



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'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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