

Martial & Healing Arts



## Roma Pijlman and Tom Burden: Channel Orientation



## On this channel "We do not shy away from the hard topics". (Tom Burden)

#### Martial Artists

- Roma Pijlman, Karate exploring strength and consciousness.
- Sam Taitel, Aikido moving while grounded, acceptance.
- **Shelley Pearce**, Embodied Receptivity, listening and empathy.
- **Lizzie Wright**, Being conscious of energy in life and death.
- **Ben Tan**, Creating free-style Tai Chi.
- John Millar, Qigong "getting it wrong".
- **Joe Thambu**, Aikido study-master-forget.
- Angus Clark, "Tai Chi"- essence, moving workshop.
- **Tommy**, Kung Fu about physical fights.
- Georgia Verry, Kickboxing for trauma survivors

#### **Embodiment**

- James Feil, Age and moment-related embodiment.
- Maria Paula, Yoga & Somatics, enhancing and balancing the senses.

#### **Healing**

- **Suzanne Scurlock**, 6 Wisdom areas of the body.
- Vincent Yong, Releasing chronic somatic tension, Laban movement analysis.
- Lizzie Reumont, Interplay of imagination and skilful action, habit patterns.
- Jo Miller, Healing our creative soul, deep listening.
- Ellen Meredith, "How to speak energy".
- **Richmond Heath**, TRE and our 9 months in utero, exploring involuntary movements.
- David Shaner, self-care strategies for managing chronic pain. Also book-references.
- **Rickhard Walters**, Zero-balancing, touching bone-energy, trauma-work.
- **Shirin Nikpay**, Listening to interoception, boundaries, barriers.
- Brita Ostrom, "How to be a more effective healer".
- Joanna Harper, Creating change in the blink of an eye, self-soothing.
- Annette Roellig, Listening to pain and its message.
- Jan Mundo, Finding and touching pain (headache, migraine) and easing it.

#### Anatomy-related

- **Paul Cohen**, Embodied Touch Bodywork, Qi gong, Bone Yoga.
- Edward Hines, Bagua, alignment, state of relaxation.
- Elizabeth Andes-Bell & Bruce Bell, Evolution & the evolving body, Biotensegrity, Fascia.

## ...AND MANY MORE!

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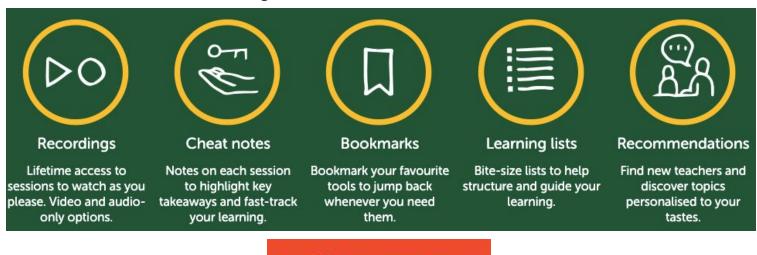
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