



## Nami Peled: Progressive Shadow Work



Nami is a yoga teacher, body worker, breath coach, and emotional therapist, as well as a life explorer, tribe creator, peace hunter and movement explorer. Inspired by the intuition of the circle and the cycle, join Nami in de-constructing healing through a deep somatic exploration of the body and emotions, authentic expression, and embodied intimacy.

**TOP EMBODIMENT TIP:** Be who you are, live life, stay with yourself, other people and the tribe.

### Progressive Shadow Work:

- Explore who or what is standing in our way of being our authentic, raw and vulnerable selves, whilst still being able to feel safe.
- The process involves meeting and embracing who or whatever it is that is 'the wall' blocking us from being ourselves. The ability to be in the unknown is one of our greatest gifts. Our personality is what shapes and controls us but isn't the essence of who we really are. For us to feel free and raw there is a death that needs to occur and that is the death of the identity because it stands in the way of our authenticity.
- Shadow Work is **psycho-physiological**, enabling us touch base with our emotions, feel vulnerable, witness, experience, survive and integrate. Give time to allowing for and following our emotional waves ourselves, holding them, accepting them and learning from them, rather than waiting for a person to project our feelings onto in order to feel and validate their existence. **Let's face our feelings and own them'.**

### Stories and Pains:

- In our lives, we suppress painful and adverse experiences in order to survive and they form part of our identity. For example, I am a victim, I have to suppress it to survive. We communicate this through our physiology.
- These stories we have stand in our way of a new future as our future will always be based on the perceptions and stories we have had from the past and we will continue to recreate them until we release them. If we continue in this way, as adults we will be acting, for example, from the point of view of the lost child and the child will be in the driver's seat. If we ignore them and don't meet their needs, they will crash the car and bring us down with them.
- **We need to ensure the shadow parts and stories are not the directors of our lives but that we give them time and integrate them.**
- Through accumulation of stress, cortisol overload, dissociation and become lost adults who are traumatised and we become attached to our personality.

### Rebirthing Breathwork to Access our Emotions :

- Ask yourself what is needing to be witnessed or released. Notice if you are sensitive somewhere and what is alive.
- The mind can be embarrassed by the expressions of emotions, particular sexual expression and that we should not let the mind censor our emotional exploration.

### Resources

- ❖ **Facebook:** [naama.peledyoga](https://www.facebook.com/naama.peledyoga)



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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](http://ilanstephani.com/loveandrage)

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