



**Erin Brandt: For Men - Setting Boundaries with Mother Inside Your Body**



Erin Brandt is a body movement coach specializing in men's nutrition and mental health. Discover how to determine if your mother is still present in your body in areas where she shouldn't be, or in areas where you wish she was but isn't there. Where do you begin and she ends?

**TOP EMBODIMENT TIP:** Envision: what do I need to release in order to have more ease in my body?

Exercise-Based Inquiry:

- Open, personal, questions to Erin to establish openness and trust;
- **Projection exercise** with participants using words onto Erin as role-play towards their mothers to express and gain acknowledgement;
- **Movement exercises** to release the energy projected onto Erin.

Calming the Nervous System:

- Pick a body movement that you can do to immediately be reminded that your body is yours
- Erin introduces a number of hacks to calm your nervous system, including the "pet the dog" body exercise

Resources

- ❖ **Website:** [AppreciatingMen.com](http://AppreciatingMen.com)
- ❖ **Email:** [Erin@AppreciatingMen.com](mailto:Erin@AppreciatingMen.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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