



Terri Ewart: Safety First - Using Polyvagal Theory to Slowing The F%#C Down



Terri is a trauma-informed Sexological Body Worker, Somatic Sex Educator, and Embodied Counselor. She believes that all humans deserve to live lives where pleasure is honoured and prioritised. Explore ways to give yourself permission to own your pleasure both in your own body and in relationship with your partner.

TOP EMBODIMENT TIP: Give yourself the gift of slowing down! Take time to do a body scan before sexual interaction, to tune into the body.

Coming Back Into The Body When It Comes To Sexuality: **Downregulating**

- Safety first, to be able to be present and to tune into ourselves and our partner.
- Connecting through the body using grounding exercises, activating the ventral vagal nerve.

Using the Polyvagal Theory: **Scanning For and Providing Safety**

- Ventral Vagal nerve scans our body, our surroundings and connection with other people.
- In order to sink into our body we need to create safety.
- Take time to do a body scan before sexual interaction, to tune into the body.
- Take time to create safety in the surroundings to have a safe-space to come together.
- Discharge energy before going into a state of pleasure.
- Slow down, slow down, slow down.

Connecting With Your Partner: **Sensing Each Other**

- Take time to notice the physical connection with your partner, as were a grounding exercise into bodies.
- Notice both yours and your partners' breath.
- Building up, slowing down and staying with lower states of arousal, instead of just going for the peak, makes pleasure build a lot higher.

Inviting Pleasure: **Giving yourself permission to own your pleasure**

- Grounding exercise with a specific part of the body, not necessarily a bodypart connected with sexuality.
- Feeling what this part needs, to feel safe.
- Giving that part permission to experience pleasure.
- Play with giving that part pleasure in a calm, curious way.
- Sense for the parts that want to be touched, in a playful, curious way, not aiming for an erotic feeling but noticing it if it arises, following it.
- And again: slow down, slow down, slow down.

Resource

- ◆ **Website:** [Stay Curious](#)



All Intimacy & Relationships Presentations are Proudly Sponsored by [Ilan Stephani](#)



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

Website ilanstephani.com Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

Facebook www.facebook.com/ilanstephani

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?



Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



Learning lists

Bite-size lists to help structure and guide your learning.



Recommendations

Find new teachers and discover topics personalised to your tastes.

Get lifetime access now