

Yoni Yoga eBook

Beginners Sequence with Yoni Eggs

Yoni Yoga is a simple and delightful yoga sequence that benefits a woman's most sacred space, her womb. This evolving therapeutic approach is a holistic way for women to help heal pelvic floor dysfunction, strengthen their sacred inner space, become more orgasmic and connect with their feminine spiritual energy, all while gently exercising the yoni!

Yoni Yoga beginner sequences for pelvic floor strengthening requires a few key tools: a yoni egg, mula bandha, relaxed positive energy and preferably a nice quiet space to practice.

Before we get started, let's go over a few important things about our anatomy.

Intro to the pelvic floor



The pelvic floor muscles are the support for the core of our bodies, the “hammock” that carries and supports the weight of our center. There are 16 muscles in the pelvic floor, but from a day-to-day functional standpoint, they’re at their best when working together, so it’s easier to think of them as a single unit. These muscles look like a hammock, they run from the pubic bone in the front to the end of the spinal column (or tail bone) in the back, providing support to the all the organs in the abdomen and pelvic floor.

Just like a hammock, it can become torn, stretched and worn. In fact, it can become so torn, stretched or worn that the pelvic organs can begin to fall out (prolapse). In addition, other problems like urinary incontinence, weak orgasms, numbness during sex, vaginal looseness, vaginal dryness or too much lubrication, not enough feeling or friction for ones partner, and even trouble pushing effectively during

birth can be a consequence of a weak pelvic floor.

Pregnancy and childbirth, straining from constipation, heavy lifting like cross fit, high impact exercise, age, prolonged sitting and/or inactivity and obesity can all weaken the pelvic floor.

The good news is keeping the muscles in the pelvic floor supple, strong, and responsive is relatively easy and takes just a few minutes a day of dedicated practice. Before you know it your “pee-pee problems” and low sex drive will be a thing of the past and you'll have the vaginal vitality every woman dreams of.

Please note: another issue that requires physical therapy is muscles that fail to relax and are always tight and tense. This is a less common problem, but very distressing for women. The causes are often complex and professional help is required to resolve the problem. If you feel you may have this issue, please seek medical help.

Yoni Yoga with Yoni Eggs



The Kegel gospel of squeeze, squeeze, squeeze to strengthen the pelvic muscles has been presented to women for 60 years as the answer to everything. The regular kegel exercises that are embraced and understood by women today ignore some of the most vital components of vaginal strengthening techniques: resistance (yoni egg); being able to completely relax in between kegel squeezes; mula bandha, and form.

- You build muscle through resistance training. Yoni Eggs provide resistance to help strengthen your pelvic floor and tone the vaginal walls.
- Build new collagen in the yoni which tightens the vaginal canal.
- The most important part of doing a kegel exercise is the relaxing after the contracting. Fully letting go your pelvic floor is critical for getting a great contraction. If you hold a low level of contraction all the time, you get weaker and can never fully contract your pelvic floor.
- Mula Bandha, or root lock in the Hatha Yoga tradition, is an essential component of a beneficial

yoga practice for women. Mula Bandha is a contraction of the pelvic floor, also known as a kegel squeeze or root lock (your root being your pelvic floor). Making Mula Bandha a routine in one's exercise will lead to greater concentration in yoga and increased strength for the muscles of the vagina. To preform a Mula Bandha kegel squeeze you'll want to gently pull your lower abdomen into your spine (not too hard, this should be a gentle inward pull). Then, contract the other muscles in the pelvic floor by squeezing up and in. Hold mula bandha as long as you comfortably can and then release. Do this five times, with 15-second breaks in between for practice (don't forget your yoni egg). This should be intuitive, listen to your yoni and she'll let you know when your doing it right.

- Pelvic floor strength is more than just kegels squeezes! We need to not only engage our kegels, but our entire core with pelvic specific yoga moves to really see results. The two are equally important in building strength, and with the addition of a yoni egg, it's a match made in nirvana!

Yoni Yoga Beginner Poses

The key to Yoni Yoga is to activate your mula bandha kegel squeezes during each yoga pose. In between each pose let your pelvic floor completely relax. If you have a drilled egg, feel free to add weight if you'd like. You can incorporate any yoga pose you'd like for yoni yoga. Here are some of our favorite poses that pack a big punch for pelvic floor strengthening.

Hold each yoga pose for thirty seconds to two minutes. Rest your pelvic floor 15 seconds in between poses. Remember to breathe! This should be relaxing and fun for you, not a chore.

Optional: instead of one continuous kegel squeeze while in position, you can do quick flicks which are fast contraction and releases during the pose.

We prefer to preform this sequence two times.

Malasana - Squat Pose

- Stretches pelvis, hips, torso, back and tones the belly. Good for digestive disorders.

Mandukasana - Frog Pose

- Stretches inner thighs, pelvis and hips. Opens chest, shoulders and relieves stress and anxiety. Therapeutic for menstrual cramps.

Ananda Balasana - Happy Baby Pose

- Opens and stretches hips. Stretches the inner pelvis, lengthens and helps to realign the spine.

Setu Bandhasana – Bridge Pose

- Stretches your chest, neck, spine, pelvis and hips. Strengthens your back, buttocks, and hamstring muscles. Calms your brain and central nervous system which helps alleviate stress and mild depression. Massages abdominal organs and improves digestion.

Viparita Karani – Legs Up the Wall Pose

- Eases anxiety and stress. Therapeutic for arthritis, headaches, high blood pressure, low blood pressure and insomnia. Eases symptoms of premenstrual syndrome, menstrual cramps and menopause.

Adho Mukha Svanasana – Downward Facing Dog Pose

- Stretches your hamstrings, calves, arches, and hands. Strengthens your arms, shoulders, and back . Improves mobility of your digestive system. Relieves back pain, headaches, insomnia and fatigue. Helps relieve the symptoms of menopause.

Squat Pose



Frog Pose



Happy Baby Pose



Bridge Pose



Leg-Up-the-Wall Pose



Downward Facing Dog Pose



This eBook is eight pages and best viewed printed.

Yoni Yoga Beginners Sequence was developed with the help of a dear friend, Erika S., pelvic floor physical therapist and yoga instructor.

Keep a look out for future eBook's for Intermediate Yoni Yoga and Advanced Yoni Yoga.

Please consult a medical doctor before performing yoga yoga and using yoni eggs.

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