comes back, your left arm goes out again, and so it continues for **3-minutes**. 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.

**REST.** Rub your ovaries and then scoop the energy up to your breasts as per the **Love Scoop**, cupping your breasts and resting here as you take a few slow deep breathes. Make sure your shoulders are relaxed back, melting down your back, and your heart is lifted. Rest here for **1-minute**.

**OTHER WAYS:** If you cannot yet hold the egg inside while standing up, do this posture sitting in **Easy Pose** or **Rock Pose**. You'll still get the yummy benefits.



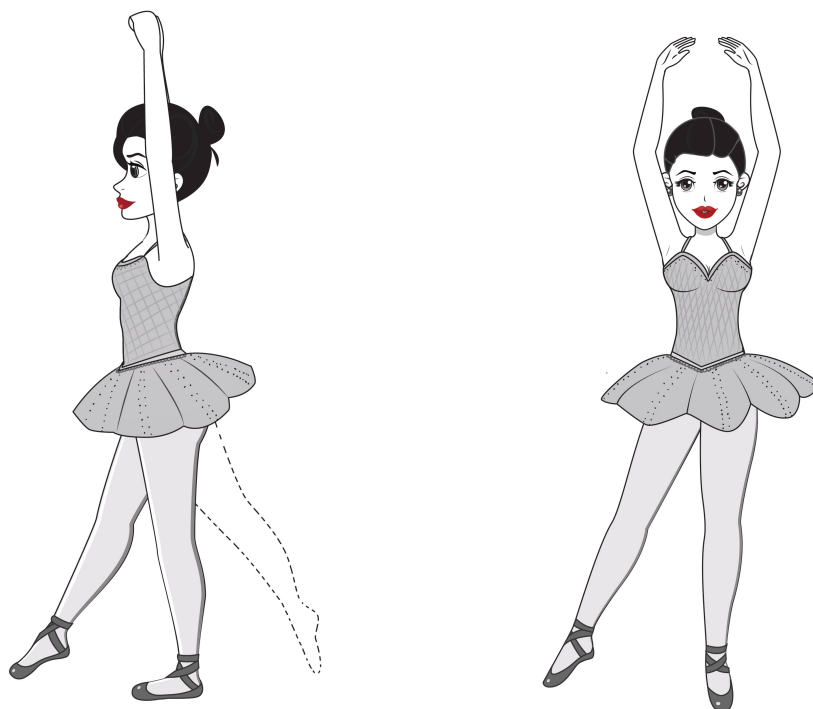
**GIFTS:** This is really great moving posture for getting that whole lymphatic system around the breast area moving. The rapid movements shake up the entire area, bringing in fresh blood while helping the lymph nodes dispel any unwanted toxins. I know I've talked a LOT about the lymphatic system, but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

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## Ballerina

Standing tall, bring your feet together and take a moment to feel them plug into the earth. Gracefully glide your hands above your head so your arms look like those of a **Ballerina**, slightly forward of your body - so your shoulders stay in their sockets - with your chest open. Aim for your arms to take on the shape of an oval. Let your shoulders melt down your back as you feel your spine lengthening so you feel really tall, yet relaxed in this pose. If you want to be a little fancy, you can position your hands in the shape of a heart!

*Handy hint:* When you take your arms up, take them a little higher than you plan to hold them in this pose, then relax your shoulders down a touch, away from your ears and let your arms settle down into your perfect pose. Preparing for the pose in this way will make your arms feel lighter and make them easier to hold up for lengthy amounts of time.



Move your weight into your right leg, which remains straight but unlocked at the knee. Close your eyes and on your inhalation as you squeeze the left side of your vagina against the egg, glide your straight left leg forward, your foot coming into a full point. This is very similar to what is known as a 'tendu' in ballet. As you exhale, draw the leg back into the body releasing the vaginal squeeze.

Without placing any weight on this foot, do the same, inhaling and squeezing the left side of your egg, only this time your left leg goes out to the side in the same way. Exhale and release the squeeze,

bringing your foot back in to meet the other, before taking it out to the back on the inhalation and squeeze, and drawing it back in on the exhalation and vaginal release. Continue for **90-seconds**.

Bring your weight back to both feet, distributing it evenly. Take a moment here to notice how different each side feels. What do you notice? Then when you're ready, move your weight into your left foot, and do the same sequence using your right leg, squeezing the right side of your egg on the inhalations for a further **90-seconds**.

You want to make sure that your foot is massaging the floor as you move it to the front, to the side and to the back, so that it is staying in contact with the floor, but the weight of your body remains in the opposite leg. To get technical on this one, as your foot glides out, you point through the ankle first, and then articulate the point through to your toes, creating beautiful length through your ankle. Why is this important? Because you want to keep your foot on the floor, as opposed to picking it up off the floor to point it.

You also want to ensure that your foot is directly in front of your belly button or out to the side when going to the front or back (left side if left foot or right side if right foot). You never want to cross your foot in front of your opposite leg, or this will take away from the pose.

**REST.** Glide your hands down to your sides with relaxed control. Rest here and simply notice the subtle energy movement for **30-seconds**.

**OTHER WAYS:** If you can't keep the egg inside while standing, simply lie down in **Sleeping Beauty Pose** and *imagine* yourself doing this exercise, while still physically doing the vaginal isolation squeezes. If you keep falling out of the pose, open your eyes and stare at a specific point in front of you. If that still doesn't help your balance, have a chair nearby and rest the fingertips of one hand on the chair, with the other hand in **Ballerina** pose over your head.

Balancing poses show us when we're not connected - so the lesson here is to be kind and gentle with yourself, find support where you need it - with your breath or with a chair - and stay with the practice, focusing on connecting into your core, and thus, into your True Self. Realise also - that each day will be different depending on where you are at physically and emotionally.

Because the backwards leg movement can strain the gluteus muscle, if anything feels sore or if you have a lower back problem, then simply do the forward and side leg movements without going backwards. If, on the other hand, you'd like a little more of a challenge, take each foot up to a foot off the ground with each toe point. This will start to work a whole new host of muscles. Only do this more advanced option, once you're able to do the **Ballerina** in its complete form first.

**GIFTS:** The energy lines that rule the stomach meridian end in the bottom of the feet, and move up through our chest, so this eggsercise helps the energy lines of the body to completely open up. Because the pace is slow and consistent this eggsercise also helps you become more awake and aware in your body so you can begin to tune into the energy flow within.

Being able to do this pose without a chair with your eyes closed is worth working up to, because it stimulates the vestibular system in the brain. When you close your eyes your vestibular systems learns how to orient you in space. *Why is this important?* Because when we get wiser (in our later years), this system generally starts to break down, and balance becomes an issue. Hence why doing eggsercises like this regularly, with your eyes shut, will help keep your vestibular system working so you can maintain your motor skills.

In ballet the 'tendu' actually starts from deep in our core. The deep stability of your pelvis and spine is essential to being able to maintain stability on the standing leg. This kind of core stability is different from the core stability from doing eggercises like **Prance** and **Planks** (which are important in their own right). This kind of core stability is a subtle activation of your pelvic floor and deep abdominals and the deepest of your back muscles, which are able to be maintained for long periods of time. You'll know you're using these muscles correctly if you can breath at the same time!

Because your arms are raised the entire time in **Ballerina**, yes, your lymphatic system is being activated! This pose also teaches us good posture so we can stand tall in our day-to-day living. Believe it or not, good posture actually helps us feel more confident. Try standing tall next time you're feeling low on self-belief, and see how quickly your mental state changes to mimic your physical confidence.

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## Windmill

Staying in a standing position - once you find your conscious footing - circle your fully extended arms back and round like a **Windmill**. Inhale and squeeze your egg as your arms come forward and up, and exhale and release the vaginal contraction as your arms go down and back; your heart opening a little bit further with each rotation. Keep the shoulders as relaxed as possible and make sure you're circling to your full range of movement.

Be sure to lead with your heart and feel the energy of your heart beaming forth. By this time in the sequence the presence of your heart will be much more vibrant, so really take the time to feel your heart's energy and connect in with its warmth. Let your heart guide the pace and movement and ensure that you keep tall in your spine throughout. Continue for **90-seconds** taking it slow, so you can feel any gritty parts that need soft and gentle movement.

This pose indicates the true range of motion of your arm and shoulder girdle. As you wind around be careful not to lift your chest or narrow your back as this contracts your spine. Take this slow, allowing yourself to feel into your range of movement, concentrating on not using any other muscles to compensate for any limited range of movement. Set the intention for opening and expansion.

**REST.** Lie down in the **Base Position** and relax for **1-minute**, simply allowing yourself to absorb the energy generated from your big **Windmills**. Feel the love coursing through your veins.

**OTHER WAYS:** If you cannot yet stand and hold the egg in, come into **Easy Pose** or **Rock Pose**, place your hands on your shoulder as per the **Spinal Twist** and **Windmill** your elbows instead.

An advanced version of this pose would be to come up onto your tippy toes as your hands go up and come back down on flat feet as your arms go down, aiming to do so with relaxed control. But like with any pose, only add the advanced option to your pose, once you are fully present and confident with the basic **Windmill**, and have complete vaginal control (as in a full squeeze and a full expanded release).



**GIFTS:** Windmills are magnificent for breast health right through life. They encourage lymphatic drainage through your armpits, so it's going to improve circulation to your breasts. For those still breast-feeding, this eggsercise will help support your milk supply. If you have small children that you're picking up all the time, this is also great for unpacking all that postural tension created from bobbing down and lifting little ones.

The **Windmill** sees you extend your full range of movement with the entire shoulder area. Whenever we are moving into our shoulders and arms we are naturally exploring and activating our heart centre, opening and regulating the functioning of our heart. Hence why this is a beautiful eggsercise for imagining you are in fact a **Windmill** that is generating and harvesting love (and compassion and inner strength). Love is our energy source after all!

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## Reverse Prayer

Staying in **Easy Pose**, stretch your arms out to the sides, bring your hands down and behind your back, circling up into **Reverse Prayer Pose**, palms pressing against each other as you see in the image. Slide your hands as far up your back as is comfortable with a nice stretch, your pinkies pressing slightly into your back. Roll your shoulders back and down and let your heart lift up. Soften your wrists and feel your nipple and breast tissue stretching and spreading.



In this pose you're going to continue building your vaginal dexterity. You're going to divide your vaginal canal into three separate parts: The opening, the middle and right up the top near the cervix. As you inhale slowly and deeply, squeeze the vaginal opening, releasing on your exhalation. On your next inhalation squeeze the top of your vaginal canal - the deepest part of you - releasing the squeeze on your exhalation. On your third inhalation, squeeze the middle area of your vaginal canal, releasing on the exhalation. Continue to hold this pose for **90-seconds**, squeezing and releasing the opening, the top and then the middle.

To end the pose, ever so gently bring your hands out of the pose, reversing the way you got into the pose, and give them a really nice shake.

**OTHER WAYS:** **Reverse Prayer** is quite a strong pose so if you feel any pain at all, STOP! If you can't quite get your hands to kiss behind your back, then simply take your arms behind your back and hold your elbows instead. If you can't feel the three different segments of your vagina, imagine you can. Remember, visualising the squeeze is how we build the neural connections that lead to physical dexterity.

**GIFTS:** First and foremost this pose tones breast tissue while reducing scar tissue and inviting a free flow of lymph fluid around the breasts and armpits. **Reverse Prayer Pose** will also correct a rounded and drooping back and create freedom in the neck, shoulders, elbows and wrists, so you can enjoy a beautiful alignment through your body.

The vaginal segmentation teaches dexterity. As you wake up these different muscles you'll be able to not only 'do' more with your vagina, you'll be able to 'feel' more. You can also try this eggsercise with your finger inside, as it will help you feel what muscles are doing what - giving you direct feedback. Over time your vagina will become more dexterous and, if you're heterosexual, one day you'll find you're making love and your partner'll feel very yummy sensations as you play rhythms on his penis.

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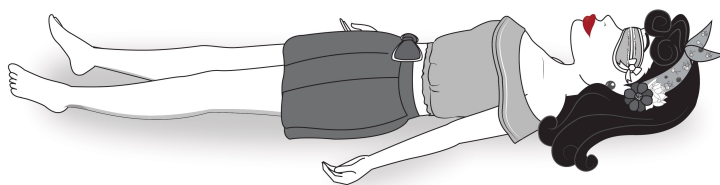
## Relaxation in Sleeping Beauty Pose

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

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

Spend **6-minutes** simply *being* in your body, allowing yourself to surrender and

let go. To truly relax you need to practise! It sounds so simple: Relax! But in a world that teaches us to 'do do do' all the time, relaxing for many people has become a lost art.



You may notice as you indulge in this **Relaxation** that your heart beat and breathing slow right down allowing your body and mind to become deeply calm. Deep relaxation, as we practise here, is purifying for the body and thoughts. Don't be surprised if during this time of complete surrender, inner knowing and inner wisdom come naturally to you. Clear inner guidance can only be heard when we are still.

**OTHER WAYS:** If you need more support than a cushion under your knees to relieve lower back tension, rest the calves of your legs on a chair. If **Sleeping Beauty** simply doesn't work for you, **Base Position**, **Child's Pose** or **Easy Pose** are all options for you **Relaxation**. The most important thing is that you're in a position where you feel you can completely let go without needing to grip or hold.

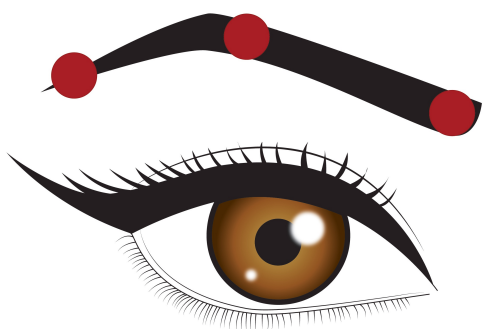
**GIFTS:** Relaxing after your *Yoga for the Vagina* sequence helps the body integrate the work you've done. Whether you feel like you've done a lot, or whether you feel like you haven't done much at all, you've stirred up a lot, creating some potent healing energy inside of you. Now you want to give your body the time and space to distribute that energy - allow it to flow freely - to the places that need it most, before you go about your day, or go to sleep.

This is your chance to loosen the body and mind of any tension it has been storing - to completely let go and unwind. You deserve it! When our body stays in a constant state of alert (always on the go) it expends a LOT of energy. Consciously relaxing the body, which we do at the end of every practice, trains the muscles to release when they're not required for use. It's like training your muscles to take advantage of every ounce of downtime it gets throughout your day to refuel ahead of your next task.

In a nutshell, **Relaxation** serves several functions: It rejuvenates the parasympathetic nervous system, distributes energy stimulated by the poses, releases rigid patterns in the muscles and blood flow, circulates glandular changes, centres one's emotional energies, thus teaching us how to better handle stress and let go of anxiety and overwhelm. It goes without saying that the ability to relax is essential for physical and mental wellbeing.

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## Eye Love



Sensing your eyes while keeping them closed, gently rotate or spiral your eyes at least three times in each direction, as if you're drawing large circles with your eyes. Let them relax back into their sockets and begin tapping gently under your eye area, then all around your eyes. Tap your forehead above your eyes and between your eyebrows. Tap above your lips and under your lips.

Finally, press the three acupuncture points (the red spots in the picture) by pressing and releasing each spot once. Simply press the same spot on both eyes simultaneously, hold for a few seconds, then move onto the next spot. Cup your hands over your eyes, open your eyes, spread your fingers to let some sunlight in. Then flutter your eyes open, yawn and smile! Spend **1-minute** giving your eyes some love.

**GIFTS:** Look around your office and you'll see how many people are wearing glasses. Eye problems are super common these days! Interestingly, like any health issue, you can heal your eyes to 20-20-vision. This eggsercise that we do at the end of the relaxation is one small step towards helping iron out the tension in the eyes - so that they may function better (and not experience the headaches that come from eye tension).

Eyesight dysfunctions are created from tension being held in the eyes and surrounding areas, along with limiting beliefs (I teach how to remove limiting beliefs in the [Remarkable Relationships](#) course). Overuse, underuse or unhealthy use of the eye muscles is what causes the tension. Eye circles, pressing the acupuncture points and tapping all help iron out the tension held in the eye muscles, stimulating blood flow to the eyes, bringing nutrition and oxygen to the eyes while carrying out toxic wastes; all so your eyes see better and remain healthy until well into your twilight years.

Our eyes are also linked to our autonomic nervous system, which regulates the action of the organs and glands. The eyes are the first to receive emotional signals and cause organs and glands to accelerate at times of stress or danger and to slow down when a crisis has passed. Ideally you want your eyes to maintain a calm and balanced level of response. That's why, by simply relaxing the eyes, you can relax the whole body, and thus free up your energy for your practice.

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## 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; 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 love-filled 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!



Simply go about your day, knowing you have strengthened your connection to your True Self, and she is there to guide you. All you need to do is create the space to listen to her wise words of love.