



Mark Walsh: What's on the Menu?



Welcome to the Keynote Channel! In this session, Mark and Daniela introduce to you the incredible lineup that will be featured. Discover Embodiment through the lens of experts across a wide variety of fields and interests.

TOP EMBODIMENT TIP: As you journey through the conference, check out the descriptions at the top of each session to gauge the physical, emotional and intellectual intensity. Remember to take breaks and connect with other conference attendees through the coffee breaks, chat features, and [Facebook Group!](#)

Channel Overview: **There is so much being offered here in width and breadth!**

- Mark and Daniela walk us through the week of keynotes with their insights on each one, and anecdotes of their experiences with them or their teachings.
- What used to be exercise for the body has been remade into a portal for transformation for this time. Hear from dancers, martial artists, Anatomy and Massage, Intimacy, and more.

Special Shoutout to our Channel Sponsors!

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- **Yoga:** Leslie Kaminoff - YogaAnatomy.net

Translations: The sessions marked with flags are live interpreted into **French, Spanish, German, Portuguese, Arabic and Russian**. In order to listen to the interpretation audio, you need to download the [Interprefy mobile app](#). In the app, type in the token "embodiment" and simply choose the language you want to listen in.

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All Keynote 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)

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