

# WEEK 3: ACTIVITY OVERVIEW

This week's activities are as follows:

### **1. Igniting our pelvic breath:**

In this video, we will be doing a simple practice of breathing into our pelvis while moving our hips. This practice can be stimulating and enlivening. You will want to go much longer than this demo and I encourage you to use delicious music and really get into this.

### **2. Enlivening our ovaries:**

This video covers another simple, yet delicious practice of breathing into our ovaries. Very rarely do we pay attention to our ovaries and normally only when something is wrong. Yet regular breathing into our ovaries can not only keep them healthy, but it also deepens our own subtle awareness of our pelvic power.

## 2. Enlivening our ovaries cont'd:

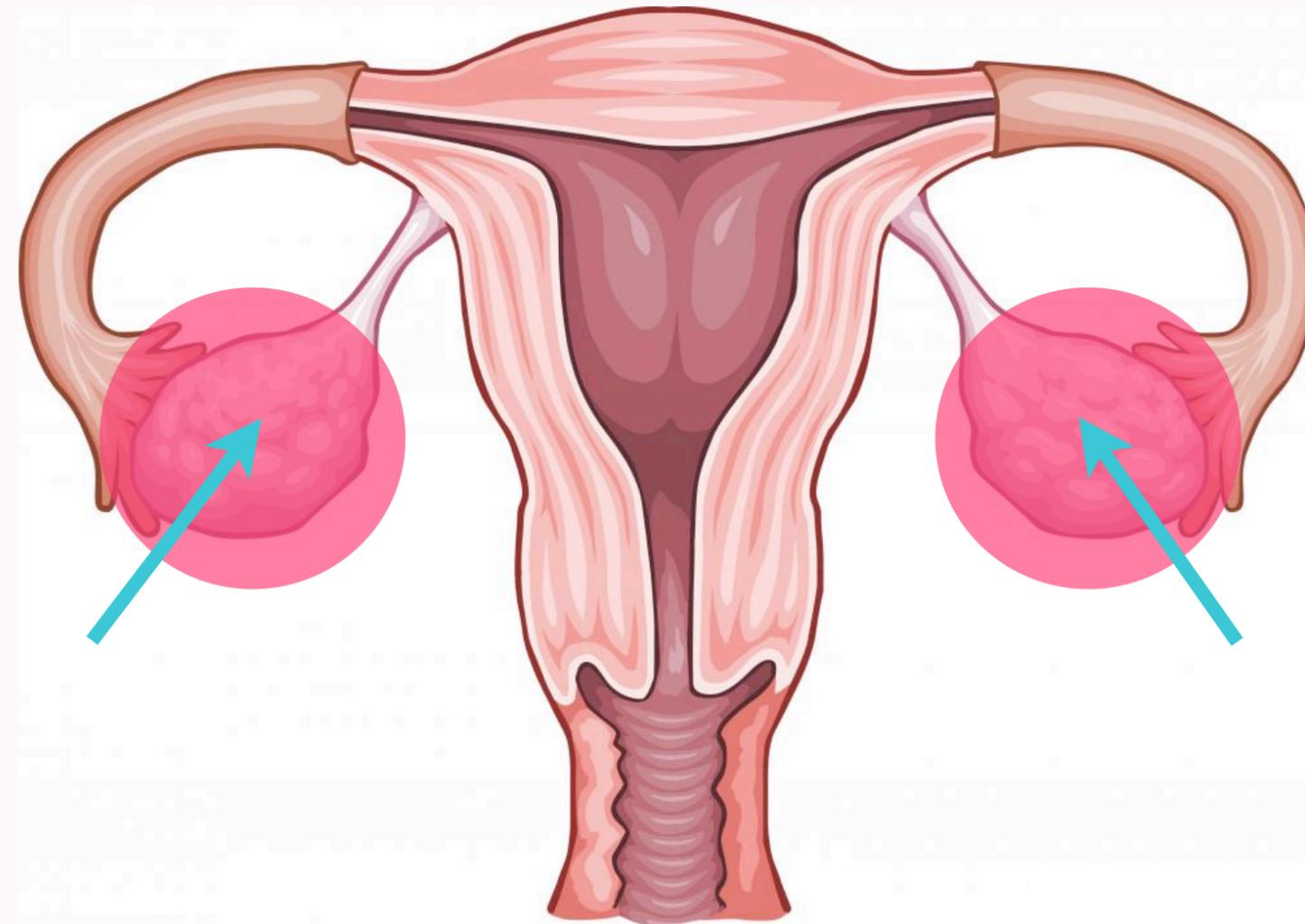
This practice works because it creates accentuated blood flow into our pelvis and ovaries, which in turn, enlivens all the cells and tissues of this area. Since stagnation is the major culprit behind most of our Female issues, doing a practice that enhances circulation is vital to our sexual health.

I will break the practice into two parts. **Part 1 is the energizing breath** where we imagine that we are in contact with the delicious energy within our ovaries, I like to think of it like a warm, thick honey nectar. We will visualize moving this nectar from the ovaries into the ovarian palace.

## 2. Enlivening our ovaries cont'd:

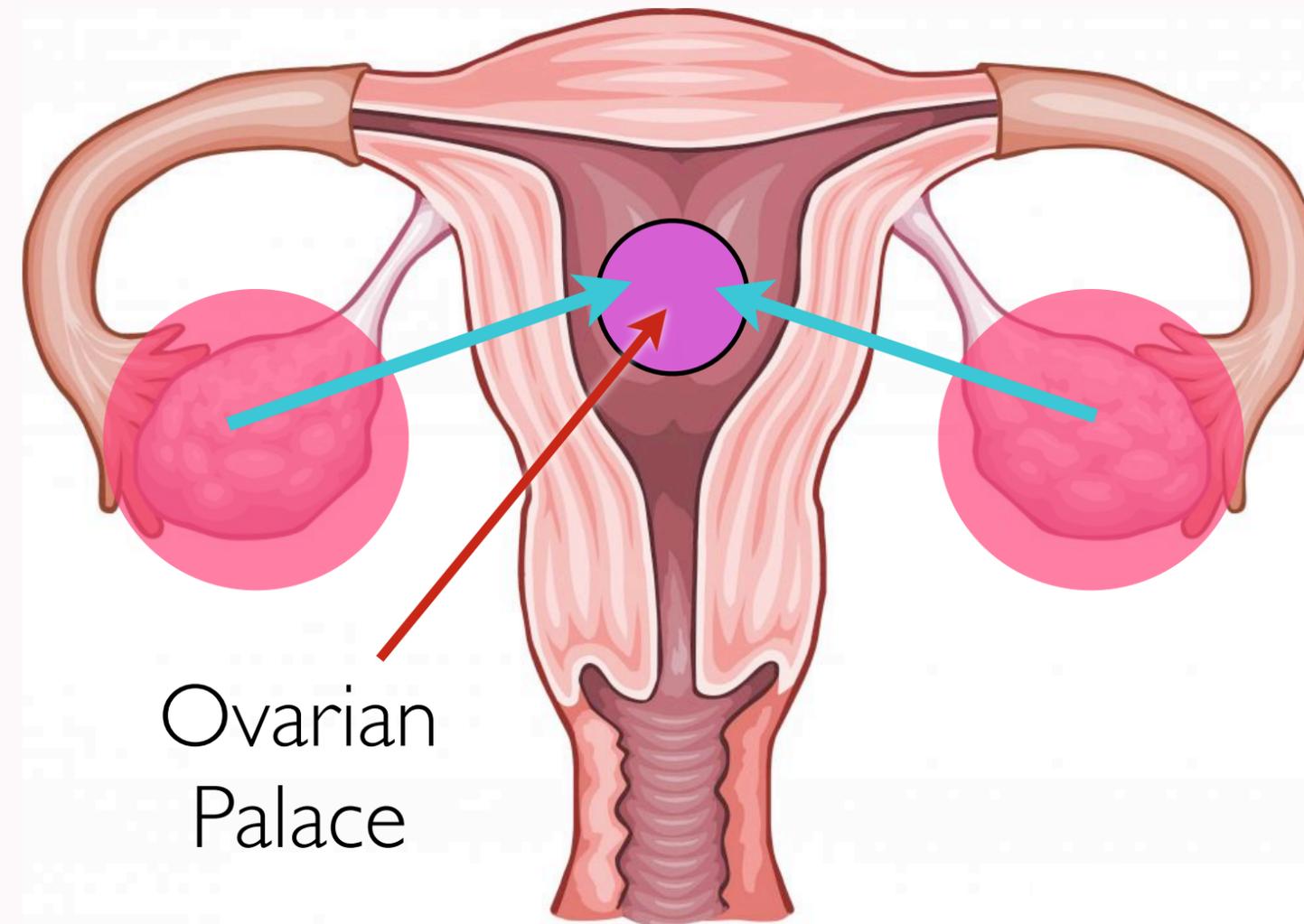
In this image, we see the 'imaginary' movement of your ovarian 'honey nectar' moving into your 'imaginary' ovarian palace.

**INHALE  
OVARIES**



## 2. Enlivening our ovaries cont'd:

In this image, we see the 'imaginary' movement of your ovarian 'honey nectar' moving into your 'imaginary' ovarian palace.

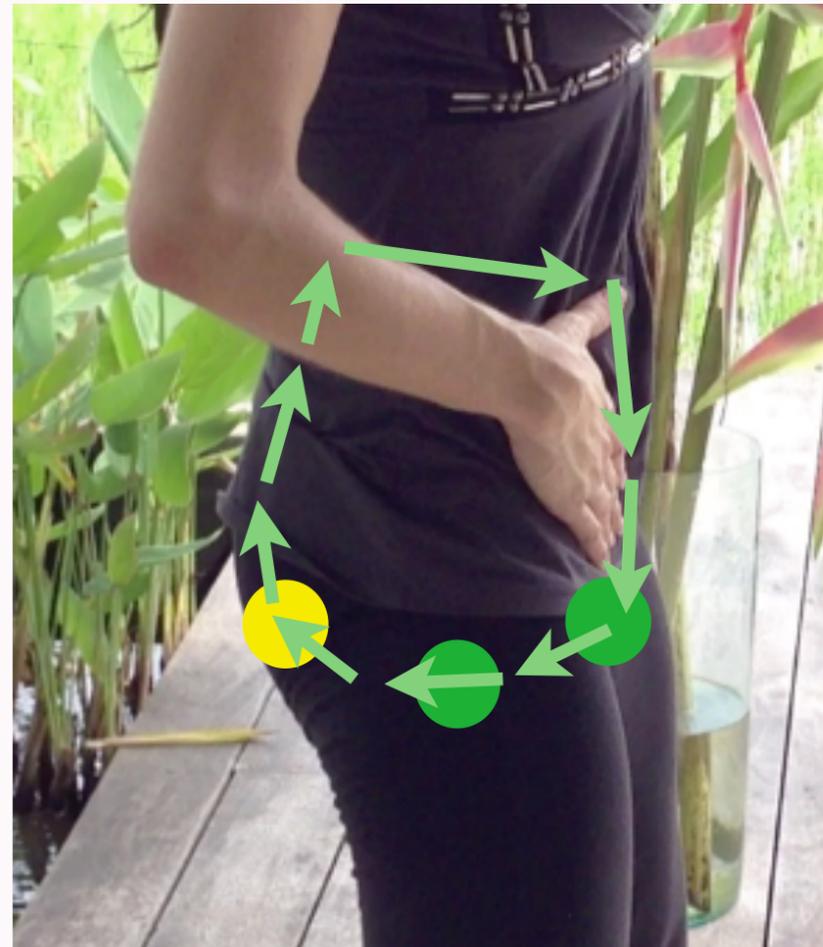


**EXHALE  
PALACE**

## 2. Enlivening our ovaries cont'd:

And in **Part 2**, we will imagine this nectar moving through our **sexual organ and lower body**. Imagine a water wheel inside you. My hands and arms are only showing what I am visualizing inwardly.

- = Genitals
- = Coccyx



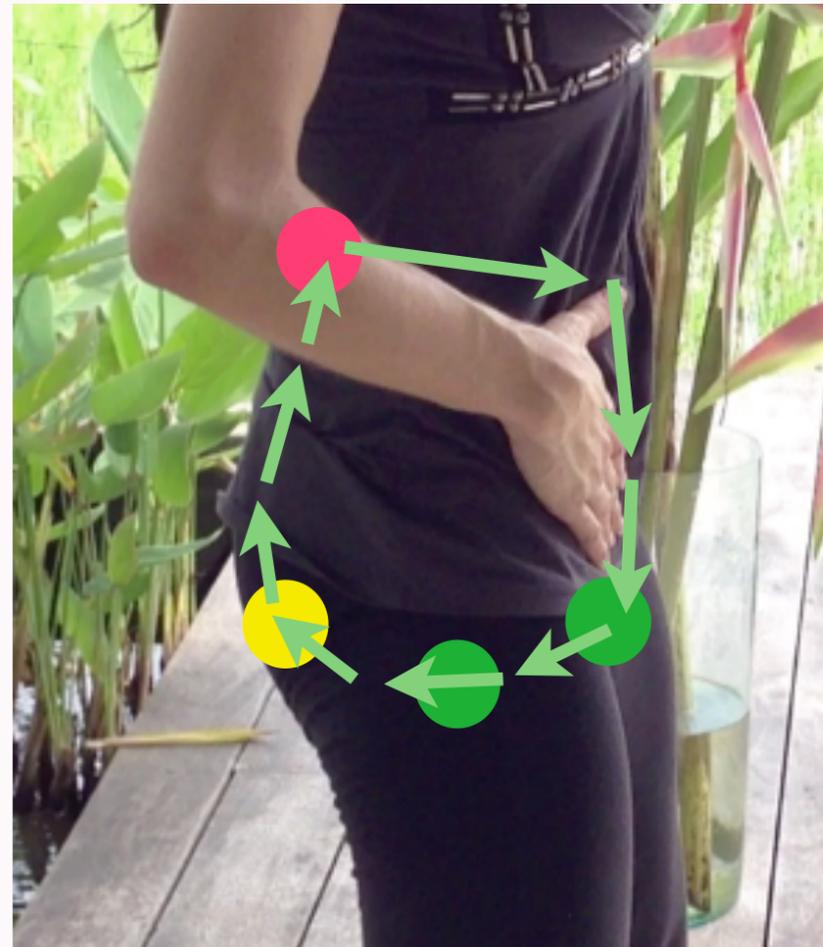
**Inhale:**

- 1. Clitoris**
- 2. Perineum**
- 3. Coccyx**

## 2. Enlivening our ovaries cont'd:

And in **Part 2**, we will imagine this nectar moving through our **sexual organ and lower body**. Imagine a water wheel inside you. My hands and arms are only showing what I am visualizing inwardly.

- = Genitals
- = Coccyx
- = Kidneys

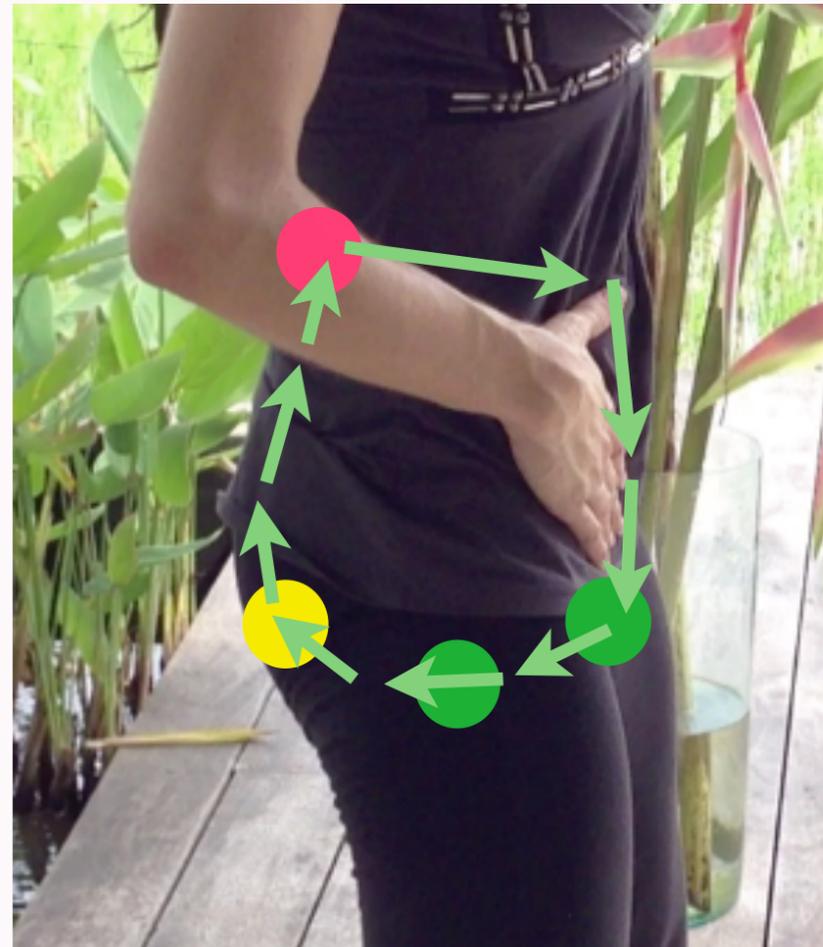


**Exhale:**  
**I. Kidneys**

## 2. Enlivening our ovaries cont'd:

And in **Part 2**, we will imagine this nectar moving through our **sexual organ and lower body**. Imagine a water wheel inside you. My hands and arms are only showing what I am visualizing inwardly.

- = Genitals
- = Coccyx
- = Kidneys



**Inhale:**  
**I. Kidneys**

## 2. Enlivening our ovaries cont'd:

And in **Part 2**, we will imagine **this nectar moving through our sexual organ and lower body**. Imagine a water wheel inside you. My hands and arms are only showing what I am visualizing inwardly.

- = Genitals
- = Coccyx
- = Kidneys
- = Navel



**Exhale:**  
**I. Navel**

## 2. Enlivening our ovaries cont'd:

And in **Part 2**, we will imagine this nectar moving through our **sexual organ and lower body**. Imagine a water wheel inside you. My hands and arms are only showing what I am visualizing inwardly.

- = Genitals
- = Coccyx
- = Kidneys
- = Navel

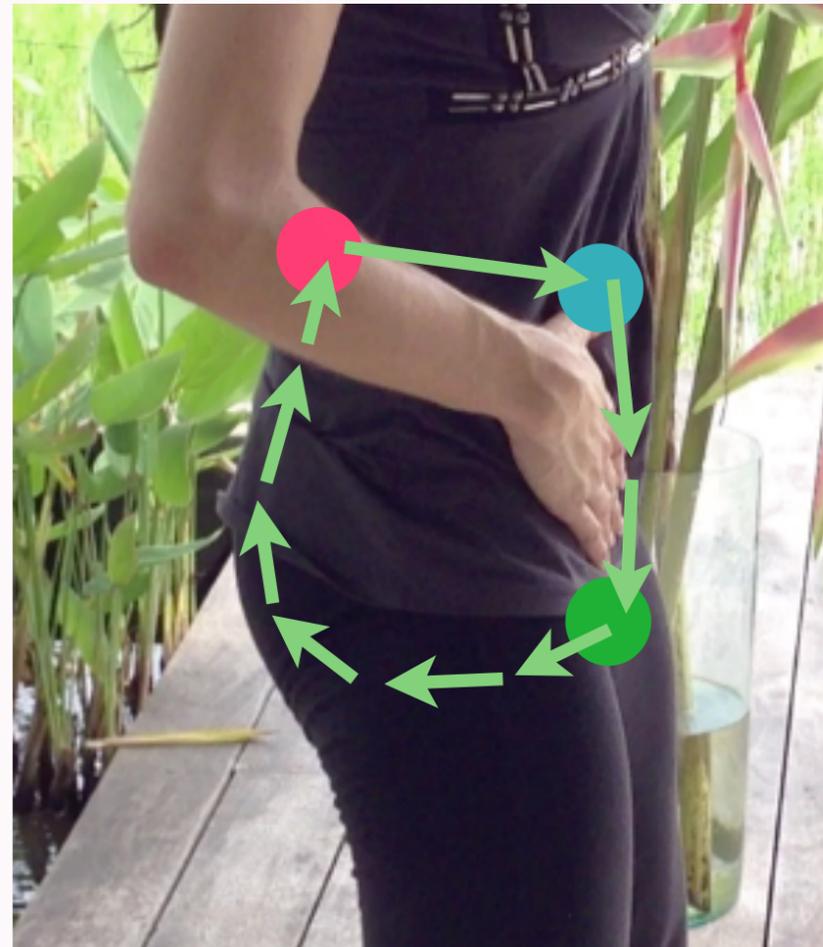


**Inhale:**  
**I. Navel**

## 2. Enlivening our ovaries cont'd:

And in **Part 2**, we will imagine this nectar moving through our **sexual organ and lower body**. Imagine a water wheel inside you. My hands and arms are only showing what I am visualizing inwardly.

- = Genitals
- = Coccyx
- = Kidneys
- = Navel



**Exhale:**  
**I. Genitals**

## 2. Enlivening our ovaries cont'd:

And in **Part 2**, we will imagine this nectar moving through our **sexual organ and lower body**. Imagine a water wheel inside you. My hands and arms are only showing what I am visualizing inwardly.

- = Genitals
- = Coccyx
- = Kidneys
- = Navel



**Inhale:**  
**Up to**  
**Kidneys**

## 2. Enlivening our ovaries cont'd:

And in **Part 2**, we will imagine this nectar moving through our **sexual organ and lower body**. Imagine a water wheel inside you. My hands and arms are only showing what I am visualizing inwardly.

- = Genitals
- = Coccyx
- = Kidneys
- = Navel



**Exhale:**  
**Down to**  
**Genitals**

### **3. Beautifying our Breasts:**

Breast massage is essential to not only our breast tissue health, but also to reinforce a deeper connection with these 'pillows of love'. Even if you cannot do this particular practice daily, see if you can make touching your breasts with love and appreciation a daily practice. It will help the lymph to circulate.

Also, our nipples are intimately linked to our endocrine (hormonal) system, so by stimulating them, we stimulate our hormonal system. This is important before any sexual practice and of course, before love making! Enjoy this practice topless and with using a silk cloth or using a beautiful rose oil (such as the Weleda Wild Rose Oil) or any edible oil.

### **3. Beautifying our Breasts Cont'd:**

If you wear underwire bras often, then breast massage is essential as the underwire bras tend to inhibit proper blood and lymph flow to the breasts.

If you use antiperspirant, stop now. It is essential that your body can detox itself, otherwise, the toxins that would normally be released out through your sweat will drain into the lymph nodes near your armpits. This is highly toxic for your body.

Also, it is very healthy for your breasts to move around, so once in awhile, set them free!

**Okay, let's jump into the practices for this week...**