



Dee Wagner : Chi for Two®: A Polyvagal-Informed DMT-Informed Partner Practice



Dee Wagner is a Polyvagal-Informed Counsellor and Dance Movement Therapist practising for almost 2 decades based in Atlanta, USA . She is also the Co Founder of Chi for Two®: A reparative, relationally-based series of dance enquiries for healthy relating. Discover the Chi for Two® “map” for navigating the nervous system in relationship through movement enquiries.

TOP EMBODIMENT TIP: These oppositional dances are how we individuate. As unique individuals doing The Me/ Not Me Dances we can develop curiosity, have fun and stop looking for Who to fight

Chi for Two®: The Energetic Dance for Healthy Relationship: Changing Patterns Through Practice

- **If it's not ok to say No, Yes isn't a choice.**
- Types of dances: romantic, unfinished infant/parent.

Receiving Support from Surfaces: What is Holding Us?

- As babies we need to be supported by a person; as an adult we can tune into what is supporting us.

‘On My Side’ versus ‘Not my Side of the Street’ Practice: What is in My Control?

- Babies are born with a grasp reflex. Our hands may want to touch and grasp as these impulses may be lingering.

Nervous System Functioning Map: Completing the Moves

- **Stephen Porges** work tells us of two dances. **‘Play Dance’ activates during a safety state: gives us calming to digest information and rest that is nourishing.** The ventral vagal nerve is the anatomy in our social engagement system , key in communication. **‘Fight/Flight Dance’ activates when we sense life threatening danger.**
- **Mismatching fighting dances assist us in individuation.**
- **Wisdom of biting:** Around speaking up.
- **Wisdom of clawing:** dexterity of fingers and grasp.
- **Wisdom of kicking:** to stand for something.

Push Practice: Dance of Individuation: When We Push into What is “Not Me”, We Find “Me”

- As kids we needed to push against our Caregivers . Pushing allows us to get in touch with our core, our legs.

Resources

- ❖ **Website:** Chifortwo / Chi for Two: Dee Wagner
- ❖ **Facebook:** [dee.wagner.716](https://www.facebook.com/dee.wagner.716)
- ❖ **References:** Stephen Porges, Judith Kestenber, Susam Lamon, Peter Levine



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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

Website ilanstephani.com Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

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