



## YoniSmile Grounding Position

The pelvis gently moves up and down and rotates rhythmically. When this movement is accompanied by deep breathing it releases the YoniEnergy.

!This is a process. Will say that it takes time to integrate the YoniPower. Listening to YoniSmileMeditation will increase the process. Your body may respond with increased arousal and (uncontrolled) pelvis motion and energy flow.