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Pussy Yoga



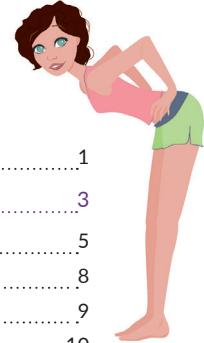
Pelvic Floor Training for Radiance,
Confidence, and a Fulfilling Love Life

COCO BERLIN

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Confidence, and a Fulfilling Love Life

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Preface

To my great delight, my belly dance teacher of many years has written this wonderful book, *Pussy Yoga*. Some might find the title provocative, but I love it! It brings to mind the image of a cat lying in the sun, relaxed and content. Then she gets up, stretches and lengthens her body, and then centered in herself, she moves with elegance, using muscles that are strong but not rigid. Few women today move in such a supple way, and it's a joy to watch those who can. The way we live and treat our bodies divorces us from our sensuousness and self-awareness.

The pelvic floor is the control center of the female body, but many women know little about it. As a gynecologist, I ask my patients to engage their pelvic floors every day. Most of them jerk their pelvis forward, clench their glutes tightly, and suck in their lower abdominal muscles, forcing their bladder downward. Their pelvic floor doesn't change state. It's either not involved in the movement at all, or it's much too tight. The pelvis and all of its muscles aren't only important for preventing incontinence and back pain; a strong upright posture also has its root in the pelvic floor. In fact, the muscle tone of the pelvic floor and the position of the pelvis reveal a lot about the way a woman faces life in general.

The pelvic floor is the seat of our passion, our pleasure, and our lust—with or without a partner. It's high time we started treating our pussy in a positive, joyous, and relaxed way. I hope you enjoy your journey!

Kiel, Germany, April 2018
*Dorothee Struck, M.D., PhD,
Gynecologist & Obstetrician*

INTRODUCTION

What You Can Expect from This Book

Welcome to the discovery of your sensuous power. This book will help you get friendly with your pussy, your pelvic floor, and your amazing body. It will help you rediscover yourself from the inside and tap into your own hidden potential.

Since I first experienced the power of sensuous pelvic floor training for myself, and then saw how this knowledge and technique liberated my students, I've been on a mission to share this information with as many women as possible. I want to help every woman realize that she is the source of her own power.

Not only a fulfilling love life, but everything you long for is already inside of you. You'll find the key to unlock it in this book.

Women who are sensuously aware of their pelvic floor and know how to use it are authentic, powerful, and sexy. They're aligned with themselves. They know what they want, and they have the mental clarity and physical energy to achieve whatever they desire.

They express their sexuality with passion and enjoy life to the fullest. They sparkle with vitality and maintain that fresh radiance their entire lives. Through satisfying sex, orgasms, and the resulting emotional intimacy, these women hold the essential elements for fulfilling and intimate romantic relationships in the palm of their hands.

This inner power is available to every woman, and you will begin to feel it after your first few Pussy Yoga practices.

The latest scientific research shows that orgasms and a satisfying love life make women feel more sure of themselves, more creative, and more courageous. But a supple pelvis and a properly trained pelvic floor don't just make wonderful orgasms possible; they also create a confident, strong posture, they boost our mental well-being, and they help foster a deeper connection with ourselves.

Sensuous awareness of the body is the only way to find and train the pelvic floor effectively. But cultivating that awareness also creates a stronger connection between mind and body, enhancing physical and mental vitality. Everything you learn in this book is part of a self-reinforcing cycle that, once set in motion, builds on itself in more and more positive ways.

And the best part is this: everything you need is already inside your own wonderful body. You can look forward to an intuitive and, for most women, deeply moving and surprising journey—a journey to yourself. A journey to the lost wisdom of your body. But don't worry, this book does not contain any rote training that demands that you push yourself to succeed. This

book is more like a spa visit to yourself, from which you emerge into life feeling sensuous, relaxed, and full of energy.

First and foremost, it's about enjoying yourself. All you need is five minutes a day and two or three thirty-minute Pussy Yoga sessions per week. If you want, you can do more. Many women, myself included, love to start the day with our own personalized sensuous workout.



But you don't have to be rigid about it; just follow your own intuition and flow.

After a few sessions, you'll have internalized enough Pussy Yoga to engage your pelvic floor and your new sensuous body awareness automatically throughout your day. You'll use your personal Pussy Yoga practices as needed to relax and reconnect with yourself. The experience is not only incredibly relaxing but is also full of aha moments that will have a huge impact on your life.

We'll advance in stages, and you'll notice big shifts at every step. But don't stop at the first sign of success. There's still more to come! At first, the changes might feel unfamiliar or maybe even a little threatening. After all, it means leaving your old self-image behind. But new horizons await your newly liberated self on the other side.

The information in this book consists of theory, a large section devoted to the Pussy Yoga practices, and tips to further develop your sensuousness in everyday life. So you can read up on the Pussy Science at your own pace, have fun with the practices, and get some inspiration for a more sensually fulfilling life.

1. A New Body Awareness

Pussy Yoga connects your mind and body through a process of sensuous awareness. Most women have a blind spot when it comes to their pelvis and a lot of confusion about where their pelvic floor is—and you can't train what you can't feel in your body. The sensuous component of the practices combines mindfulness and somatic movement with ideokinesis (the art of using imagery and visualization to improve how the body functions and moves). This approach helps your nervous system forge new connections. You'll free yourself from old, restrictive habits in the way you move and behave, the way you think, and the way you feel—without having to overanalyze anything and instead using the wisdom of your own body. Clearing away old patterns

and mental blocks is essential to creating a fulfilling and uninhibited love life. Going forward, you'll not only have more fun in bed, but you'll find yourself generally living more freely, creatively, and with greater ease.

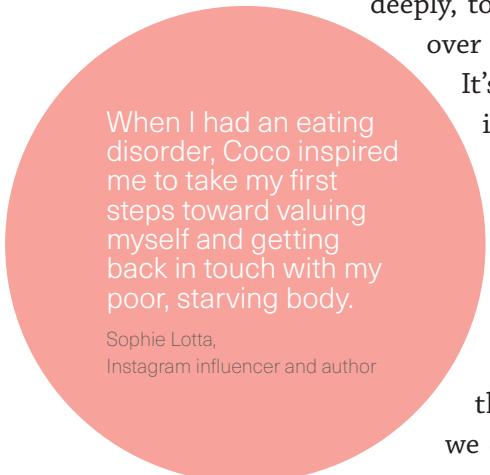
Most people live in a state of unconsciousness: they only know passion from the movies and have no idea what they're missing. But once we switch on our sensuousness, we wake up. We come into our bodies. We have more clarity and are more present: we can finally release our inner hand brake and hit the gas.

Sensuousness is something we women have lost, and on an unconscious level, we are always missing it—the ability to feel deeply, to trust our intuition, to give ourselves over to joy and ecstasy of the moment.

It's the reason we often feel empty and insecure, the reason we don't trust life or even ourselves. This emptiness is uncomfortable. We try to change ourselves, try to think more positive thoughts, but deep inside, we can never escape this unease.

And when we can no longer stand the emptiness, we numb our bodies so we don't have to feel it anymore. We distract and soothe ourselves with things like food, exercise, work, media consumption, constant social media check-ins, spiritual study, and so on—all of which are fine on their own and flood our bodies with feel-good hormones in the short term. But when we indulge them compulsively, as a comforting distraction, they become an addiction. They no longer serve us but instead leave us feeling dull and frustrated.

In my experience (and the latest psychological research backs this up), the only solution to this alienation from self lies in mind-body integration, and reclaiming intense, sensuous feeling. In recent years, this has proven to be the only tried and



When I had an eating disorder, Coco inspired me to take my first steps toward valuing myself and getting back in touch with my poor, starving body.

Sophie Lotta,
Instagram influencer and author

true approach known to provide long-term healing to victims of trauma.¹ A stronger connection to your body spawns a new self-image. A new sensuous awareness of our body upgrades our perception of ourselves and immediately boosts our self-confidence.

Genuine self-confidence—confidence that comes from the body—makes life more enjoyable. Unfortunately, it isn't something our culture encourages: after all, women who are dissatisfied with themselves are more reliable consumers and are easier to manipulate.² But we can reclaim our power with help from our body. A body-centered approach is not only easier; it's also more sustainable than working with the mind alone.³

Sensual awareness brings you into the here and now. The practices in this book will help you to fully arrive in your body. If we're constantly living in our heads (as most women today are), it's hard to allow ourselves to even access our sensuality, never mind fully develop it. If you ignite your sensuality with the help of the practices in this book and then let it blaze all day long, you'll fall in love with your body and with life. You'll feel more confident and have more fun flirting, enjoying sex and amazing orgasms.

That's not to say that you'll be thinking about sex all day—though that can be a side effect in the beginning. But don't worry about turning into a nymphomaniac. You'll soon find your own balance where you can enjoy the beauty of life with all your senses and pursue your goals with inspiration and creativity at the same time.



Thanks to Coco, I feel relaxed and strong every day and, at the same time, so sexy and feminine. That's priceless to me!

Hannah Mang, copywriter and communications coach

2. The Power of the Pelvic Floor

In a survey of four thousand women ages twenty-five to eighty-four, epidemiologist Jean Lawrence found that one in three women has at least one pelvic floor dysfunction. Her research dispelled the myth that pelvic floor problems only affect older women.⁴ In fact, through improper exercises, too much sitting (and too little movement in general), stress, the objectification of our bodies, and society's hostility to pleasure, most women's pelvic floors have atrophied and, in addition, are often quite tight.

In Pussy Yoga, we dive deep into the secret world of the pelvis and get to know the mysterious pelvic floor. Most women think the pelvic floor is only the set of muscles surrounding the pussy, but it's a much larger and more powerful musculofascial network. Ideally, it should be fully integrated with the rest of your body because it is the center of your musculoskeletal system. Its fitness and integration have a direct impact on the overall health and alignment of your entire body.

A loose or tense pelvic floor pulls the pelvic bones out of balance, which in turn leads to poor posture. As a result, internal organs can slide downwards, and important nerves can end up being pinched, which means they can no longer transmit sexy sensations to your brain. An activated pelvic floor stimulates the nerves in your entire pelvic area, making you more sensitive and orgasmic—and making your pussy stronger.

Only when you get to know your pelvic floor in its entirety and activate it dynamically (instead of just tightening it up with the wrong exercises) can you take advantage of its full power! The pelvic floor is a true marvel. An awakened, relaxed, and well-trained pelvic floor will give you a new zest for life. It will straighten your posture and ground you. Studies have shown that people with a fit pelvic floor are much healthier physically, mentally, and emotionally, and are better able to deal with the demands of life than people who do not train their pelvic floors.⁵

With Pussy Yoga, you can mobilize your entire body. Not only do you gain fitness, mobility, and a wonderfully sensuous body awareness; you're also be able to move as sexily as you want in your erotic adventures. And that, in turn, makes you more confident, more sensual, and more orgasmic.

If you have any questions or want to get in touch with me and other women who practice Pussy Yoga, join our Facebook group!

You can find the link, along with other Pussy Yoga extras, at Coco-Berlin.com/en/pussyyoga.

3. A Happy Pussy

Once you've activated your pelvis and your whole body, we'll take a closer look at the pussy herself. We'll delve into everything that's stopping you from following your sexual instincts freely and without inhibition, surrendering completely in bed, and experiencing life-changing orgasms.

Most women have a hard time feeling or even liking their pussy and recognizing her for what she really is: the most intimate place in their bodies, the part that can experience the most intense sensations, a source of ecstasy—a pleasure center that holds the possibility for deep spiritual connection. Our pussy is also our own personal first aid kit: according to the latest research, it can positively influence and heal both our body and our mind.

With eight thousand nerve endings, the clitoris is an organ whose only function is pleasure and ecstasy. This makes us women unique. (Men, on the other hand, have a “multitool” with only half as many nerve endings, yet they're prouder of it and much more confident about handling it.) Through your newly ignited sensuality, your pelvic floor activation, and your body awareness, your pussy will be able to feel more. You'll be amazed at how your

erotic sensitivity increases a thousandfold when all your nerve endings can communicate unhindered with your brain.

4. Life-Changing Orgasms

We're going to look at how our female sexuality works, what we women really need in bed, and why a fulfilling love life is so important to our creativity and power. Then we'll examine the physiology of our orgasms. Once you know what actually happens in your body during sex, you can better navigate your pleasure and ecstasy, reaching previously unknown heights. Sexually, there is much more to experience than most women even imagine.

5. A Sensually Fulfilling Life

Finally, I'll give you some tips on how to cultivate your sensuality in everyday life. With your sensuousness switched on, you'll experience more pleasure and better sex—you will also feel more alive, more vibrant, and more open to the possibilities of life.

It might seem hard to believe—a method for sensuous body awareness and pelvic floor training as life-changing tool? But don't take my word for it. Just try it and experience it for yourself. I always love to see how amazed women are at the rapid and revolutionary effects of my method. The key is right in front of you, hidden inside your own body. The only things stopping you from recognizing it and using it are your old habits and self-image.

I myself started out in life as an anxious, depressed wallflower. I never would have thought it possible that one day, I'd feel good about myself, performing before huge crowds in my own shows, and that later I would help millions of women with my method. I never imagined that I'd spend my life with the man of my dreams, living in the most beautiful places on earth, or that life could feel so effortless and free. Such conceptions simply didn't exist for me. And yet, here I am!

I'm delighted to join you on your journey to a fulfilling love life!

Yours,

Coco

Why Pussy?

So, why this word? When my German publisher first suggested the title, I was skeptical. My method is about so much more than female genitalia, and apart from that, the word “pussy” is often used in a derogatory sense. On the other hand, what words do we have for our female sex organs that *don’t* carry some unsavory connotation or, at best, sound clinical and unsexy?

“Vagina”⁶ isn’t just a medical term. It stems from the Latin word for “sheath.” Our sex organ is therefore defined as being a receptacle for the male sex organ. In her book *The Second Sex*, the philosopher and feminist Simone de Beauvoir argues how, over the course of history, women have been turned into the “second sex” by men. In de Beauvoir’s existentialist terminology, this means that man describes himself as the absolute, the essential, the subject, assigning woman the role of “the other,” the object. Women are always defined relative to men. The word “vagina” says a lot about our former role in society but is no longer appropriate today.

The body part that brings us the most beautiful sensations and orgasms—that is a place of power, a place of the most intimate connection with ourselves and with our intimate partners, the part to which this book is dedicated—definitely needs a name of its own.

Feminist authors like Eve Ensler, Naomi Wolf, and Regena Thomashauer view the denigration of female sex organs in patriarchal societies like ours as a tool for disempowering women.⁷ In my work, and in the culture at large, I still see a great deal of shame about our own sexuality and female sex organs. In

ancient cultures, there are more beautiful and fitting names. The Sanskrit word *yoni*, for example, means “source, spring, resting place, container, abode, or nest.”

But instead of using a word from a long-gone culture, let alone trying to invent a new one with no existing recognition in our culture, I choose to use the term “pussy” and to make it socially acceptable. The word “pussy” is still used in a derogatory way today, but modern feminists are reclaiming it. Bands like Pussy Riot and Perfect Pussy, the “Pussy Grabs Back” protest movement against the sexism of U.S. President Donald Trump, the *New York Times* best-seller *Pussy* by Regena Thomashauer, and the show *Pussy Terror* by German comedian Carolin Kebekus are all wonderful examples of this trend.

Pussy Yoga stands in this recent feminist tradition. Let’s reclaim the word “pussy” and use it with self-confidence. Let’s decide for ourselves what the word “pussy” means to us.

“Pussy” has a nice ring to it. Its etymological origin is in the old European term for cat, which has been used to describe girls and women since the seventeenth century.⁸ A cat, from a kitten to a lioness, is a great metaphor for this beautiful body part of ours. Cats are soft and cute and know how to command attention. It’s inspiring to see how they relax, the way they completely surrender to touch, the confident and smooth way they move—their independence, wildness, and agility. All of that is also the nature of our pussy, whether she is fully activated or still in a state of hibernation.

Through Pussy Yoga, we rediscover our wild, instinctive side. We connect with our animal nature through our bodies, and we become a like a lioness—confident, courageous, sensuous, supple, and strong.

When I use the word “pussy” in this book, I am referring to the entire vulva and the inside of the vagina. While perhaps less anatomically precise, this is generally what our culture commonly understands from the word.

And Why Pussy Yoga?

Yoga is a philosophy and practice that originated in India around 5,000 years ago. Its modern form, as practiced all over the world today, emerged from the mid-19th century. It is characterized by an adoption of Western esoteric ideas, psychology, physical training, and scientific assumptions by English-speaking and Western-trained Indians. This modern yoga represents a new-age approach to life rather than a form of Hindu spirituality. In the feminist movement of the 1990s, women developed their own variations of yoga, focusing on women's wisdom. Today, it is estimated that around eighty percent of Yoga practitioners are women (who were excluded from the traditional form of Yoga in India).⁹

The term “yoga” denotes the integration of body and soul toward becoming one with higher consciousness. In that sense, every path toward self-awareness and consciousness can be described as a “yoga.” There are many names for the different yoga paths. The path we are embarking on is the way of the pussy. Pussy Yoga unites body and mind through awareness and movement. It doesn’t have a sequence of poses to follow; instead, we experiment with new ways of moving from the pelvic floor. Our focus lies not on perfection, but rather on authenticity, intensity, depth, and vitality. There are no holy scriptures, and there is no master. Your guru is yourself, your body, your pussy. I am sharing a method for you to find your own wisdom and your own power. The treasure you are about to discover already lives within you, and it is something you can only experience for yourself.

Shouldn’t Sex Come Naturally?

There seems to be a persistent idea that all of us should be natural masters on the topic of sexuality. Why should that be so? Unlike most animals, we can do more than the bare minimum to procreate. We can become so skilled at sex that it enriches our lives emotionally, spiritually, and intellectually. Just like a

master tango dancer, a wise yogi, or a star chef isn't born an expert, a great lover doesn't fall from the sky.

For thousands of years, experts in sexuality from all cultures have been pondering how to refine their artistry to reach higher levels of mastery. Because this knowledge can be shared, we don't all have to start at zero. We can learn from the best instead of fumbling in the dark until we figure out how to surf the big waves. Nobody would dream of taking part in a karate competition without training first, but admitting we want to learn more about sexuality or our pussy is still considered taboo. It's a taboo that we will sweep away with this book. Most women have no idea about the power that lives in their pelvic floor or the power of their orgasms.

I hope you'll enjoy reading this book in the coffee shop or on the subway, and I hope you'll share it on social media and discuss it with your friends. It should be normal for all of us to learn more about our pussies and to talk about them with confidence and curiosity.

Why Are Our Pussies and Pelvic Floors Too Loose and Too Tense?

On the one hand, the circumstances of our lives have changed radically in the last twelve thousand years since we humans settled, and we no longer lead the kinds of lives that our bodies were optimized for by evolution.¹⁰ On the other hand, we have disconnected our bodies from our minds and grown estranged from our instincts and implicit knowledge. As nomadic hunters, gatherers, and fishers, we led active lives. We moved our bodies in ways that trained and utilized them appropriately. Depending on where we lived, we covered great distances. We climbed, dived, hunted, and squatted on the earth to relax or work. We spent our whole lives with our tribes out in nature. Every

member of the tribe needed to be capable of doing almost any task, which kept their bodies and minds integrated, fit, and flexible.

Once we started domesticating animals and cultivating plants, we became tied to specific places, and we developed greater specialization. Occupations emerged, and people carried out the same activities over and over again until most of us today, postindustrialization, spend almost all of our time sitting or standing. Compared to our ancestors, we hardly move at all. Thanks to modern forms of transport, we drive instead of walking or running. With the expansion of media, from newspapers, books, and radio to television, the internet, and smartphones, we are not only getting farther and farther away from the present; we're also spending the majority of our leisure time sitting still. We cram our physical movement into a sixty-minute slot at the gym, where we push ourselves to our physical limits.

Today, we spend thirteen hours per day on average sitting. The way we sit on chairs and other furniture seems normal to us, but it's disastrous for our pussy, our pelvic floor, and our abdominal organs. Sitting on chairs as we do only became common within the last two hundred years. Even seated toilets didn't appear in most households until the mid-nineteenth century.¹¹ The advent of the seated toilet made things even worse for our pelvic floor and abdominal organs. In other words, we no longer lead a *natural* life.

This isn't bad in and of itself because life today is wonderful. I wouldn't want to swap places with my ancestors and give up the opportunity to shape my own life or give up the internet and easy worldwide travel. Besides, we are not helpless; we don't have to live in ways that hurt our bodies. With the insights and practices from Pussy Yoga, you can relearn the skills and abilities that have long since been buried in our civilization. And thanks to the advances of modern civilization, you are getting the latest research and the best tools and tips for a

fulfilling love life, all of which our Stone Age sisters could not access.

Another important factor affecting our pelvic floor is that, in contrast to animals and our ancestors, we have become alienated from our body and its inherent instincts. Without this connection, we can no longer handle stress naturally or release it after danger has passed. We are therefore the only animal (with the exception of those we imprison or keep as pets) to have developed ongoing symptoms of stress and trauma. And stress plays a major role in weakening the pelvic floor.¹² There is an unfortunate vicious cycle at play here because people with weakened pelvic floors tend to be more psychologically unstable and prone to stress.¹³

Religious prudishness also played a major role in our alienation from our pelvis. It placed taboos and shame on the natural, beautiful, intimate activity that is sex, as well as on the body parts associated with it. This attitude still paralyzes us today. Although having a lot of good sex is supposedly part of a successful life, today we have less sex than ever in recorded history.¹⁴ Moshé Feldenkrais states that culturally stigmatized areas of the body vanish from our self-image.¹⁵

And this is exactly where Pussy Yoga comes in. Through conscious practice, you will establish a new neurological self-image, one that moves your pelvic floor back into your awareness.

At the same time, this technique will enable you to free yourself from old, unconscious thought patterns and to experience and express your sexuality according to your own standards.

About the author



COCO BERLIN is a certified pelvic floor expert and the founder of the Pelvic Floor Integration™ method, the Sensuous Dance Workout™, and Essence of Bellydance™. Her work enables women to connect to their essence and to step into their power.

With her cutting-edge method and fresh approach to women's health and well-being, Coco is a regular guest on German national TV and has worked with brands such as Hilton, L'Oréal, and BMW. Her work has moved over seven million women, and her method is taught by instructors worldwide.

Pussy Yoga is Coco's unique self-study program to help women become more sensual, strong, and confident. *Pussy Yoga* was first published in Germany 2018 and became an instant best-seller, with rave reviews by health professionals and magazines like *The Guardian*, *Daily Mail*, *Evening Standard* and *Cosmopolitan*.

Coco and her husband have traveled the world for years. Currently, they live in beautiful Valencia, Spain.

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SENSUOUS & STRONG

MOST WOMEN HAVE NO ACCESS TO THE POWER OF THEIR PELVIS. The pelvic floor is the often misunderstood and neglected centerpiece of our musculoskeletal system: it is crucial for healthy, elegant movement and for our sensuality. Any numbness and blockage in this area can make us feel out of balance, lost, or stuck in our life.

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