



Steffo Shambo: Overcoming Sexual Blockages to Save or Attract a Healthy Relationship



Steffo is the Founder of the Tantric Academy of Sacred Sexuality. In his work, he helps men to master confidence with their mojo and purpose, save their marriage or help them attract a loving relationship. What he shares can also equally apply to all genders and all sexual preferences.

TOP EMBODIMENT TIP: Remove all the sexual blockages that keep you stuck in your head so you can enjoy your full pleasure potential because this is your birthright.

Why is it important to work on your sexuality?

- It is the fundamental life force as we all come from this powerful energy through sex.
- We work on other areas of our life for health and business but don't get a coach to help with our sexuality.
- To be disconnected from your sexuality is to be disconnected from life itself.

How do sexual blockages affect your life?

- It affects our confidence, gives us stress and anxiety in many areas of our life,
- It means we can become isolated and alone
- It creates dissatisfaction in the bedroom and can mean our relationships are passionless and end in separation.

What are the most common sexual blockages?

- Attendees are invited to share their thoughts on sexual blockages
- The biggest block is shame followed by fear and addiction

How to overcome your sexual blockages

- Overcome shame by thinking of the harmful stories you tell yourself and learning to love your body
- Overcome fear by listening to it and accepting it to learn to heal
- Overcome addiction by practising Tantra which is rooted in connection and conscious thought

What are the benefits of mastering your sexuality?

- Deeper connect with your partner and more passion
- Deeper connection with yourself and more confidence

Resources

- ❖ **Courses:** Steffo hosts an online mentorship programme called 'the tantric man experience'.
- ❖ **Website:** Tantriacademy.com
- ❖ **References:** Work of others, recommendations etc.



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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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