



## Hilary Kimball: Embodied Feminine Self Care



Hilary is a holistic sexuality mentor & educator, jade egg specialist, facilitator of Sacred Feminine courses, retreats, and training around the world and online, yoga teacher, and co-founder of The Jade Temple, a women's centre in Koh Phangan, Thailand. She finds great joy in supporting women on their path of reconnection, healing, awakening and empowerment in their female bodies, sexuality, relationships and lives. Delve into what feminine self-care is and why a woman may want to implement it into her life.

**TOP EMBODIMENT TIP:** Know your female human body from the inside.

### Embodied Feminine Self Care: What Is It?

- Practices, connections, and flow that are specific to the female body.
- Focusing to make contact, not from the outside and how we look, but to how parts of our body feel.
- Focusing on not pushing down our sexuality.

### Importance of Embodied Feminine Self Care: Why We Ought to Practise it, and What We miss if We Don't

- Sexuality is there, but without exploring it through female body awareness, infinite possibilities are locked.
- Opening up to these possibilities leads to integration of our lives with the world.
- Embodied feminine self care also heals sexual trauma through deeper understanding of the womb.
- Without embodied feminine self-care, one will have led an okay, but not beautiful or even amazing, life, and died without celebrating it.

### Female Body Shaming: How These Practices Counter Body Shaming

- Women are conditioned to identify themselves with how our bodies are seen by others.
- Through going in and out, instead of how we look in the mirror, we can feel what we are from the inside.

### Prerequisite Maturity: Are Some Girls too Young to Learn these Practices?

- Women, who are mothers now, mostly didn't go to an embodiment conference like this one.
- Their awakening through their female human body awareness, enshrines them with a glow in their life.
- Once menstruation starts, instead of blaming its inconvenience, girls can be taught about celebrating their womanhood.

### Resources

- ❖ **Website:** [www.hilarykimball.com/](http://www.hilarykimball.com/)



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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](http://ilanstephani.com/loveandrage)

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