

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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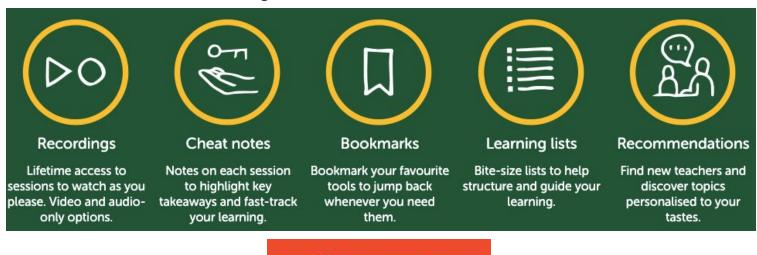
Rafe Kelley and **Evolve Move Play** help you become your most heroic self through movement, mindfulness, nature connection, and community practices.

Evolve Move Play is movement training for humans. Through our ecology of practices, we reconnect to the most meaningful aspects of life. Connect to us through our podcasts, online courses, and retreats.

Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.

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