



Panel Discussion: The Future of Embodiment



Enter the world of the elders and the experienced embodiment practitioners and learn what they have to say about the past, present and future. Join Bonnie, Judith, Daria and Don to close the session sharing their top tips through guided movement.

Bonnie Bainbridge Cohen: Embodiment specialist with an extensive background in movement.

- The essence is love. Underneath it all, we all feel love.
- How do we teach our kids in isolation, that we are all one people?
- We are sculptors in a way, allowing for mobility in the body, like in clay.
- When we stop directing and just create a circle, the community is already in existence.
- When we manipulate things, we lose touch with the spirit that is embodied here. When we die, the body is empty.
- It begins with: I hold you and I hear you, please tell me your story.

Judith Aston: Pioneer in kinetics, founder of e.g. Aston® Kinetics and the Aston® Paradigm

- To embody what we hold important, is the only way to understand our truth.
- Life is full of risks - putting yourself out there, stating what you feel, what you believe. Living what is your truth.
- In my life I haven't had much of the isms - other than being female.
- The mind can create a massage, just with the way it uses thoughtform to move with the body energetically.
- Because I know what it is, to be restrained by movement - I know it is possible, by different ways of honouring to move bit by bit, to reclaim what is truly us. There is Hope

Daria Halprin: Leading pioneer in the field of movement/dance and co-founder of Tamalpa Institute

- How can we create a generative bridge, between the expressive body and the generative body?
- The body holds the entire story of our lives.
- How can movement based expressive arts be healing for the community?
- What has been Muted, and how do we unmute our individual- and collective bodies and creativity?
- The challenge of diversity and inclusion is one of the big topics to deal with together with issues of power and authority.

Don Hanlon Johnson: Professor of somatic psychology, author and embodiment elder

- First inspired by Wilhelm Reich's analysis of facism.
- One of the big problems we have in the world and challenges is to create a future, community that is less destructive.
- There is 3 obvious big, big challenges: Covid, Black Lives Matters and Trump. - We need to find communities of healing, that are really helping each other and respecting each other no matter who the other is. And there is - The earth.



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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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