



Panel: Embodiment and Love



Experience an illuminating panel with pioneers in the field of embodiment, speaking on the topics of embodying love and the unexpected qualities of love; Discover practices for embodied love, self-care, mindfulness and boundaries.

Collaborative Sentence: Let's Love, Rock, and Roll together deeply, infinitely together, as everyone forever. Yes!!

Daniela: It's beyond words. Love is being yourself and allowing yourself to BE!

Ya'Acov Darling Kahn, Author, Shaman and Co-Founder/Co-director of The School of Movement Medicine

- Embodiment of love is all about feeling the expansive imagination and bringing it down into reality, into our toes and our roots and finding ground we can meet on and discover, What is this love thing?
- Rage owned, taken responsibility for, and communicated safely, is a gateway to a more present sense of love.
- Paying respects to the decades of internal and communal work that is Love in Action, that is this conference. *"When you receive something, you have something to offer back"* (quoting friend Minari). If you can, offer back to keep this conference healthy, full and sustainable.

Amara Pagano, Creator of the School of Azul and co-founder of OneDanceTribe

- We embody love by entering the body. The spirit, or the intelligence, that governs all life and animates the body is love.
- Our woundings and our traumas are the very material that we are using in our lives to awaken love.
- Each of us has our own soul expression, that this conference is serving and it ripples out in many beautiful ways.
- My prayer is that we all continue to move towards love and discover what that means for each of us.

Tara Judelle, International Yoga Teacher and founder of The School of Embodied Flow™

- There's a sense of presence, an awareness, that has direction, attraction, polarity and some kind of magnetism.
- Acts of creating boundaries are acts of directed love inward, like a healthy cell membrane that has integrity and permeability.
- We are all one body. Until we can know that and truly live that, there's no point. This conference is offering that.

Paul Linden, Aikido Teacher and Founder of Being in Movement® and Embodied Peacemaking

- Love isn't being absent from your body or treating other people like they aren't worthwhile.
- WE can get people to understand this isn't mystical stuff. It's real in the body and we don't function well unless we're loving, whatever that might be. I go back to the body.

Jessica Graham, Spiritual and Sexual Activist, Author, Meditation Teacher, and Sex and Intimacy Guide



- You might start by softening your jaw... take a breath, and maybe we get a taste, a glimpse, a memory of what we are.
- The parts of us that we're trying meditate away, that we think need to be upgraded, come from the love of protection.
- These parts of us protected us at a time that we needed it, they served an important role and here we are. We've survived. We're thriving. I greet them with huge love.

Manal Aldabbagh, Embodiment Coach, Facilitator and Dancer

- Silence and space within the inhale and exhale- that stillness and calmness, that it's all good- The spaciousness.
- It's the small things that show an intimate connection. It's the understanding of the other and what really matters.
- Love is creating the space to mainly understand and see the other and ourselves.

Jamie Catto, Creative Catalyst, Musician, Mischief Maker and Author of *Insanely Gifted*

- Embodying love with a person, or in a project, is an act of devotion, an act of Yin, of being fully taken and not seeking anything in return. By fully focusing on allowing the Yin generosity to open... it starts pouring into me.
- Being supportive of people being messy, procrastinating, hurting or collapsing, the things culture pushes them out of.
- The word is Inclusivity. Once cover costs, how many can we offer this to, especially people who wouldn't normally do it.

Dr. Martha Eddy, Somatic Movement Therapist, Certified Movement Analyst & Body-Mind Centering® Teacher with a doctorate in Movement Science

- Everything is light, photons, and we are incarnate light. Unless we feel our bodies, we aren't really living. We must embody our hearts and move from our hearts- Finding our light and sharing it.
- We often are scared of, or shy away from, our rage and don't think of it as love but we can turn it into love, bringing hope.
- Our light shines brightest when we have all of our channels open. Continue to find forgotten or different channels.

Kathleen Booker, Breathwork Coach in Conscious Connected Breathwork Therapy

- Boundaries and being loving and kind to myself. Being Self-full and Love-full, even when messy or when feeling the shattered pieces of the heart.
- Allow your breath to be as it is. Don't force it to change, just allow it to be.
- The foundation of this conference is love. It overflows every single bit. It's palpable. It speaks, lives, breathes love.

Mark Walsh (Moderator) Founder of the Embodied Facilitator Course, The Embodiment Podcast and The Embodiment Conference

- ***“The community is smarter than any teacher.”***
- **Boundaries are love** too.



- In **Self care Pose**: If you **can't manage love**, go with **friendliness**. If you can't manage friendliness, at least **not an enemy**.

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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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