



## Eyal Matsliah: Naturalness, Ease and Embodiment



Eyal Matsliah is a tantric life coach, author and speaker, recognised by leading female sexual educators as an international authority on sexuality and female orgasm. Explore a natural, ease-full, and intuitive approach to connect to your body, to pleasure, and to your partner.

**TOP EMBODIMENT TIP:** Forget all that you know and discover what remains.

### Learn Attitudes and Approaches Rather than Techniques:

- Adopting an attitude and approach to intimacy and orgasm of **slowness and softness** creates a heightened sense of awareness and pleasure for yourself and your partner.

### Repatterning Our Beliefs: From Contraction and Friction to Relaxation and Sensation

- Puberty and Porn can lead to a belief system that friction, contraction and mechanical, hard, fast, goal orientated movements are necessary and advisable for reaching orgasm. This fits with a western culture of immediacy and results.
- When we relax and slow things down our senses become heightened to a deeper pleasurable level.

### The Body is Not Just the Genitals: The Whole Body is Erogenous

- Explore the entirety of the body and spend time getting to know and understand your own body first.
- Hugging is an extremely effective way to create intimacy.

### Outside In and Inside Out: Women's Sexuality is Outside In

- Masculine Energy tends to be concentrated in the genitals, so go there first, feel the energy and then work out to the rest of the body.
- Women's Energy is outside and around. Kiss and touch around the mouth before the lips, around the breasts before the nipples, around the stomach and thighs before the genitalia. This builds arousal and greater emotional release.

### Communicate: It is Not Our Responsibility to be Mind Readers; It is Our Responsibility to be Communicators

- Consent is obviously paramount.
- Nonverbal expression of appreciation is one way of communicating.
- Language and nonverbal communication are equally arousing.
- Play with invitations to your partner to touch, kiss, stroke.

### Resources

- ❖ **Books:** *Orgasm Unleashed - Your Guide to Pleasure, Healing and Power*
- ❖ **Website:** [intimatepower.com](http://intimatepower.com)



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## 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)

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