



Dr. Keith Motes: Shaking Medicine for Beginners



Dr. Keith Motes (PhD) is the founder of the Shaking Medicine Foundation, and a Yoga and Qi Gong teacher. His PhD is in quantum physics, and this informs his thinking about energy from both the intellectual and the experiential aspect. From his learning he became fascinated by spontaneous therapeutic shaking and the innate wisdom of the body. Dr. Motes is passionate about all things related to physical, mental, spiritual and emotional health, taking his learning from science, traditions, indigenous cultures and his own experience. Join Dr. Motes as he leads you in a fun experiential exploration of shaking medicine.

TOP EMBODIMENT TIP: Breathe into your belly all the time, and allow that energy to move through and inspire you to be spontaneous in your actions.

About Shaking Medicine: Therapeutic Tremoring

- Find out more about the evolution of this fascinating modality.
- Access the innate intelligence present in all mammals to tune into your body.
- Experience how natural it feels to shake off whatever is ready to be let go in that moment.
- Learn a deeper appreciation for what your body can do for you if you allow it to happen.

Benefits: A Healing Therapy

- Experience a 30 minute session. After a relaxing Qi Gong-style warm up, Dr. Motes invites you to begin to make different shapes with your body and explore the tremor response.
- The shake generally feels pleasant, refreshing, nourishing, rejuvenating, energizing and even child-like as you make a **conscious choice to self-induce** shaking to heal and unravel anything that does not serve you.
- It is very different from ordinary shaking. As it moves through you it unravels physical, emotional and psychological tension while bringing about a parasympathetic state of deep relaxation allowing biological functions, such as metabolism, immune system, blood pressure, heart rate, etc. to operate at their optimal state.

Regular Maintenance:

- Learn how regular maintenance allows you to **let go of pains and tensions** in your body that do not serve you and you 'resonate' back into a state of **equilibrium and balance**.

Resources

- ❖ **Courses:** [The Embodiment Conference Bonus](#)
- ❖ **Website:** shakingmedicine.com
- ❖ **Social:** Instagram: [@shakingmedicine](#), Facebook: [Shaking Medicine Foundation](#)



All Martial & Healing Arts Presentations are Proudly Sponsored by

Rafe Kelley, EvolveMovePlay.com



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.



🎁 [Accept Rafe's Free Gift](#) → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?



Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



Learning lists

Bite-size lists to help structure and guide your learning.



Recommendations

Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)