



Gender and Sexuality LGBTQ+ Panel: Queerbodied Intimacy / Sexuality and Relating to Self and Others



Engage in this lively and broad reaching panel discussion on LGBTQ+ relating and intimacy/sexuality in relation to: gender and queerness, sexual orientation, trauma, oppression, exclusion, pride, empowerment, and the importance of safe spaces for the LGBTQ+ community.

TOP EMBODIMENT TIP: [Ayelet Natan](#): I think consciously about the way I move and feel in my body and the way I move and feel in my life. [Lee Harrington](#): Do one thing a day in your skin even if it's not what society says should feel good. [Dr Robert Allan](#): Be outdoors and in nature. [Ayo Gry Jonassen](#): I enjoy going to the sauna and having cold showers.

[Ayelet Natan](#), therapist, lecturer and facilitator in the field of Queerbodiment-LGBTQ Embodiment, Founder of AGAM Center for Queerbodiment and LGBTQ Positive Sexuality.

- There is power in both embodiment and LGBTQ issues. Queer community online brings a sense of hope.
- Taking cis-hetero people through a queer bodily experience aids understanding: **“Queerness is very empowering.”**

[Lee Harrington](#), internationally known Sexuality, Relationships and Authenticity educator and author, including *Traversing Gender: Understanding Transgender Realities* and *Sacred Kink: The Eightfold Paths of BDSM and Beyond*.

- Queer voices matter. Queerness is illegal in some parts of the world, therefore **“Having queer spaces is hugely empowering and allows us to be embodied instead of in fear and in shadow.”**
- Giving yourself permission to explore your body and what sexuality looks and feels like, when there are no instruction manuals or films to guide your exploration. Experiencing gender *euphoria*.

[Dr Robert Allan](#), maintains a private practice in Denver and his research work explores cultural adaptations of EFT and exploring the impact of minority stress. Currently, he is the co-principal investigator and supervisor of the Denver site for the first clinical trial of Emotionally Focused Individual Therapy.

- We, as queer people, are hated for being connected to our bodies. We are restricted and legislated: **“We need to be connected to our bodies, because it is so critical to our survival, and for our wellbeing and health.”**
- Navigating an enormously complex range of challenges means we have a lot to offer the field of embodiment.

[Ayo Gry Jonassen](#), co-founder of Skinship_Berlin, a touch-based place for kinship, Sexological Bodyworker and facilitator or embodied intimacy for queer people.

- Questioning the ‘norms’ helps everyone: **“Queerness has healing properties for everyone.”**
- Turning shame into Pride is a beautiful, important and needed experience. Queer-only spaces are so valued.

Resources

[Ayelet Natan](#): Email: ayeletnat@gmail.com; Facebook: [ayelet.natan.3](https://www.facebook.com/ayelet.natan.3); YouTube: [ayeletnat](https://www.youtube.com/ayeletnat)

[Lee Harrington](#): Website: passionandsoul.com

[Dr Robert Allan](#): Website: drrobertallan.com

[Ayo Gry Jonassen](#): Instagram: [touchedbodywork/](https://www.instagram.com/touchedbodywork/); Website: touchedbodywork.com



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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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