



## Pilar Corcuera Botana: Rest If You Love Yourself



Pilar helps people to gain body, mind, and awareness of emotions through gentle & therapeutic yoga, mindfulness, art and spirituality, conscious movement and embodied yoga principles. Certified as an NLP coach and as an Embodied Facilitator, she has had experience in teaching yoga to all age levels, from children to senior citizens. Join Pilar in this gentle, embodied exploration to connect to our inner world through slowing down and deep listening.

**TOP EMBODIMENT TIP:** Ask yourself how am I? How am I right now, right here?

### Misconceptions: Rest in our Modern Society

- There is nothing outside us that will help us explore rest. We find what we need inside.
- There's a misconception that rest is lazy or passive.
- In these social and political times, it's not politically correct to rest.
- We place value on results and actions, rather than our feelings and our being.

### Rest: What is it?

- It is not fighting.
- It is trusting that you are enough.
- It is contemplating and self-listening more than taking action.
- It is a void of competition or trying to achieve something.
- It is surrendering.
- It is saying no to external things.

### When We Rest: What Happens?

- In our overdoing, we are often avoiding our feelings and our shadows.
- When we rest, our true feelings and shadows emerge.
- None of **your feelings or shadows** want you to feel bad or uncomfortable. They want you **honest, authentic and in your power.**

### Resources

- ❖ **Courses:** [Yoga para tu Vida archivos](#)
- ❖ **Website:** [www.elarboldesperto.com](http://www.elarboldesperto.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

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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