



## Ellie Wilde: Embodied Forum



Ellie Wilde is a facilitator, artist, transformational guide, ritualist and mother. Delve into the Embodied Forum where the audience had the opportunity to enter the main room, move together, share their authenticity, give voice to what was alive for them in the moment, and have their shares mirrored back to them.

**TOP EMBODIMENT TIP:** Name the sensations that you are feeling without fear.

### Sharing from an Embodied Place

- Claiming space, moving and focused exhales guiding us to the moment .
- An invitation is given for audience members to notice and share what is going on in their bodies.
- Ellie supports the group as they share and allow the other members to mirror back.

*Due to the personal and public nature of this recording, a detailed summary has not been taken for ethical purposes to respect the content shared from participants.*

### Resources

- ❖ **Website:** [ellie-wilde.com](http://ellie-wilde.com)
- ❖ **Sessions:** [Personal Retreats for Women](#) / [Couples](#)
- ❖ **Facebook:** [Keep the Wild in You](#)
- ❖ **Blog:** [Spiritual Sex Blog](#)
- ❖ **Email:** [Ellie Wilde](#)
- ❖ **Find us at:** Mt Maunganui, New Zealand



**Ellie Wilde**





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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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