



Panel: The Balance of Masculine and Feminine in Relationship



Hear perspectives in respectfully navigating, effectively integrating, and balancing masculine and feminine energies in yourself, and in relation.

[Christina Dohr](#), a master of integrated mixed modalities from many worlds, Embodied facilitator and Coach

- **Masculine/feminine** are not gender bound, they are both in each of ourselves.
- Awareness as a foundation.
- Practice: direct action, and more flowy one, with a clear intention

[Chantelle Raven](#), Founder of the Embodied Awakening Academy, Creator of Elijah Tantra School, Teacher and Facilitator

- **Witnessing** as part of creation, all the intensities, without a need of control, to experience the non-dual integrative meditation within, that which observes with non-attachment.
- Attract what is missing in ourselves; if we balance, we attract balance, tantra path to wholeness, suppressed parts will hurt us, we need to allow them to integrate them.
- **Feminine**/intuitive/receptive/heart/sacral womb/horizontal/flowy:
masculine/purpose/penetrative/linear/crown/throat/cock.
- Regular sex/self pleasuring, good communication, feminine speaking to masculine, tell everything, let it guide you.
- **“Let go of what conditioning that is not yours, give it back to each source, and let in what you are cultivating”**

[Lion Galban](#), a Movement Coach, Therapist, & Group Facilitator, Somatic Movement Therapy teacher & mentor

- Any part of us that is not expressed fully starts to control us and its suppression can become toxic.
- **Integrated ego model; feminine feeling** (creating beauty/feeling all emotions, accepting all)/**masculine action** (strategy/get it done NOW), tool for self-analysis, where are you in life/process.
- Practice: masculine allowing your feminine to be led by a masculine in dance, to drop further into your feminine.
- **“Fully embodied masculine, you must be embody in your feminine.”**

[Megan Lambert](#), host, consultant, Master-certified intimacy expert

- Emphasis on unity within ourselves.
- Attracting the polar opposite of ourselves as a messenger for what we may need to tune into, unintegrated parts create space for judgement/oppression, if we are oppressive or suppressive to ourselves.
- bone/water meditation; one emotionally charged song, feel in it fully for the container of the song time.
- **“Who are you attracted to/attracting, and why.”**

[Aaron Kleinerman](#), Transformational Sex and Relationship Coach, Facilitator, & Speaker

- **Recognizing suppressed traits**, integrating, become transparent, vulnerable and powerful (from within, not dominant) in relation.
- Becoming aware of our surroundings, witnessing without judgement; the breath, the body, the surrounding.
- **“See yourself; lead with your heart, compassion, generosity, look at what is underneath for growth, and enjoy life.”**

[Ramya Jade](#), Sensual Embodiment Coach, Therapist & Energy Healer, Founder of Liberated Woman & Divine Play

- **Relation and Integration** of masculine/feminine within ourselves, first relationship (parental), brings balance harmony
- Center yourself, find your feeling nature, remember yourself as a child, before you were taught judgment, feelings are natural, knowing what you need, loving curiosity of your true nature, outside of society and cultural conditioning.



- "Feeling is a foundation, lean in."

Christina Dohr



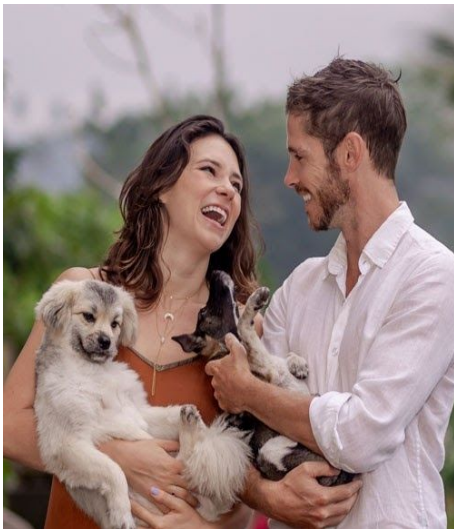
Chantelle Raven



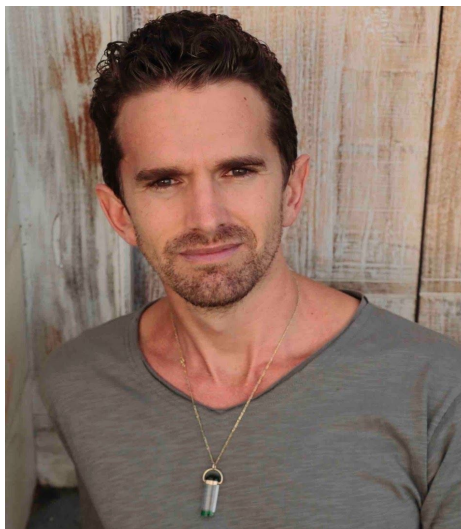
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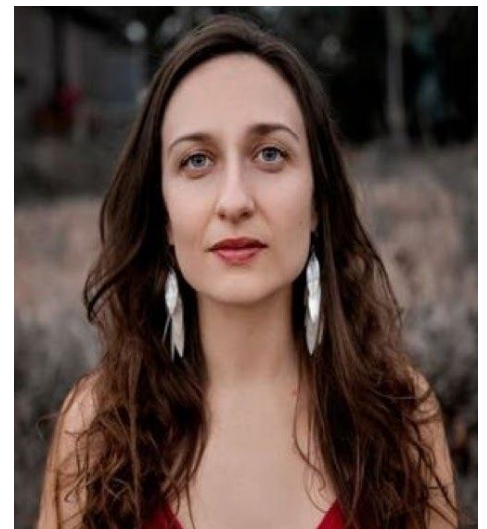
Megan Lambert



Aaron Kleinerman



Ramya Jade





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ILAN STEPHANI

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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.

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