

OYONI-FGG PELVIC FLOOR FXERCISE







Why use a Yoni-Crystal-Egg?

A Yoni-Crystal-Egg is an egg-shaped crystal that you wear in your Yoni to keep it balanced, healthy and toned. The crystal acts as a weight resistance to tighten the pelvic floor muscles, which aids in bladder control, libido, and hydration, plus helps the recovery after birth. If you use a Yoni-Crystal-Egg three times a week about 60 minutes or about 25 minutes a day, you will notice a difference in your vaginal sensitivity, skill and strength.

Using a Yoni-Egg has many benefits, including:

- 1. It helps create an intimate and loving connection with your Yoni, your entire body and ultimately yourself.
 - 2. It strengthens your pelvic floor muscles.
 - 3. It increases sensation during sex.
- 4. It revitalizes the nerve endings in the pelvic floor and Yoni.
 - 5. It promotes blood flow to the uterus
- 6. It improves the overall life force energy or vital life "chi" in the body (according to traditional Chinese philosophy and medicine).
 - 7. It increases sexual energy and awakens the libido
 - 8. It is used to prepare for birth and accelerates
 Pelvic floor muscle recovery after childbirth
 - 9. It increases the lubrication of the Yoni
- 10. It helps prevent a prolapse, where the pelvic organs leak from the vagina or anus due to muscle weakness or atrophy.
 - 11. It relieves incontinence (weak bladder/uncontrolled urination)
- 12. It helps to stay grounded in the body and brings awareness to the yoni, uterus and the entire pelvic ligament





What You Get:

1 x 45-minute 1 on 1 consultation call via phone or Zoom, in which we discuss the pelvic floor training, and you can ask your questions.

¥Your own Yoni-Crystal-Egg of your choice (values 125 Euros).

Exclusive only to this program is a comprehensive workbook about the Yoni-Egg practice, including pelvic floor training, which is so rich in valuable information that it corresponds to a six-hour workshop.

st How to strengthen and learn your body awareness with special exercises.

Regain control of your pelvic floor.

Discover the fascinating history of the Yoni-Crystal-Egg and its 5000 years of ancient Asian practice arrived in today's modern world.

WhatsApp support from the preliminary to the final consult.

imes 1 x 45 minutes 1 on 1 follow-up call via telephone or Zoom.

Price: 349 Euro including 14 Euro

DHL Go Green climate-neutral shipping EU insured The shipping is calculated for Europear Countrys only (except of England and Switzerland due to the very high shipping costs)





** *The Yoni Egg has not been evaluated by the FDA. If a condition persists, please contact your doctor or pharmacist. The information provided by my company is not a substitute for a personal conversation and should not be construed as individual medical advice. The yoni egg pelvic floor training is not a healing treatment or promises healing. Does not replace a medical, psychological, psychotherapeutic examination, no midwife and is carried out under one's own

