



## Michaela Boehm: The Embodied Path to Intimacy



Born and raised in Austria, Michaela received degrees in Psychology and further extensive training in Cognitive Behavioral Therapy, Hypnosis, and NLP. She quickly became counselor to the stars in Hollywood, California. Explore the 3 key principles of embodiment, the barriers to embodiment and how to overcome them, and learn how to access pleasure, set boundaries, and cultivate vitality.

**TOP EMBODIMENT TIP:** Move your body.

### Embodiment: Sex And Its Relational Aspect

- Start with intimacy with oneself; feeling whatever there is to be felt first in oneself then and there.
- What you find isn't always what you enjoy.
- Embodiment is first and foremost listening to the messages of our body.
- Proper boundary setting through consent; knowing when something's off.
- Listen to one's body in the context of relationship: pleasure.
- Barriers to embodiment: lack of connection with self through stress, overwhelm and trauma.

### Stress: First Barrier - Our Body With a Stress Cup

- Empty the cup regularly with regular exercises, healthy sleep, meditations, hobbies and social connections.
- Prevent too much drippage by reducing external inputs, negative self-talks and even getting another job.
- Create a bigger cup through regular practice and thus increasing the capacity to withstand stress and hold pleasure.

### Overwhelm: Second Barrier - Body Sensitization

- External overwhelm, e.g. sitting in front of the computer the whole day during the pandemic lockdown.
- Internal overwhelm, e.g. thought loops.
- One becomes less and less empowered in the body, and potentially numbs the pelvic floor, following with decrease in pleasure, intuition and decision-making power.
- Sensitization of the body helps body awareness and also with release of stress and panic.

### Trauma: Third Barrier - Fight, Flight or Freeze

- Trauma is the emotional, physical and spiritual injury in the past that still has an effect on the body.
- Our body has created a reaction with flinching and contraction.
- Clenching is a tension pattern that one has to know through better awareness.
- Sensitization of the body is useful.

### Resources

- ❖ **Website:** [michaelaboehm.com](http://michaelaboehm.com)
- ❖ **Instagram:** Instagram [@micboehm77](https://www.instagram.com/micboehm77)
- ❖ **Facebook:** [boehm.michaela](https://www.facebook.com/boehm.michaela)
- ❖ **References:** Gwyneth Paltrow's *Unwell* (Netflix series)



## **Michaela Boehm**





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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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