



Marina Kronkvist: Experiential Intro to Ritual Play *Solo*



Marina assists lovers and change-makers in cultivating their own unique contribution to the more beautiful relations our hearts know are co-creatable through Ritual Play, Consent, Eros Coaching and Entrepreneurial money coaching. The primary mover in Ritual Play - whether solo or with other humans - is attuned to by turning one's attention to an ever-present undercurrent of felt sense experience. Marina invites us to play and explore the intimate relational practice that is Ritual Play.

TOP EMBODIMENT TIP: Find creative and playful ways to keep relating.

Hon som fick veta (She Know): A Reading of Marina's Book, the First Steps of Ritual Play Practice

Ritual Play Solo: **Discover What 'Lights You Up'**

- Take in sensory data through your hands.
- Invite curiosity.
- How can you use your hand to 'light you up'? What brings you pleasure?
- Let your whole body use the floor.
- Follow the impulses that are there in your body.
- Intention: To awaken sensory data in muscles and joints, and skin.

Four Invitations for Ritual Play Solo:

- **Container:** Defined Space and Defined Time
- **No goal:** No intention to achieve a particular expression, experience, or feeling. Open-ended noticing, valuing, activating, and choosing your felt sense impulses and responses. Lean into your curiosity to where your felt sense urge you to go next, and next.
- **Do not censor yourself:** Let yourself be filled up with the impulses and responses you have.
- **Self-care:** Only engage in what is meaningful and safe enough for you.
- **Play in a way that you have a choice:** You can change your movement, emotions, moods.
- Non-verbal state. You can stop at any time, or step out of the play space.
- Eye contact: Thank yourself and thank your space.

Resources

- ❖ **Book:** *Hon som fick veta (She Know)*
- ❖ **Website:** ritual-play.com
- ❖ **Instagram:** [ritualplay](https://www.instagram.com/ritualplay), **Facebook:** [marina.kronkvist](https://www.facebook.com/marina.kronkvist). **YouTube:** [ritual play](https://www.youtube.com/ritualplay)
- ❖ **References:** Wittengstein



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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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