



Annette Roellig: Listening to Pain (not only) for Martial Artists



Annette Roellig is a mindfulness-based Bodyworker and Aikido teacher. She is the founder of Mind Your Body and co-founder of Aikido Zentrum Offenbach. Growing up in a dysfunctional family sent her on a healing journey. She has studied many modalities including; karate, Zen Body Therapy, Footreflection Massage, Shiatsu & Acupressure, Naturopathy, and Bowen Therapy. In this presentation, Annette invites you to explore your relationship with pain on a deeper level.

TOP EMBODIMENT TIP: Don't fear Pain, it's just a part of life and there is so much value and love in it for you.

Introduction: Warning Signal

- Pain is a warning signal communicated by our nervous system, so we take notice of it and take care of it.
- Discover how we need pain to keep us safe and initiate the necessary healing processes in the body.
- Is your pain acute or chronic? Is it a habituated pattern? Our body learns pain, creating and perpetuating tension patterns, physical and emotional imbalances - creating a vicious cycle.
- Pain is an invitation to change.

Explore Pain: Turning Inwards

- Instead of fighting against pain, we can practice holding space for conflicting forces until a solution arises.
- Contemplate pain as being similar to going into a dark room and waiting until you can start to identify what is in there.

Practice: Experiential Practice

- Join Annette in a 30 minute mindfulness-based exploration of your pain. This is a glimpse into part of the training, it is usually done over a longer period of time..
- Begin by centring, grounding, listening. Focus on your pain, then you may choose to allow Annette to guide you through a questioning practice for the pain and a technique using your hands.
- What thoughts or **insights** came up? Ideas that might be helpful for you in dealing with the pain.
- Foster new perceptions and proprioception.

Resources

- ❖ **Website:** Mind Your Body www.annette-roellig.de
- ❖ **Social:** Facebook: [Aikido Zentrum Offenbach](#)



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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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