



Elaine Yonge: Orgasmic Yoga Practice (OYP) - Intimacy with Self



Elaine Yonge is a group facilitator, Educator, Coach, Guide, Energy & Bodyworker in the fields of Shamanism, Consciousness, Tantra and Somatic Sexology. She loves to work with the integration of sexuality & spirituality, the body, the mind and the soul energies. Discover how to bring more aliveness, self-love and connection into your life through self pleasuring.

Top Embodiment Tip: Orgasmic yoga weaves a connection between the heart and the sex which brings a much deeper experience of intimacy with yourself or with anyone else.

Orgasmic Yoga Practice: A Mindful Masturbation/Self-Pleasuring Somatic & Erotic Embodiment Practice

- Arousal gymnastics plays with levels of sexual energy, excitement & enjoyment to expand self-pleasure.
- Connects the heart to the sex.
- It is primarily **body & sensation based**, free of fantasy & external stimulus.

Benefits: Obtain Greater Embodiment

- Self-love & nourishment, **self-connection** (to body, other parts of us, emotions, essence).
- Pleasure as **Medicine** (great effect on immune system, ageing, happiness).
- Self **empowering** (sexual independence).
- Increases **aliveness & alertness, relaxation & rejuvenation.**

Challenges: What Could Stand in the Way of Intimacy with Self

- Presence (we're used to getting distracted by fantasies, images, thoughts etc.).
- Old habitual patterns (e.g. stress relief orientated masturbation).
- Shame/judgment (when present, those emotions come up more likely) / Unfinished emotional business.
- Genital hole (often times we're not inhabiting our genitals, there's a void).
- Distraction/resistance (e.g. unresolved emotions can reside in the tissues of the genitals).
- Low/no self arousal (related to self worth & self deserving) / Externalisation, codependency.
- Fantasy & pornography (turn on comes from the mind, not from the body).
- Religious dogma, cultural conditioning & poor sex education.

Self-Pleasure: Change What You Do & How You Do It

- Use breath, sound, movement, involve touch of the whole body, vary touch, move, dance, forget chasing orgasm, take orgasm out of the equation, free of fantasy, touch your sex differently, break the patterns.
- Checklist, structure and examples of meditation & breathing can be found in Elaine's handout.

Resources

- ❖ **Courses:** [Master Your Pleasure](#), Online 7-10 Jan 2021
- ❖ **Website:** thetantricshaman.com
- ❖ **Handout & Facebook:** [TECintimacyandrelationships](#)
- ❖ **References:** Sheri Winston's *Women's Anatomy of Arousal*



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

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