



**Laurie Handlers & Michael Gibson: Extraordinary Lovers: 3 Ways Boundaries Will Heat Up Your Intimacy**



Laurie Handlers is a Sex and Happiness Coach. For over 10 years she has hosted a weekly radio show, “Sex and Happiness,” and she serves as a Lead Faculty member for ISTA. Michael is the creator of the Extraordinary Lovers Experience and the Extraordinary Lovers Coaching Program which is available on a multitude of platforms! Prepare yourself for an exhilarating conversation and practical, life changing tips for heating up your intimacy.

**TOP EMBODIMENT TIP:** Be present in the moment, marry life, make love to life and the unknown.

**Boundaries in a Relationship: How Do You Identify Your Boundaries?**

- Boundaries are something permeable, like the permeable membrane of a cell that keeps out toxins and lets in nutrients.
- We usually don't know what our boundaries are until they've been crossed and then the body fights.
- Setting boundaries early and often in a relationship helps show each other trust and creates intimacy.

**Preserving Your Chemistry: Keeping Your Chemistry Different from Each Other**

- Sleeping separately once in a while will help each of you to smell the pheromones of the other again.
- Stay apart sometimes; do something by yourself or with your friends, not just your beloved.
- Practice self-love and make your alone time meaningful; take care of yourself in a way that will nourish you.

**Communicate Your Boundaries: Setting the Boundaries Half-way in the Relationship**

- Have a conversation: “What do you think your boundaries are?”
- At the moment when something happens and you discover a new boundary, just say, “Oh that's too much.”

**Shame: Pleasure is Your Birthright**

- Shame is something that is cultivated in today's society but you don't choose to be ashamed.
- Shame keeps you from communicating with yourself and with others.
- Get support from others to come out of the circle of shame and start feeling empowered.
- Practice the charging breath and self-pleasure for 21 days to teach yourself.

**Resources**

- ❖ **Book:** *Sex & Happiness: The Tantric Laws of Intimacy*
- ❖ **Free Course:** [www.lauriehandlers.com](http://www.lauriehandlers.com)
- ❖ **Website:** [www.lauriehandlers.com](http://www.lauriehandlers.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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