



Kevin Campbell Davidson: Re-Connecting Through Our Hands after Covid-19



Kevin is an embodiment teacher specialising in education, child development and human flourishing through movement-play. Kevin has been focusing his research on hands over the past two years. Discover some practical tools and exercises to re-engage our hands, including both socially-distanced and touch-based movement practices, drawing upon principles of Bothmer Movement®.

TOP EMBODIMENT TIP: Love is Touch, Touch is Love.

Introduction: **How Do We See Hands through Times?**

- Human hands are adaptive to objects they touch, an egg or rock, our hands are intuitively having a different touch.
- The purpose of **hands games** is for children to learn the world surrounding them.

Qualities of the Hand: **Agency, Thinking, Feeling**

- **The willing power of the hand** = inside muscles of the hand; the thinking power of the hand = dexterity, the fingers; the feeling power of the hand = the palm.
- Bringing together sensory tactile experience with embodied thinking while making a thing yourself; bringing something into the world, is a deeply nourishing experience for the human body.

The Touch Test: **What Can We Do to Reintegrate Touch in a New World?**

- Touch is associated with higher well-being.
- Touch gives us a sense of reality.
- Covid has been a weaponised experience of the body.
- What can we do to address the lack of touch right now?
- Do you have enough opportunity to receive touch these days?
- Consent took a new level of importance: we now all ask if it's okay to hug someone.
- Options: squish ball, a security blanket, hug yourself, rubbing our hands together, gardening without gloves, massage your head, spoon hug, tree hugging.

Resources

- ❖ **Course:** bothmermovement.online/courses/handq-handmagic
- ❖ **Website:** [campbelldavidson](https://campbelldavidson.com), kcd.squarespace.com
- ❖ **Email:** Kevincampbelldavidson@gmail.com
- ❖ **References:** [Bothmer Movement®](https://bothmermovement.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

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