



Lori Saltzman: The Meditation Cycle



The dance floor has been Lori's home, work, laboratory, meditation cushion, classroom, playground, and community for 37 years, as a teacher and student. As a co-founder of Open Floor International, Lori has collaborated with seasoned teachers who pool decades of experience into one finely tuned curriculum. In this session we take our meditation off the pillow and into the wild swells of daily living.

TOP EMBODIMENT TIP: All knowledge, until it's in the body, is still a rumor.

Meditation Cycle: Keeping the Focus on Just

- Sit for a few minutes in silence, then just walk, sit, stand, dance and move.
- Keep the focus on the just, notice what else you're doing.
- Play the same music every time to get over the entertainment factor of new music.

First Part: Sitting

- Start standing, shaking vigorously, then transition to sitting.
- Sit for three to four minutes. Just sit.

Second Part: Standing & Walking

- When music plays, begin to slowly move to standing. Just stand.
- When the bell rings, just walk.
- Notice the movement of the body at any speed.

Third Part: Dancing

- Just dance, moving to the music, there's no performing or anything to get right.
- Transition back to standing. Notice sensations of life force in the body.

Fourth Part: Back to Sitting

- From standing, transition to just sitting for a few minutes. Come back to focus on Just as you started.

Resources

- ◆ **Website:** <https://openfloor.org>



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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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