



Ilan Stephani: Collective Sexual Healing



Ilan Stephani is a cutting-edge somatic teacher, speaker and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. Discover how to let go of personal stress and suffering by awakening to and trusting what our bodies are saying.

TOP EMBODIMENT TIP: Shake it til you make it!

Sexual Woundedness

- What has to change to shift global perception of sexuality, pleasure, self-love?
- How do we let go of generational, accumulated stress?
- How do we open to life force, listening to the tigress inside?

Libido for Life

- Radical aliveness reawakens libido of our own unique sexuality 24/7. A 'hell yes to life'!
- Shaking exercise to release personal stress that blocks this

Disembodied or Regenerating Spirituality

- Meditating is often disembodimenting when coming from the current culture of blockages
- The more we are in our body, the deeper the spirituality that can unfold

Patriarchy Matriarchy Structures

- Patriarchy; capturing control
- Matriarchy; women's bodies, wired for freedom, full of trust and gratitude
- Being intimate with you makes me even more strong, confident and safe with myself
- Men are starved for the honesty of love

Fully Healed Sexual Culture

- Doesn't need the word 'sex'
- All living in their bodies, and know what they want and don't want without confusion
- Ecstatic, unleashed beingness

Resources

- ❖ **Books:** *Skin and Games, What Sex Work Taught Me About Love*
- ❖ **Website:** <http://bit.ly/skinandgames>



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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

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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