



## Jane Dancey: The Embodied Female Pelvis



Jane Dancey is an Embodiment Coach, International yoga teacher and teacher trainer, Rites of Passage facilitator and mum to a teen girl. She is a certified Embodied Facilitator Coach, Embodied Yoga Principles Senior Teacher and is passionate about supporting women at all stages of their lives, from puberty to menopause and beyond. She will explore with you, holistically and gently, the female pelvis: using breath work, embodied anatomy, visualisation, somatic movement, and meditation from a trauma-sensitive perspective.

**TOP EMBODIMENT TIP:** Connection to pelvis improves self-agency and power to pleasure.

### The Pelvis: Freedom, Power, and Pleasure

- The optimal way we want to live is through our pelvis.
- In reality, it is a part of us that is very disconnected, and a place that we associate with pain and dysfunction, where we lose our sense of self.
- The pelvis Influences the top part and the bottom part of our body.
- We experience life through our pelvis; every stage of a woman's life is experienced through our pelvis, in every rite of passage

### Pelvis Awareness:

- Through physical, psychological, emotional, and the spiritual awareness, we cannot separate the pelvis.
- The pelvis is linked to restoration procreation to the breath, to the pulsation of every part of us within us, and to our sexual energy.
- The pelvis is also linked with the nervous system, and to the vestibular system which regulates how we balance the body.

### Language: How Language Affects your Body

- The use of language lands somatically into our bodies and the pelvis.
- The vagina and the vulva are sensitive, to the extent that language can change the tissues within the vagina.
- Notice when you say among 'vulva', 'vagina', and 'yoni', what lands on your body.

### Resources

- ❖ **Website:** [janedancey.com](http://janedancey.com)
- ❖ **Instagram:** [@janedancey2000](https://www.instagram.com/janedancey2000)
- ❖ **Facebook:** [somaticembodiedwellbeing](https://www.facebook.com/somaticembodiedwellbeing)



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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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