



Ayelet Natan and Moran Bodner: Queerbodiment - Embodying the LGBTQ Experience



Ayelet Natan is a therapist, lecturer and facilitator in the field of Queerbodiment - LGBTQ Embodiment, founder of AGAM center for Queerbodiment and LGBTQ Positive Sexuality. Moran Bodner is a non-binary transgender therapist and facilitator in the field of Queerbodiment focusing on LGBTQ body-mind experiences. Explore the experience of meeting your body in your search for inner freedom and authentic living and connect with your own bodies.

TOP EMBODIMENT TIP: Be grounded in the sense of your body, to feel who you are.

Queerbodiment: **The embodied experience of LGBTQI people.**

- LGBTQI people live in oppressive and hostile environments that have strong stereotypes of what the body and person should be, but LGBTQI people also are aware of and attempt to live out their authentic selves.
- This embodiment of our authentic selves can be a bridge from the personal to universal; something everyone can access. We all need to feel safe in our bodies and in the world.

Embodiment of gender: **Using our imaginations to experience body parts and explore gender.**

- Gender is who I feel I am inside, which is influenced by social ideas and comes with stereotypes.
- In a guided movement, we use our hands to touch our chests to imagine a chest the way you want it to be: male, female or non binary, while exploring thoughts, emotions and sensations.
- Can I be who I am and still be in touch with this body part? What is the experience like?
- Step back if feeling uncomfortable or triggered.

The embodiment of the closet: **Exploring the feeling of living with secrets or closets.**

- We all have secrets, little closets we live within. Imagine one such secret, and physically imagine stepping into the closet in which the secret lives. Explore this closet: its objects, smell, sensations and how you feel.
- What action would you change inside the closet if you could? What action would you change outside?
- Explore whether you want to come out and whether your body feels ready for it.
- Do not force yourself to do anything without checking on your inner resources.

Resources

- ❖ **Website:** www.moranbodner.com,
- ❖ **Social:** www.facebook.com/ayelet.natan/ | AGAM Center: <https://www.facebook.com/tlvLGBTQ>, www.youtube.com/user/ayeletnat, www.facebook.com/MoranMetapel, www.facebook.com/moran.bodner, www.youtube.com/user/autumnquake
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