



Maoz Yaakov & Noga Maivar: Empowerment of the Sexual Interaction through Body Listening



Noga Maivar is a somatic therapist with 20 years of experience and is an authorized constellation facilitator. Moaz Yaakov is a sexologist, therapist, facilitator and lecturer. Learn how attachment theory is connected to certain sexual pathologies.

TOP EMBODIMENT TIP: When there is a voice in your head that won't allow you to be sexually present stop the session. Speak those voices. When the mind is quiet, the body will shine through and be incorporated.

Attachment and Intimacy:

- There are a lot of barriers we carry when we meet someone and want to be intimate with them.
- Many times intimacy is discussed with fear, embarrassment, shame, and admonition.
- Attachment theory is connected to sexual pathologies because the first connection we had was with our parents.

Questionnaire: Identify your Habitual State of Being

- Choose a number 1-10 for each question. Add up all the numbers and divide by 10.
 1. When you are in a relationship, how important is it for you to have alone time by yourself?
 2. A day after a single sexual encounter, how deep is the need to have more communication with the other person?
 3. Do you like/prefer sleeping while cuddling or touching someone or do you prefer to have your own sleeping space or to sleep separately?
 4. When you are in a relationship, how important is it for you to co-create things?
 5. How easy do you find it to ask for help in a relationship?
 6. When you are in a relationship, do you tend to be the one who gives or the one who expects to receive?
 7. How often would you say you get the feedback that you are not close enough or do not give your whole self?
 8. When you are in a sexual relationship, how much do you regard your sexual pleasure as your responsibility (10), and how much do you regard it as your partners responsibility(1)?
 9. How often do you feel that people/partners want more intimacy from you than you need it from them?
 10. Is a no-strings-attached kind of sexuality easier and more comfortable for you?
- The higher your numbers, **the more avoidant you are**. The lower your numbers, **the more fear of abandonment**.
- Men who are detached, fear of abandonment, and who lacked security in early relationships will have delayed ejaculation.
- Men who have had invaded boundaries will have premature ejaculation.
- Women who are detached, fear of abandonment, and who lacked security in early relationships have yet to experience orgasm.
- Women who have had invaded boundaries will have pain in penetration.

Resources

- ◆ **Website:** www.ishtar.love



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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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