



### Shashi Solluna: Tantric Tools for an Embodied Sexuality



Shashi Solluna has been a professional in the field of Tantra for 15 years. She trained in the lineages of Taoist Sexual Arts (Mantak Chia), Classical Tantra (Agama Yoga) and Neo Tantra (Osho), Shashi weaves these lineages together combining them with her degree in Experimental Psychology from Oxford University.

**TOP EMBODIMENT TIP:** Explore embodied sexuality and how to become fully present in your body by using ancient practices of tantra and through healing trauma.

#### Reasons our sexuality becomes disembodied

Religious upbringing, social conditioning, unsolicited touch and disrespected boundaries, sexual trauma, alcohol, drugs, media and porn.

#### What does disembodied sexuality look like?

Numbness, frigidity, lack of enjoyment and pleasure, poor boundaries, freezing, excessive pleasing the other, spacing out, excessive use of fantasy, eye rolling and “spiritual” sexual experiences without grounding

#### Trauma-informed Tantra

- A blend of therapeutic development and spiritual growth
- Acknowledges the personal and the transpersonal

#### How to get from Trauma to Tantra

- Feeling safe is the key to opening up for healing: resourcing
- Break through numbness non-violently using pleasure: e.g. earthing touch
- Processing pain and emotions: e.g. de-armouring of the yoni
- Integrating consciousness and energy: allow energy to flow
- Creating the capacity for pleasure and orgasm: this happens automatically when healing

#### Shakti meditation

- Uniting the feminine and the masculine aspects
- Keep coming back to the sensations.

#### Resources

- ❖ **Books:** *Tantra - Discover the Path from Sex to Spirit*
- ❖ **Courses:** <http://www.taotantricartr.com/>
- ❖ **Website:** [www.livetantra.com](http://www.livetantra.com)



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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book "*Skin and Games – What Sexwork Taught Me About Love*".

Ilan offers **online trainings and in-person retreats** and her work has been described as an "Avantgarde Embodiment Training for Warriors". She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

**#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

# ILAN STEPHANI

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