



**Don Hanlon Johnson: Breathing in the time of Pandemic, BLM and Political Instability**



Don Hanlon Johnson is a Professor in the Somatics Graduate Program, located at the California Institute of Integral Studies in San Francisco, California, which he founded in 1983. Discover the role of breathing in embodiment.

**TOP EMBODIMENT TIP:** Let's be here now together.

**Upbringing and Early Work: Mark and Don discuss Don's introduction to the field of embodiment**

- Don's father was a craftsperson/carpenter; his mother was an Irish Catholic. After college, Don joined the religious order of the Jesuits, a group known for exploring nooks and crannies of culture, including bodywork. Don wrote his Yale PhD dissertation on the relationship of the body and the body politic. He also studied with Ida Rolf to become one of her first practitioners.

**Early Pioneers of Embodiment: Don emphasizes the importance of acknowledging historical knowledge**

- Don and Mark discuss the current lack of historical knowledge and consciousness in the field of embodiment, and acknowledge some of the important early pioneers of embodiment work, including Ida Rolf, Moshe Feldenkrais, and F.M. Alexander, on whose work this conference is based and is made possible.

**Alternative Institutions**

- Don highlights the Esalen Institute as a catalyst for thinking and community building around embodiment practices at a particular moment in history; many of which would not be known without Esalen and its unique repertoire of great food, hot springs, massage and the ocean. The Embodiment Conference is likened to the Esalen of the digital/COVID age.

**Breathing and Health: Embodiment is in large part based on breathing; how we breathe indicates our health.**

- Mark and Don discuss the irony of not being able to breathe when ill with coronavirus or other respiratory disorders and being discouraged from breathing "more than necessary" when an illness is transmitted through respiration.

**Breathing and Social and Ecological Justice: How can we breathe when we are being choked?**

- Don mentions breath (or lack thereof) as a galvanizing force for people becoming active in movements such as Black Lives Matter, or wildfire relief initiatives.

**Resources**

- ❖ **Courses:** [Integral and Transpersonal Psychology PhD Program at CIIS](#)
- ❖ **Website:** [www.donhanlonjohnson.com](http://www.donhanlonjohnson.com)
- ❖ **Books:** [Martha Eddy](#) *Mindful Movement: The Evolution of the Somatic Arts and Conscious Action.*  
[L. Ehrenfried](#) *La gymnastique holistique : De l'éducation du corps à l'équilibre de l'esprit.*



All Keynote 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](http://ilanstephani.com/loveandrage)

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

Facebook [www.facebook.com/ilanstephani](https://www.facebook.com/ilanstephani)

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

				
<b>Recordings</b>	<b>Cheat notes</b>	<b>Bookmarks</b>	<b>Learning lists</b>	<b>Recommendations</b>
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)