



**Katelyn Espenshade: Embodied Sexuality and Womanhood: Empowered through Dance**



Katelyn is a community psychologist and certified teacher. Her research specializes in the relationship between embodied practice (dance) and modern feminism. This session explores beautiful bodies, unrestrained desires, overcoming contextual reactions, and permission to embody the range of power in the community setting.

**TOP EMBODIMENT TIP:** Just Dance

**Embodied Sexuality: A Study of How our Bodies Inform our Primal Desires Sexuality**

- Sexuality is a completely personal autonomous experience.
- Sexual autonomy may be greatly hindered by the social rules.
- Example: Toxic experiences and relationships with sex can shape with how individuals connect to their bodies, interact with both men and women, experience pleasure and value self-worth

**Sexual Shame: Sexual Abuse and Hyper Sexualization**

- Sex as a means for superficial connections rather than meaningful emotional connection and belonging.
- Socio-political context create physical silhouettes and structures into commodities under a sustained patriarchy,
- American feminists coined American sex culture as “Rape culture” and “Slut-shaming” which **normalizes male sexual violence**.
- “Slut shaming”: the act of criticizing a woman for her presumed or real sexual activity, a conflicting term between American women sexiness vs virtue .
- Internalized objectifications arise due to the disconnection between a person’s own body and sexual performance behaviour .
- With more access to resources for internalized pleasure in healthy intimate relationships and sexual exploration, there might be a change in America’s intimate partner violence, sexual objectification and stress-related mental illness.

**Sexual Self-Health and Dance: Connection and Reconnection with a Supportive Movement Dance**

- Structured group of woman allowing synchronized movement without male gaze or predatory repercussions.
- Results: Increase perception of self-value, self-expression, self-esteem, self-exploration, body positivity, deep belonging, further embracing sexual power.
- **"Dancing: the vertical expression of a horizontal desire legalized by music."~ George Bernard Shaw**

**Resources**

- ❖ **References:** [Researchgate](#), [Girls and Sex](#)



**Katelyn Espenshade**





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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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