



**Paal Christian Buntz: Wild Embodiment**



Paal is the Founder of The Wildman, an Integral Sexologist, Tantra Teacher, Bodyworker, workshop facilitator and coach. He guides men to find their Masculine Power and more profound confidence in bed, relationship and in life. He has been looking for ways to transcend his social conditionings in order to be truly himself. Join Paal through a practice that uses breath and movement to increase intimacy with your body.

**TOP EMBODIMENT TIP:** Practice the 5 tools for intimacy.

Social Conditioning:

- Looking outside for what we need.
- Being distracted from who we are on the inside.
- Pursuing short time-pleasure and avoiding pain.
- Addictions which are a form of energy leakage.
- Trauma which can come from long-term bad habits.

5 Tools for Intimacy with Yourself and with Others:

1. Breathing (deep, to the belly)
2. Awareness
3. Feeling
4. Sensing into body sensations
5. Slowing down

Resources

- ◆ **Website:** [wildman](http://wildman)



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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)

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

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