



Intimacy & Relationship Panel: Culture, Religion and Relationships



Explore what happens in same, intercultural, and interfaith relationships. Explore how to respectfully understand and navigate the territory.

TOP EMBODIMENT TIP: Let go of who you think you are. Allow who you truly are to shine through. See your self judgement and choose to bring the voice of love and compassion to yourself. Slow down and notice your responses. Rest and trust.

[Manal AlDabbagh](#), embodiment coach & facilitator. Manal is from, and lives in, Saudi Arabia. She is a practicing Muslim.

- All cultures discern between good and bad. Not denying what is happening in a culture is part of the healing.
- Participants can understand, listen, communicate, and heal. **Embracing the whole individual is healing.**
- It is interesting to look at what parts of the body different cultures want hidden or exposed.

[Maoz Yaakov](#), therapist, facilitator and lecturer to sexually empowering and peace-promoting groups. They lead the program for certifying alternative sex therapists at the ISHTAR school. Maoz is from, lives, and works in Israel, and is Jewish.

- **Love the other as you love yourself.** Speak with integrity about what we need and want regarding sexuality, but also in all aspects of our life. Hold space for each other, to hold and take care.
- Healthy models of masculinity are needed in many cultures.
- It is interesting how people express love and take care of each other in different cultures.

[Noga Maivar](#), somatic therapist and founder of the Israeli ISHTAR School for the art of love and the development of consciousness. She was born in Israel, and is a non-practicing Jew.

- The conflict between genders is the 'mother' of all conflicts. Forgiveness ceremonies improve the relationship.
- **Be curious.** The connection with God was meant to be embodied. My god is my body. The way we treat our body and what we are taught, compared to other cultures, is interesting.

[Igor Kreyman](#), the Founder of The Human Connection Movement. Originally from Russia, grew up in Sydney, and is a non-practicing Jew.

- We are conditioned by our environment; what surrounds us and what is passed down to us. Understanding who you are, and what is meaningful to you may involve an 'unlearning' process (hero's journey).
- It is challenging to embody both the masculine and feminine. Culture shapes understanding of what it means to be masculine. **Finding positive examples of masculinity and femininity is a place to begin embodiment.**

[Lucy Rowett](#), sexologist and intimacy coach. From London, Lucy considers herself an Evangelical Sexologist.

- "Should-ing" creates barriers, shame, and doubt.
- **Trust your beliefs and morality.** Christianity is very 'disembodying'; therefore, have to 'unlearn' the shades of grey, the binary of right and wrong.
- Culture polices girls' sexuality, gender-roles and professions.



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

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

Facebook 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