



### Tana Saler: Giving and Receiving in Relationships



Tana Saler is a Canada-based personal development coach and trainer who focuses on “Inspired, Embodied Connection”. She helps people deepen their ability to connect to each other through interactive practices drawn from mindfulness meditation, healing arts, communication, mind-body disciplines, comedy, improv, dance, and more. Join Tana in discussing the fundamental principles of a healthy relationship and exploring the balance of giving and receiving.

**TOP EMBODIMENT TIP:** Pay attention to your body and to how you feel in any interaction.

#### Five Basic Principles: What Makes a Relationship Healthy and Nurturing?

- The five basic principles of a healthy relationship are **reciprocity, value, ethics, boundaries, and generosity**.
- **Reciprocity:** A balance between giving and receiving; otherwise, you are not replenished.
- **Value:** You and the other party value similar things and are the right fit for each other.
- **Ethics:** You want all of your personal or professional exchange to be ethical.
- **Boundaries:** Clear rules and expectations that define the exchange you participate in.
- **Generosity:** The more you give, the more you receive, openly and gratefully.

#### Thoughts on Relationships:

- When receiving closure in a relationship, the goal is to leave without resentment. A good formula is to start the conversation by acknowledging everything that went right, expressing sorrow that you are not the right fit, then wishing each other well.
- If an actual conversation is not an option, one might choose to have such a conversation with an empty chair.
- There are two worldviews: egocentric and ethnocentric. A relationship between two people with different worldviews will not work.

#### Thoughts on Giving and Receiving:

- Take what you are offered.
- To connect with your gut feeling, observe changes in the body such as contraction versus expansion, direction of movement, or your body temperature.
- If you tend to give too much, listen to your body. It will tell you when it is depleted from giving.

#### Resources

- ❖ **Courses:** Embodied Connection Games Circle on Tuesdays at 20:00 UK / 3:00pm EST
- ❖ **Facebook:** [tanasalercoach](#), [embodiedconnectiongames](#)



All Intimacy & Relationships Presentations are Proudly Sponsored by [Ilan Stephani](#)



**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](https://ilanstephani.com/loveandrage)

Website [ilanstephani.com](https://ilanstephani.com) Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

Facebook [www.facebook.com/ilanstephani](https://www.facebook.com/ilanstephani)

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?



#### Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



#### Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



#### Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



#### Learning lists

Bite-size lists to help structure and guide your learning.



#### Recommendations

Find new teachers and discover topics personalised to your tastes.

Get lifetime access now