



Gayatri Beegan: Pleasure For The Planet



Gayatri is a Sacred Sexuality professional devoted to bringing 21st century consciousness to ancient wisdom and practices. In 2016, Gayatri founded the Tantra Massage Training and in 2019, she founded “Pleasure for the Planet” in response to the ecological crisis. Explore and celebrate pleasure through breath and movement.

TOP EMBODIMENT TIP: Slow down and give yourself space, pleasure might just arise.

There has Never Been a Time Where Pleasure is More Essential: Coping with Survival

- We are living in times of fear, grief, loss, anxiety and confusion. We need to find a way to soften.
- “Pleasure arises when we are in an intimate relationship with the moment.”

Unblocking and Releasing: Shaking & Meditating

- Animals shake off any trauma or altercation they encounter.
- As humans, we have forgotten how to use our body's natural response to release trauma.
- We are here to re-learn those techniques. Give yourself the medicine of shaking.

Flow of The Breath: Connect with the Sensual Aliveness of the Moment

- In western culture, “pleasure” has a suspicious connotation. But “pleasure” in an innocent way brings more love, more generosity and compassion.
- As babies, we discover the world through the mouth, but we have forgotten the connection that the mouth has with the world.
- Learn how to become intimate with your mouth: on the inhale, activate life; and on the exhale, surrender.
- How much pleasure can you take in one breath?

Expand Our Pleasure Into The World: Can We Offer Pleasure for the World?

- When we are tense, we tend to compress ourselves.
- Just by opening our arms, we can feel the chest opening. The heart is then more available to receive and give love.
- Feel the exquisite pain of opening.

Resources

- ❖ **Courses:** Tantra Massage Training
- ❖ **Website:** <https://pleasurefortheplanet.org/>



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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

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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