



## Meet the Founder, Rosie!

Rosie Rees is the founder of Yoni Pleasure Palace, creator of the Golden Yoni Membership and designer of the Waterproof Squirt Blanket™. Rosie is one of Australia's leading Relationship Coaches, and the founder of Women's Nude Yoga workshops (@naked.awakening) and the Naked Awakening facilitator training.

After experiencing a burn-out from her Sydney based corporate job in 2012, Rosie healed herself by going to India and Indonesia (Bali) to learn the ancient practises of yoga, meditation and a sacred Taoist modality known as the 'Jade Egg Practice', ultimately leading her down a path of sexual awakening.

Launched in 2014, Yoni Pleasure Palace is now one of the world's top sexual wellness stores, stocking GIA certified yoni eggs, crystal and glass pleasure wands for internal de-armouring and pleasure. Rosie carefully designs and selects only the best gemstones, herbs and menstrual products from all over the world, and is deeply passionate about sexual empowerment and women connecting to their Yoni - the source of their power!

Take your sexual awakening journey one step further and expand your pleasure practice for only \$40 a month, by joining Rosie on her VIP program; **The Golden Yoni Membership**. Head to our website to subscribe.

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only Facebook community:  
[www.facebook.com/groups/yonipalace](https://www.facebook.com/groups/yonipalace)

## Crystal Properties

### AMETHYST

A purple stone that helps to overcome anxiety, promote a peaceful sleep, create more calm & relaxation, assist with sobriety (addictions) and a great stone for meditation and Crown Chakra opening.

### BLACK OBSIDIAN

A black stone that helps to clear negative energy, release trauma, promote grounding & protection, shields your energy and connects you to your Root Chakra.

### BRAZILIAN CLEAR QUARTZ

A powerful clear stone known as the 'master healer' and protection from negativity. Use regularly if you want to cleanse all your chakras and amplify your intention or energy.

### GREEN AVENTURINE

A green stone from India that assists with good luck, new opportunities, money, fresh starts, creativity, imagination, career success, independence and assist in opening up the Heart Chakra.

### NEPHRITE JADE

A dark green stone that promotes emotional balance, deep healing, health, energy levels, wellness, abundance, prosperity and creativity. This is the highest quality stone to practice with.

### RED CARNELIAN

A powerful red stone that may enhance your sexual energy, boost libido, cultivate courage, build confidence, heal the womb space and balance the Sacral & Root Chakra.

### ROSE QUARTZ

A beautiful pink stone known to help with self love, forgiveness, self care, worthiness, compassion, romance and opening and healing the Heart Chakra, particularly after a break up.

Follow us on Instagram!

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Awaken your  
pleasure, your power  
and your pussy!

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# What are Yoni Eggs?

The Yoni Egg is an egg-shaped crystal that you wear inside your vagina to keep it strong, healthy and toned. The word 'Yoni' translates to 'Sacred Temple' in Indian Sanskrit. We honour, respect and appreciate this ancient tradition for the transformation it offers folks with a vagina.

The stone acts as a weight resistance to tone the pelvic floor muscles, and may assist with bladder control, lubrication, libido and postpartum recovery. We recommend wearing your egg three times a week, for thirty minute intervals (you can wear longer at your own discretion), and not during menstruation.

Dating back 5000 years ago, the Jade Egg was an ancient Chinese Taoist practice that the Queen and her concubines committed to as a way to maintain a healthy & fertile reproductive system. Some of the **benefits** you may experience are:

- Strengthened pelvic floor muscles
- Improved bladder weakness
- Enhanced vaginal lubrication
- Reduced numbness inside the vagina
- Boosted orgasmic & arousal potential
- Gentle internal sexual healing associated with the crystal properties
- Assists with post-partum rehabilitation and recovery



## 5 Simple Steps

**Step 1: Wash your egg.** Before use, wash your egg in warm water (not boiling hot as it may crack the crystal) and sterilize with our Yoni Egg Cleansing Spray or Oil. You can also clean your egg with a dash of apple cider vinegar or lavender oil. You may also like to cleanse your crystal. Do this by placing it under the full moon overnight, leave in the sunshine for 10 minutes, or simply soak in water for 5 minutes with a sprinkle of rock salt or ocean water.

**Step 2: Intention setting.** Take a few moments to set an intention into the stone before inserting. What would you like to let go of, create, manifest or release whilst wearing your egg?

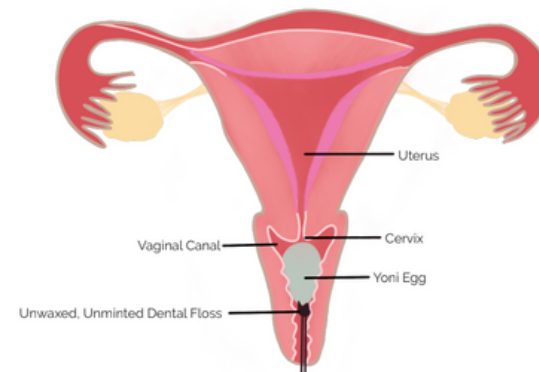
**Step 3: String your egg.** If you have a drilled egg, use approximately 30cm of our unwaxed, un-minted string (you can purchase it from our online store) to thread through the holes and tie a knot at the end to secure the string in place.

**Step 4: Insertion ritual.** Place the larger end of the egg at the entrance of your vagina and take a few slow deep breaths, relaxing your pelvic floor muscles. Imagine yawning your vagina open to welcome the egg inside. Draw circles at the entrance until the egg slides inside. Use coconut oil or your favourite lubricant for an easeful insertion.

**Step 5: Do your pelvic floor exercises.** Once the egg is in place you can walk around with it inside, do yoga, pilates, meditation or sit down and do a dedicated kegel practice.

**For Removal:** If you have used a drilled egg, pull on the string, like you would with a tampon to remove. If you have a 'non-drilled' egg, simply squat down and insert a finger to scoop it out. It may pop out when you go to the toilet, so make sure you catch it. If it drops into the bowl, do not flush it. Sterilise in warm water with an essential oil, such as tea-tree or lavender.

[www.yonipalace.com](http://www.yonipalace.com)



## Yoni Eggercises

Here are our three favourite yoni egg exercises, which help to build energy & juiciness inside the vagina. We also recommend joining The Golden Yoni Membership for Rosie's top Yoni egg practices.

### 1. PUSS UPS

Lie down on your back and bring your feet underneath your knees. Inhale, raise your hips up and gently squeeze your pelvic floor muscles (the feeling when you stop the flow of urine). Exhale, lower the hips down and relax the yoni muscles. Perform 15 repetitions for 3 sets.

### 2. CAMEL RIDE

Kneel on the floor, knees wide with your hands on your thighs. Inhale, tilt forward and open up your heart. Exhale, round your back and contract your pelvic floor muscles around the egg as you tuck the tailbone under flexing back. Continue for 2 minutes with deep breathing.

### 3. SEXY CAT COW

Come into a table top position, your hands stacked under your shoulders and your knees stacked under your hips. Inhale and drop the belly down, tilting the sit bones up to the sky and opening the chest. Exhale as you round your back, tucking your chin into the chest and squeeze the vaginal muscles around the egg. Put on a sexy song close your eyes and practice this for 3 minutes. Breathe deep, let out some sensual sounds & you will feel juicy and alive!

For wholesale and affiliate inquiries contact  
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