



**Sanna Sanita: SEX Beyond Prestige Anxiety and Tools To Embody Presence for Deep Intimacy**



Sanna is a Sweden-based tantra and de-armouring teacher, embodiment and empowerment expert, and spiritual amplifier. With her rare combination of training, experience, skill, spiritual practice, and profound insight, she teaches how to live as a sensual empowered human being while abiding in the heart of consciousness: a journey that is inspiring, life changing and enlightening. Welcome to this intro talk where you will receive practical tools on how to let go of prestige and performance anxiety and instead drop into a deeper place of sensuality, wisdom so you can create deeper intimacy & pleasure with yourself and partner/s.

**TOP EMBODIMENT TIP:** Touching oneself

Stuck in One's head: Am I Good Enough?

- When we doubt, and care too much about our performance, it is impossible to stay in embodiment.
- When we constantly think about what we look like of what the other person thinks, we are all the time in the future.
- This distorted sexual education mostly comes from pornography and American movies, instead of thinking about how we feel.
- Self-pleasuring, for example, stops one asking how one is performing.
- Incapacity to be with oneself, arouse oneself, and enjoy being in one's body, indicate challenges to being intimate with others.
- Tantric love making comes to be really present with another.

Self-Activations: Through Our Hands

- In our fingertips we have thousands of little nerve endings, Merkel nerve endings, that are super sensitive.
- We should be more mindful when we touch somebody or something, and make meaning out of what we touch.
- The meaning we make of them creates a turn-on.

Performance: Self-doubt Through Always Thinking about Performance

- When we cannot really feel ourselves and we want to perform for the other because we are afraid of not being good enough.
- When your partner is not onboard, he or she will play the game of wanting your reaction.
- That is when you need to train them.
- Sometimes one may challenge oneself by asking what one really wants in love making, instead of only eroticizing one's partner.

**Resources**

- ❖ **Website:** [sannasanita.com](http://sannasanita.com)
- ❖ **Instagram:** [@sannasanita](https://www.instagram.com/sannasanita)
- ❖ **Facebook:** [sanitasanna](https://www.facebook.com/sanitasanna)



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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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