



## Kristian Stephan-Martin: Sensuality For Men



Kristian is a dance teacher and a former TedX speaker with a background in western psychology. He is a sex & relationships coach and his passion is to help men live an unbound life so they can fully express themselves. Find out why and how to include sensuality in the masculine and what the five myths around sensuality are.

**TOP EMBODIMENT TIP:** Learning how to feel but not be owned by your feelings.

### Accessing Our Original Nature: What does it mean to be unbound?

- As soon as we are born we are handed layers by the people around us. These layers hide our original nature.
- Being unbound is full body freedom; the ability to move freely in our original nature and be our true selves.
- To reach this state we need to dissolve and unlearn the layers. Sensuality plays a big part in this.

### What is Sensuality

- Sensuality is the embodied listening to and from our senses. It's **beyond the mind**. It is active and dynamic.
- It connects us to the rhythm of life and the magic of the moment.
- Learn **the five myths** around sensuality and why they are not true, including the myth that sensuality is inherently feminine.
- Learn how sensuality is present in Latin dances like sensual Bachata and Salsa.

### Life Without Sensuality for Men

- It can be **scattered, erratic**; not in connection with the depth of their being. Men feel like they **need to take**. It can show up as distorted masculine sexuality as men too often aren't given the tools to be fully in their bodies.

### The Five Benefits of Sensuality for Men

1. **The overflowing cup**; sensuality is firstly for yourself.
2. **Upgrade from a skateboard to a Porsche**; with sensuality, we can access timeless wisdom through the body.
3. **Having the life that you want**; charisma, stability and embodied decision-making.
4. **Sensual intimacy**; how to be a better lover.
5. **Effortless original expression**; connection to self, the other and life through the body.

### Resources

- ❖ **Website:** <https://coachingwithkristian.as.me/masculinemovement>
- ❖ **Social:** <https://www.facebook.com/kristian.stephanmartin> IG: @kristianstephanmartin



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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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