



Lee Harrington: Beyond Restraint: Embodied Rope for Beauty, Bondage, Healing, and Connection



Lee is an internationally known sexuality, relationships, and personal authenticity educator. Having taught in all 50 states and across 6 countries, he brings a combination of playful engagement and thoughtful academic dialogue to a broad audience. Join Lee in an exploration of how rope bondage can create amazing art on the canvases of our lovers bodies, or be used for transformative rituals of intimacy and healing. Bring your curiosity and open up to the possibilities this often misunderstood tool can hold.

TOP EMBODIMENT TIP: Everyday we take a breath. We can start something new.

Rope Bondage: It's Not Just about Restraints During Sex

- It's also about decoration and beauty, sensuality, and ritual work; it could restrain someone or not.

Erotic Restraint: The Notion that it Titillates Us

- **Erotic:** A rousing of the senses, bringing us present, and into our forms to wake us up.
- For some people, that is sexual and for other people, that is breathing in a deep breath of air at the ocean side.

Removal of Senses: Mindfulness brings Presence

- Intense sensation shakes us out of daily life.
- We go down into nothingness. We're nothing but our skin is here.
- My eyes are cut off my ears are cut off my emotion is set aside my smells might even be affected by candles or incense burning in the room.

Relaxation: Tied to a Table Where You Literally Can Do Nothing but Relax

- You can't go anywhere, do anything, and in this moment you're here giving in to my hands.
- **“Knowing that the ropes are going to hold you and you're not going to fall, but I will care for you physically and emotionally that you are here and you can relax.”**
- Relaxing into our lover's will, trusting someone as a form of foreplay.

Consent: Saying “Yes” Revocable at any Time

- Consent is a complex layered concept; it's informed and specific, and means is that I'm not being coerced.

Resources

- ❖ **Books:** *Shibari You Can Use*
- ❖ **Website:** PassionAndSoul.com
- ❖ **Instagram:** [@laharrington](https://www.instagram.com/laharrington); **Facebook:** [Lee-Harrington](https://www.facebook.com/lee-harrington); **Twitter:** [passionandsoul.com](https://twitter.com/passionandsoul.com)
- ❖ **References:** Garth Knight



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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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