



Adrian Iselin: The Acrobatic Lover: Deepening the Connection by Exploring the Fringe



Adrian has a background in dance, martial arts, acrobatics, sociology and philosophy. He focuses on movement practices as well as on intimacy. In this session, he teaches you how acrobatics can help you become a better lover.

TOP EMBODIMENT TIP: Listening, stay curious and keep practicing.

Acrobatic Lover:

- Acrobatics is performing extraordinary movement.
- Love consists of physical and emotional love.

Effective Communication:

- Tap into emotions.
- Integrate emotions according to your norms and values.
- Trust and trauma.
- Being brave and comfortable.

What Can You Learn from Acrobatics?:

- Overcoming fear.
- Building trust.
- Tapping into your body.
- Expand your limits.
- Experimenting.
- Physical intimacy.
- Being aware.

What Makes a Good Lover?

- Comforting.
- Sensitive.
- Caring.
- Patient.
- Reliable.

Resources

- ❖ **Website:** adrianiselin.com
- ❖ **Facebook:** [adrian.iselin.pm](https://www.facebook.com/adrian.iselin.pm)
- ❖ **Instagram:** [a_r_ise](https://www.instagram.com/a_r_ise)



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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

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