



Sanya Alaya: The Power of Transforming Life Through Tantric Kink.



Sanya Alaya is a Berlin based Sexual Empowerment and Somatic Life Coach, certified Sexological Bodyworker, Kinky Tantrika, Workshop Facilitator, nomad and dance addict. Coming from a background of self healing through sacred sexuality and kink, her heart mission is to support men and women to overcome their traumas, fears and shame that hold them back from living a powerful, sensual and loving life. Learn how to integrate Tantra and trauma awareness into your play.

TOP EMBODIMENT TIP: Slow down.

Kink and Pain: Control and Choice in Consent + Potential of Activating Your Self-Healing Capacity

- Pain puts you in your body and in the moment.
- Once you open up to pain, you can relax, do nothing but receive it.
- Pain releases endorphins, and one can feel euphoric after the pain.
- Pain can give you the feeling of being in control; Along with re-enactment of past trauma, can bring you back into a feeling of being in control because you are choosing to go into pain or choosing to go into a scene at this moment.
- Getting out of victim mode by actively stepping into it; Control, choice, and consent-has potential healing.
- Pain can give us the chance to really get out of our mind to rewrite our relationship to physical or emotional pain, to feel the body, relax into it, and also to relax into unpleasure; This can transfer into a capacity to hold pain or strong sensations in your life.
- Consent: Precise and careful framework that communicates desires, fears, boundaries, and safe words.
- Gives us the option to step into authentic leadership to know what we want.

What Makes Kink Tantric? Expanding our Consciousness, Awareness, Sensations

- Kink; Defined as 'anything that is not normal.' Conscious sexuality brings awareness and presence.
- Neotantra; Tantra on a sexual level; uses many aspects of Classical Tantra work; focus is with Chakras and activation of self-healing capacities. Channel energy into something higher.
- Healing from the Root Chakra, Muladhara; Connected to safety. Without safety, shame and guilt arise at the Root.
- Are you fully living your fantasies and desires? If not, what are your fears? What is preventing you from exploring?
- Fear of being judged, excluded, unloved.
- With kink, we can tap into the benefits of what feels uncomfortable, especially things that show up as control, not letting go, not being able to let go and surrender, trust.
- How would your life/relationship look if you took on more responsibility/ control? How would your life look if you were more trusting?

Resource:

- ◆ **Website:** [Sanya Alaya](https://www.sanyaalaya.com).



Sanya Alaya





All Intimacy & Relationships 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

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

Facebook www.facebook.com/ilanstephani