



Panel: Embodied Desire



Come and learn the ability to feel and acknowledge your desires. Our desires are essential, to being intimate with others, and moves us towards more fulfilling, alive relationships, with ourselves and others.

TOP EMBODIMENT TIP: Start with something simple. Experience sensuality everywhere. It's scary to express. Take the risk.

Adam Wilder

- The founder of the Togetherness movement which helps people wake their natural ability to form healthy relationships with themselves and each other, at home, at work and in life.

Linda Zurak

- A creative, energetic Somatic Therapist and Embodiment Teacher who inspires people to live beyond their perceived limitations. She has spent over 20 years exploring the physical, mental and emotional blocks that keep us contracted and unable to fully experience joy and pleasure.
- Inquiring into our body-mind complex and the experience of desire can show us so much about how our system is functioning or dysfunctioning.
- What if you took your desire everywhere you went? That will give you clues to how you disconnect from or block desire.
- **Where does shame come from?**
- As a child, were you allowed to have a space for your wants? If not, does it translate to addictions in adult life?

Lynn Kreaden

- Founder of Lifeworks NY and a senior faculty member of The Institute Core Energetics in New York. Lynn's work focuses on connection, sex, consent and intimacy, technology and how it's changing the landscape in which we relate.
- Are your heart and your sex connected? Bring them into alignment.
- Desire is an internal process; Can you feel the difference between a want and a desire?
- If we follow embodied desire it will always take us toward right action; Dharma.
- It's about permission: How can we be more welcoming and expressive with our deepest soul desires, so that we aren't explosive with our wants?

Resources:

- ❖ **Website:** Adam Wilder: togetherness.com
- ❖ **Facebook:** Linda Zurak: [lzurak](https://www.facebook.com/lzurak)
- ❖ **Instagram:** Lynn Kreaden: [@LynnKreaden](https://www.instagram.com/LynnKreaden)



Adam Wilder, Lynn Kreaden, and Linda Zurak





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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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