

WEEK 4:  
ACTIVITY OVERVIEW

This week's activities are as follows:

## **1. Preparing your Jade Egg:**

In this video, I'll cover some important points about the Jade Egg, as well as show you step-by-step how to prepare your Jade Egg and how-to-string-your-egg. If you are already familiar with doing this, you may still enjoy this quick, informal presentation prior to the working with the egg.

## **2. Subtle Pleasure Somatic Meditation:**

In this audio, we will prepare our body for the Jade Egg practice by exploring a somatic awareness exercise. This is a key practice for reconnecting our conscious mind with the subtle (but not so subtle) sensations of our pleasure anatomy.

### 3. Jade Egg Practice:

This is the video where we will begin to work with the Jade Egg. Even if you have worked with one before, it is always fantastic to come back to a simple practice. Remember, you can do all the practices without the Jade Egg.

**NOTE:** *If you want a Jade Egg and still do not have one, you can order through the link under the RESOURCES tab.*

**Also Note:** if you are pregnant or have a pelvic injury, it's best you don't use the Jade Egg at this time. You will benefit immensely from doing the practices, even without the egg. You can choose to use the egg post-birth and post-injury.

Let's get our **Jade Egg ready** so we can melt into a **deep practice**.