

Introduction and Disclaimer

Yoni is a Sanskrit word that refers to the female genitalia. It is the word Body By Snow Jay uses to refer to the vagina and female reproductive organs. The female genitalia are indeed a part of a woman's body that should not be neglected or ignored for many reasons, some more obvious than others.

For one, the Yoni is a powerhouse. and the home to a very potent and powerful, latent, energy. This energy lays dormant and stagnant as merely untapped, magical potential.

Secondly, the Yoni is also a storehouse. Stress, emotions, fear, worry, hardships, and traumas tend to accumulate at the level of the Yoni in women. Due to its internal structure, women tend to internalize much of their outer world into their inner world, in their Yoni-Verse. It should come as no surprise that eventually, such heavy factors layer up in the Yoni, causing impediments to pleasure and the full experience of energy – blockages – and other common female health issues.

The third reason women should not ignore their Yonis is because, simply, it is their pleasure and healing center. However, in order to access this domain, one must first tap into the Yoni's inherent energy and heal the aforementioned blockages.

Full Body Mind Body Yoni Experience, when done correctly, addresses all of this, plus much more.

Blockages can originate from various sources such as childhood memories and upbringing, trauma, injuries, surgeries, ignored and stored emotions, stress, health problems, physical or sexual abuse, long-term unhappy relationships, childbirth, disease, toxins and impurities, karma, and past lives, just to name a few. Blockages can be physical, energetic, emotional, mental, sexual, or even psychosomatic in nature, and the root cause can vary from one individual to another.

Because the exact origin of a blockage cannot always be determined, it is crucial that they are released in a carefully managed and mindful way...

Hysterical and uncontrollable releases or releases that are of a sizable nature can be more *harmful* than helpful and can further *embed* the blockage into a woman's body. When the release is by harmonious and gradual means, it can be incredibly liberating and healing. A woman can experience a remodeling or restructuring of her entire being and may immediately feel a sense of relief, joy, and contentment.

There are many things a woman could and should do before receiving the Full Mind Body Yoni Experience, to prepare herself and provide an optimal landscape for powerful effects to take place.

RELAX

1. Focus on your breath and how you feel as each technique is applied and perceive the sensations brought about with every touch. This will keep your mind from running amok and keep you focused on the experience itself and the present moment.
2. Focus your breathing and oxygen towards the parts of the Body that you feel the tension/tightness/pressure/sensations.
3. Practice the 4x4x4 box breathing technique. Slowly inhale 4 seconds, hold 4 seconds, slowly exhale 4 seconds, hold again 4 seconds, and repeat until you feel recentered.
4. Visualize and imagine energy moving up from the lower parts of your body to the higher parts.
5. Speak up and provide feedback to your practitioner in the event something is painful or uncomfortable or if you need more or less pressure.
6. Say the word "relax" silently, in your mind, over and over again, as though you are trying to self-hypnotize and convince your mind and body to relax more and more.

HEALING

For the many women who suffer from common female health issues such as Cystitis, regular candida or Bacterial Vaginosis (BV), Endometriosis, severe PMS symptoms, and/or any of the following Female Sexual Dysfunction (FSD) symptoms like sexual hindrances such as lack of desire, an inability to experience pleasure or orgasm, or painful sex symptoms, and lack of natural lubrication, the Full Mind Body Experience is the answer.

This unique, hands-on approach heals a woman from the inside out, getting to the root of many health issues and sexual blockages. Not only is there an alleviation of symptoms but there is a discernible newfound freedom, whereby women can reclaim their health and rediscover the true meaning of sexual liberation.

BENEFITS

1. Better circulation to parts of the Body that are deprived and dormant. Better circulation means the Body can naturally start to heal and release both emotional and physical toxins. (i.e., one may cry, laugh, orgasm etc.)
2. Can help to reduce stress, anxiety, and depression.
3. Release physical, emotional and energetic blockages, helps to heal from sexual traumas physically and emotionally, help heal through break ups, enhances trust within oneself, increases confidence and strength and greater self-awareness and assurance, teaches how to take time for self-care and to put oneself as a priority, decreases Body

dysmorphia symptoms, helps to forgive oneself of past griefs and guilt. Accept yourself for who you are, feel confident and whole, care about yourself as a person, love yourself and increase your self-importance.

4. Enhance love, intimacy, and sexuality.
5. Help to produce more natural lubrication.
6. Improves sensitivity in the Yoni and enhances sexual pleasure.
7. Helps the mind and Body to relax and come together as one.
8. Improve sleep quality and quality of life.
9. Increased awareness and consciousness.
10. Get to know your Mind and Body, what you will accept and what you will not accept in terms of your life, decision making, prioritizing, understand your personal boundaries.
11. Open your Svadhisthana Chakra (Sacral Chakra) which includes the gut, the uterus, the vagina, and the entire pelvic floor.
12. Awaken your Kundalini Life-Force Energy. Kundalini literally means she who is coiled. This is the divine feminine energy that is also known as Shakti or Goddess energy and sometimes as serpent energy. In Hindu and Yoga philosophy, it is the creative power and energy of the universe. Bring yourself to self-realization of the soul as an immortal being where you may reach a state of bliss and resounding love. You may have a quiet mind.

In modern times everyone has blockages. They are equally prevalent in men as in women.

However, for women, blockages tend to accumulate more often in the Yoni than not. This is the reason why the Full Mind Body Yoni Experience includes genital/erogenous zone healing in forms of touch, meditation, and breath work. It is not for the purpose of eroticism or lewd activities. It is solely for healing and spiritual purposes.

The effects and results of this practice are not one-dimensional. In fact, they are multidimensional and far-reaching. While the aims of the Full Mind Body Yoni Experience lie in the healing mentality and spiritual realms. The benefits extend into every single aspect of a woman's life and can transform her sexually, emotionally, mentally, and energetically.

Here are a few recommendations for how you can get the most out of your session:

- 1. Avoid coffee or alcohol 48 hours minimally (longer is better) prior to a session.**
- 2. A cleanse or detox that is 3-7 days in duration beforehand can prove to be very beneficial. Check with your doctor before beginning a cleanse.**
- 3. Avoid any drugs or toxic substances at least 7 days prior to your session. In the case of pharmaceutical drugs or medications continue taking as prescribed by your doctor.**
- 4. Eat lightly on the day of your session. Ideally you should arrive on an empty stomach for the appointment.**