



Eli Buren: Spirit Of Engagement & The Embrace Of Now



Eli is a dedicated practitioner with in-depth training in yogic embodiment, awareness, sexual yoga, martial arts, somatic studies, and outdoor leadership. Join Eli exploring how these disciplines may be lived in a down-to-earth manner by seeking the dynamic frontiers of experience in your body, attention, and elemental senses.

TOP EMBODIMENT TIP: Feel your skin, the air on your skin, and feel gravity, jump up!

An Anchor into this Moment: **The Capacity and Necessity to be Present**

- Bring your awareness to the room, and set up your temple to create a deeper connection.
- Resist multitasking.
- Clear out the distractions to engage in the moment.
- Today there is as much of a challenge to connect to the world as there is to connect inward.
- Remember to feel your skin with your hands, feel the clothes, the air.
- Keep looking at nature.

Capacity to Open: **Sensing and Being in a Relationship with the Discomfort**

- Learning how to open our nervous system, to open up to a lover or a friend, even when we are scared.
- Learning how to build a shield but inside the shield still being wide open.
- How do you affect the space and people around you?
- Part of embodiment is becoming more intimate with the feeling of loss, grief, and change.
- Notice the granular details of where we start to close up, then we can start to see the light of the contours of our life.

Yin, Yang, and Chi: **The Practice Starts when Discomfort Begins**

- **Yin** is in the back of the body, and toward the bottom of the body, opening up to life.
- **Yang** is toward the front of the body and upward, accepting challenges and being ready for the future.
- How much can you come out of your head and feel your body in motion right now?
- Gather up life force and spread it on your body.
- **Generate Chi** and explore your relationship with your body.
- We are training the capacity to learn something and see what virtues need to be expressed.
- Find freedom in the discomfort.

Resources

- ◆ **Website:** [.eliburen.com/](http://eliburen.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

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