



# EMBODIMENT PRACTICE GUIDE



MODALITY	DETAILS	OTHER CATEGORIES	AIM / USE	SCHOOLS / RESOURCES
<i>Bodywork / Manual Therapy</i>				
Ayurvedic Massage	There are various styles of Ayurvedic massage according to one's Dasha (constitution); specific oil blend and/ or techniques are used based on one's dosha (constitution) & imbalances.		Restore energetic balance, rid the body of toxins, supports health; relaxation; relief from muscle and joint pain	
Biodynamic Massage	A form of massage that addresses both the body and the mind. It affects all aspects of one's being: physical, emotional, mental & spiritual. It was developed in the 1960's by Gerda Boyesen, a clinical psychologist and physiotherapist, interested in the effects of massage on people's mental health.	Somatic Therapy, Energy Work	Relaxation, increase in body awareness, pain relief, mind-body integration, emotional release	<a href="http://www.cbpc.org.uk/massage.htm">http://www.cbpc.org.uk/massage.htm</a>
Craniosacral Therapy	A very subtle form of bodywork using light touch to manipulate the fine layer of tissue in the cranium structure and nervous system. It aims to rebalance the cranio-sacral rhythms of the body; focuses mainly on head & sacrum structures. Used in Osteopathy.	Energy Work	Resetting cranio-sacral rhythms, deep relaxation, realigning structures in the cranio-sacral system; can induce trauma release	<a href="https://www.upledger.com/">https://www.upledger.com/</a> <a href="https://www.craniosacraltherapy.org/">https://www.craniosacraltherapy.org/</a> <a href="https://scco.ac/">https://scco.ac/</a> <a href="https://www.bodyintelligence.com/">https://www.bodyintelligence.com/</a>
Deep Tissue Massage	Massage using firm pressure and slow tempo to reach the deeper layers of muscles. Often used in sports therapy.		Relaxation, rehabilitation, improve muscles functionality, pain relief	
Myofascial Release	Similar to deep tissue; very slow and precise pressure targets layers of fascia and the chains of connective tissue linking the different parts of the body.	Energy Work	Pain relief, chronic tension, structural realignment, scar tissue, relaxation	<a href="https://myofascialrelease.com/">https://myofascialrelease.com/</a> James Earl: <i>Fascial Release for Structural Balance</i> <a href="https://www.myofascialtrainings.com/">https://www.myofascialtrainings.com/</a>
Visceral Manipulation	A part of osteopathy targeting the internal organs and the surrounding fascia.		Restore organ functionality, pain relief, improve structural integrity	
Marma Point	Bodywork style originating in India. Marma points are vital life or energy points on the body. Sustained pressure and massage is given along the points to increase flow of energy.	Energy Work	Restore energy balance, relieve pain	
Rebalancing Massage	A type of bodywork formed in Osho's ashrams during the 1980s. Given in a series of 10 sessions, it works with a synthesis of deep & soft connective tissue manipulation, joint release, energy work, breath work, body reading & body awareness training.	Somatic Therapy, Embodied Intelligence, Energy Work	Aim to cultivate new body awareness; the approach "meets the uniqueness of each human being", and "brings people back into harmony with themselves, so they can live their essential unity of body, mind and heart."	Bernd Scharwies: <i>Rebalancing - The Power of Deep Touch</i> Chinmatra Greiner, Suda's Topp: <i>Awareness Through Touch – A Companion Book for Osho Rebalancing Sessions</i> <a href="https://rebalancing-training.com/">https://rebalancing-training.com/</a> <a href="https://www.osho.com/static-informative-pages/osho-rebalancing-tm">https://www.osho.com/static-informative-pages/osho-rebalancing-tm</a>
Rolfing / Structural Integration	Bodywork developed by Ida Rolf which manipulates and relieves tension in the layers of deep fascia in order to correct & optimize one's posture. Often given in a series of up to 10 sessions.		Postural correction / optimization, pain relief, rehabilitation	<a href="https://rolfing.org/">https://rolfing.org/</a> <a href="https://www.anatomytrains.com/">https://www.anatomytrains.com/</a> <a href="https://www.rolf.org/">https://www.rolf.org/</a>
Shiatsu	Traditional Japanese bodywork using stretches and sustained trigger point pressure along acupointure points and meridians. Can be used medicinally by trained practitioners.	Energy Work	Rebalancing energy flow in body, unlocking meridians (energy channels), pain relief, restoring vitality	
Strozzi Bodywork	"This is not massage, but a way to shift the self by hands-on bodywork." This is the hands on component of Strozzi's Somatic created by Dr. Stuart Strozzi-Heckler.	Somatic Therapy	Aims to invite one's body to open & release historical patterns, contractions, tension, and possibly trauma.	<a href="https://strozziinstitute.com/">https://strozziinstitute.com/</a>
Tantric Bodywork	A modern western conception based on sacred sexuality practices from Tantric traditions. Often uses oil to massage the body, but also light touches are given to arouse sensitivity. Energy work can also be given. Focus is meant to be on sensuality, as opposed to sexuality.	Breathwork, Energy Work	Healing sexual trauma, sexual experience	<a href="https://somananda.org/">https://somananda.org/</a>
Thai Massage	2,500 year old tradition with multiple styles, some incorporating elements from other modalities. Often using passive stretching techniques, mobilizations & deep compression into muscles.	Energy Work	Relaxation, pain relief, improve mobility and muscle function	<a href="https://www.school.thaibodywork.eu/">https://www.school.thaibodywork.eu/</a> <a href="https://www.traditionalbodywork.com/">https://www.traditionalbodywork.com/</a> (Great blog on all things thai massage!) <a href="http://thaimassageschool.ac.th/">http://thaimassageschool.ac.th/</a> <a href="https://www.pichestthaimassage.com/">https://www.pichestthaimassage.com/</a>
Trigger Point / Neuromuscular techniques	A form of bodywork using sustained firm pressure to release contracted fibers (knots / myofascial trigger points) in muscles; works through affecting the nervous system & breaking up adhesions in fascia.		Relieving pain, restoring muscle functionality, deactivating myofascial trigger points, correcting imbalances in hypertonic and/ or fibrotic tissues	Leon Chaitow et al.: <i>Naturopathic Physical Medicine: Theory and Practice for Manual Therapists and Naturopaths</i> <a href="https://www.aiam.edu/massage-therapy/neuromuscular-massage-therapy/">https://www.aiam.edu/massage-therapy/neuromuscular-massage-therapy/</a>

Zero Balancing	A body-mind therapy created by Fritz Smith that uses skilled touch to bring balance to body structure and energy. A session lasts up to 45 minutes and is offered through clothing. Finger pressure and gentle traction is used on areas of tension in the bones, joints and soft tissue to create fulcrums, or points of balance, around which the body can relax and reorganize.	Energy Work	Relieves body aches and pain, releases restrictions in movement, and provides lasting relief from emotional distress to improve overall quality of life.	<a href="https://www.zerobalancing.com/">https://www.zerobalancing.com/</a>
<i>Somatic Therapy</i>				
Bioenergetics	Wilhelm Reich's student, Alexander Lowen developed upon Reich's ideas to create an approach which uses character structures to analyze the restrictions to essential functions of the body such as breathing, motility, feeling, and expression. Ultimately it aims at restoring pleasurable vitality to the body-mind.	Breathwork, Energy Work	Used to help resolve a variety of psychological maladaptations; ultimately aims at restoring energy flow in the body and vitality; helps towards experiencing more pleasure in the body; helps patient with authentic emotional expression; release chronic muscular tension	<a href="https://www.lowenfoundation.org/what-is-bioenergetics">https://www.lowenfoundation.org/what-is-bioenergetics</a> Alexander Lowen: <i>Bioenergetics</i>
Core Energetics	A therapeutic process developed by John Pierrakos in the 1970s, that works with energy & consciousness to integrate & transform all aspects of the human personality: body/mind/emotions/spirit. It stems from the work of Wilhelm Reich & Lowen's Bioenergetics.	Breathwork, Energy Work	Aims to bring about healthy functioning - a balanced flow of energy - through five fundamental levels of being: the body, emotions, mind, will, & spirit; aims to develop consciousness & the free flow of energy to remove the obstacles around one's true self and love.	John Pierrakos: <i>Core Energetics - Developing the Capacity to Love and Heal</i> <a href="https://core-energetics.de/">https://core-energetics.de/</a> <a href="https://www.coreenergetics.org/who-we-are/">https://www.coreenergetics.org/who-we-are/</a> <a href="https://www.iace.info/">https://www.iace.info/</a>
Dearmouring / Emotional Release Bodywork	More a concept rather than specific technique, dearmouring is about removing layers of 'armour' which hide one's true essence & potential. Often it combines use of trigger point work, breathwork, energy work, myofascial release and emotional processing guidance. Not given by any one school, and several teachers offer different approaches.	Energy Work	As bodywork, it focuses on helping release suppressed emotions stored in the body's nervous-system and fascial tissue. Specific aims include: healing sexual trauma, healing shock trauma, emotional release and feeling suppressed emotions.	<a href="https://emotionalreleases.com/">https://emotionalreleases.com/</a> <a href="https://elliottsaxby.com/">https://elliottsaxby.com/</a> <a href="https://www.dearmouringarts.com/">https://www.dearmouringarts.com/</a> <a href="https://www.the-gaia-method.com/de-armouring">https://www.the-gaia-method.com/de-armouring</a>
Holistic Bodywork	A holistic & somatic approach to therapy created by Pascal Beaumart, which combines bodywork, coaching, trauma work and spirituality.	Breathwork, Energy Work, Bodywork	Aims towards a deep dive into any specific topic around healing, trauma, personal development & spirituality.	<a href="https://holistic-bodywork.org/en/">https://holistic-bodywork.org/en/</a>
Pantarei Approach	Originally branched off from the Grinberg Method, this somatic bodywork uses empathetic touch, movement and verbal communication to help clients work through various issues in order to find back to a secure sense of self.	Embodied Intelligence	Geared toward helping clients find happiness in their lives, the approach helps clients overcome obstacles, deal with chronic conditions & experience emotions. Ultimately helps clients on their journey toward personal growth and self-actualization.	<a href="https://pantareiapproach.com/about">https://pantareiapproach.com/about</a>
Somatic Experiencing	A body-centered approach to resolving post-traumatic stress created by & built upon the multi-disciplinary research of Peter Levine. Unique in that it defines trauma as the response to an event; big focus on physiological effect of trauma, particularly nervous system dysregulation.		Healing shock trauma primarily by assisting clients complete the arousal cycle which got interrupted by the traumatic event: the body-mind went into a freeze response which stopped survival energy for leaving the body. This energy is then trapped in the nervous system and then causes the symptoms of trauma.	<a href="https://traumahealing.org/">https://traumahealing.org/</a> <a href="https://www.somaticexperiencing.com/">https://www.somaticexperiencing.com/</a> Peter Levine: <i>In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness</i> Peter Levine: <i>Waking the Tiger: Healing Trauma</i>
Sensorimotor Psychotherapy	An approach to psychotherapy created by Pat Ogden, which incorporates the language of the body (gesture, posture, facial expressions, eye gaze, and movement) as a key aspect of revealing our trauma and relational dynamics			Pat Ogden: <i>Sensorimotor Psychotherapy: Interventions for Trauma and Attachment</i> <a href="https://sensorimotorpsychotherapy.org/">https://sensorimotorpsychotherapy.org/</a>
Sexological Bodywork	A form of somatic sexual education devised by Joseph Kramer. The approach uses a variety of coaching in breath, movement, body awareness, boundary-setting, communication, anatomy, sensate focus, massage, erotic trance, and other body-based teaching about sex.	Manual Therapy / Bodywork	Through body experience, the sexological bodyworker aims to nurture, deepen, or awaken the sensual self of the client. The approach can address a number of different sexual problems and can even help healing sexual trauma.	<a href="https://www.sexologicalbodywork.co.uk/">https://www.sexologicalbodywork.co.uk/</a> <a href="https://www.sexologicalbodywork.com/">https://www.sexologicalbodywork.com/</a>
<i>Energy Work</i>				
Acu-Kinesiology	An approach developed by Chiropractor & Acupuncturist Richard Guidry, which stimulates specific accupressure points manually to illicit neurological & energetic reactions. It synthesizes 3 different meridian systems with the musculoskeletal system, chiropractic & osteopathic principles.	Manual Therapy / Bodywork	First created for relieving spinal pain; balances the energetic dysfunction in the Eight Extraordinary Meridians and aims to restore flow of energy in the body.	Richard Guidry: <i>Acu Kinesiology</i>
Reiki	A form of energy healing originating from Japan, first developed by Mikao Usui. Universal healing energy is said to be channeled through the practitioner to the patient who normally lies on a mat or table.		Aims to enable to flow of life force energy to heal a person. Proportedly used to relieve stress, alleviate pains, help with physical pains and emotional pain. Reiki hasn't been scientifically proven to actually heal anything.	
Sexual Energywork	Any work directly affecting one's sexual energy. Often hand off approach. Can be including in tantric massages.	Breathwork	Sexual pleasure; helps unblock flow of sexual energy; energy orgasms; can be used to experience altered state of consciousness and spiritual realization.	<a href="https://somananda.org/">https://somananda.org/</a>
Sound Healing	The use of sound has been used for sacred and healing purposes throughout millennia, across all cultures. Today it makes a come back into modern western society as a new healing trend. There's many forms, from mantra to singing bowls.	Somatic Therapy	Modern approaches claim that listening to and experiencing certain frequencies on a visceral level can change our brainwave state, thus inducing certain states of consciousness that promote relaxation and/or healing. Sound healing hasn't been scientifically proven to actually heal anything.	<a href="https://www.peter-hess-institut.de/">https://www.peter-hess-institut.de/</a>
Qi Gong	Ancient Chinese practice of cultivating & channeling energy through movement sequences. Includes a large number of different styles. Closely related to taoism and TCM.	Movement Practice	Cultivating and channeling energy; depending on style, energy directed for various purposes including marital arts, health and sexuality.	

<i>Breathwork</i>				
Biodynamic Breathwork	A method of trauma healing devoped by Giten Tonkov which is based on: emotions, movement, breath, sound, touch, emotions & meditation. Breathwork is the main tool.	Somatic Therapy	The method aims to empower your body's natural process for healing, release chronic tension, release long unresolved trauma by completing arrested trauma-related fight/flight or dissociated responses	<a href="https://www.biodynamicbreath.com/">https://www.biodynamicbreath.com/</a>
Conscious Connect Breathwork	Mainly emerged from the rebirthing breathwork developed by Leonard Orr in the 1970s, it is a breathing technique in which the breather intentionally connects the inhale with the exhale without any pauses. The term can include many styles of breathwork developed from rebirthing.	Somatic Therapy	Multiple uses & aims: unwind chronically held tension in the body and nervous system; experience expanded states of consciousness; infuses the body with oxygen; recharging our own systems and their healing capacity; release anxiety, stress and alleviate depression; peace; emotional release	<a href="https://ibfbreathwork.org/">https://ibfbreathwork.org/</a>
Holotropic Breathwork	A form of breathwork developed by Stanislaw Grof in the 1970s as a way to attain altered states of consciousness (mainly as a response to the criminalization of LSD research which he was a pioneer in). It means "moving toward wholeness" in Greek. The practice consists of two main components: prolonged over-breathing (or hyperventilation) and music.	Somatic Therapy	Aims to attain altered states of consciousness; aims towards accessing and activating our own inner healing capacity; also for personal exploration and empowerment; other benefits can include relaxation, relief from stress, feeling energized.	Stanislav Grof: <i>Holotropic Breathwork - A New Approach to Self-Exploration and Therapy</i> <a href="http://www.holotropic.com/">http://www.holotropic.com/</a>
Soma Breath	A breathing technique developed by Niraj Naik based on the foundations of pranayama (yogic breathing practice), but whilst also listening to specific brainwave music. The technique includes rhythmical breathing & breath-retention.		Aims: to facilitate nose breathing; train to take less breathe per minute; to increase overall well-being and vitality.  Benefits: lowers stress; reduces anxiety; balances nervous system regulation; boosts energy levels, expands volume of lungs, become more efficient with oxygen use, increased stamina, reduce inflation.	<a href="https://www.somabreath.com/">https://www.somabreath.com/</a>
Rebirthing Breathwork	A method developed by Leonard Orr in the 1970s, which includes a nine-phase process of introduction, defense, immersion, inversion, association, insight/epiphany, transliminal, deep relaxation, and return stages. The technique used is conscious connected circular breathing.	Somatic Therapy	Session aim to "support clients in safely releasing and clearing negative emotions, traumatic memories, stress, tension, unprocessed psychological material, stagnant energy, etc." Also aims to free the physical & emotional body from traumatic or suppressed experiences such as unconscious birth memories.	<a href="https://rebirthingbreathwork.net/en/what-is-rebirthing-breathwork/">https://rebirthingbreathwork.net/en/what-is-rebirthing-breathwork/</a> <a href="https://www.rebirthingbreathwork.com/">https://www.rebirthingbreathwork.com/</a>
Wim Hoff Method	A breathing practice develop by dutch extreme athlete, Wim Hof. The technique is one of non-strenuous deep, circular breathing, with breath-retention, often repeated in 3 rounds.	Somatic Therapy	Ultimately aims to positively affect the chemical and physiological activities in your body by decreasing the body's CO2 levels; also aims at increasing resilience towards everyday stress through inducing voluntarily a short stress; strengthen immune system; increase athletic performance; reducing stress; mental alertness.	<a href="https://www.wimhofmethod.com/breathing-exercises">https://www.wimhofmethod.com/breathing-exercises</a>
<i>Embodied Intelligence</i>				
Alexander Technique	A form of movement therapy developed in the 1890s by Frederick Alexander, aiming to improve movement patterns and posture by teaching people to become more aware of their bodies.	Movement Practice	Postural optimization; relief of chronic stiffness, tension and stress; when posture is resotore one is able to function better throughout daily life.	<a href="https://www.nhs.uk/conditions/alexander-technique/">https://www.nhs.uk/conditions/alexander-technique/</a> <a href="https://alexandertechnique.com/">https://alexandertechnique.com/</a> Richard Brennan: <i>The Alexander Technique Manual - A Step-by-step Guide to Improve Breathing, Posture and Well-being</i>
Body-Mind Centering	An integrated & embodied approach to movement, the body & consciousness developed by Bonnie Bainbridge Cohen. Through movement, touch, voice and the mind, one explores the embodiment and application of anatomical, physiological, psychophysical and developmental principles.		Aims to facilitate deep embodiment; helps one to become familiar with the different structures of the body, cultivating a deep and subtle somatic awareness.	<a href="https://www.bodymindcentering.com/">https://www.bodymindcentering.com/</a>
Contium	Through the use of subtle movement & sound, the practice (founded by Emilie Conrad) helps one explore the fluid intelligence of our bodies. Considered a movement meditation.	Movement Practice	Through activating the fluid systems of the human body, the practice aims to increase vitality & health; develops core strength and flexible power; releases tension & relaxes the body; heightens sensuality & increases receptivity	<a href="https://continuummovement.com/">https://continuummovement.com/</a>
Feldenkreis	Feldenkrais is a movement and perception practice devised by Moshé Feldenkrais in the mid-20th century. The method aims to reorganize connections between the brain and body in order to improve body movement and psychological state.	Movement Practice	Promotes the ability to recognize and change movement habits; method of "learning to learn"; helps creates access to unused parts of the brain; affects neuroplasticity.	<a href="https://feldenkrais.com/">https://feldenkrais.com/</a> Feldenkrais: <i>Awareness through Movement</i> Feldenkrais: <i>The Elusive Obvious - The Convergence of Movement, Neuroplasticity, and Health</i>
Grinberg Method	Utilized both 1-on-1 & in group settings, the method focuses on the body using touch, breath, movement, & physical exercises to teach people to become aware of their bodies, themselves, their movement and their surroundings.	Somatic Therapy	It is aimed at facilitating changes in people's lives by teaching them how to choose who & how to be in any given moment. This helps in achieving life goals, over-coming automatic maladapted habits, improving overall health & well-being, and living a more rewarding life.	<a href="http://www.grinbergmethod.com/">http://www.grinbergmethod.com/</a>
Uzazu	A method devised by Dylan Newcomb to help people cultivate embodied intelligence. With the use of clear frameworks and concepts, it helps one understand how various embodied states are being activated in different areas of life.		Aims towards making connections between your thoughts, feelings & behaviors; re-patterns nervous system functions while relating to others; applied to making changes in various areas of life.	<a href="https://www.uzazu.org/">https://www.uzazu.org/</a>
Realization Process	Embodiment & Movement is one component of the Realization Process created by Judith Blackstone. The process itself is a method aimed toward healing & non-dual spiritual awakening. The embodiment part includes subtle movement practices "for cultivating the luminous transparency of fundamental consciousness throughout the whole body."	Movement Practice	Although part of a wider process aim towards spiritual realization, the practices "can also help heal physical injuries and chronic structural problems, they can bring expressiveness and breadth to gestures and movement, and they can refine our sense of touch."	<a href="https://realizationprocess.org/embodiment-and-movement/">https://realizationprocess.org/embodiment-and-movement/</a> Judith Blackstone: <i>The Realization Process: A Step-By-Step Guide to Embodied Spiritual Awakening</i>
Somatic / Embodiment Coaching	Coaching for individual or groups which focuses on awareness of the body & conscious use of the body to tackle the issue at hand. Built upon the idea that the body reflects the psycho-emotional state.	Somatic Therapy	Aims towards both state & patten change in individuals & groups. Helpful in addressing a wide range of personal development issues primarily through body awareness and conscious use of the body. Can be used to help resolve both shock & developmental trauma.	<a href="https://embodimentunlimited.com/">https://embodimentunlimited.com/</a> <a href="https://leadershipembodiment.com/">https://leadershipembodiment.com/</a> <a href="https://www.thesomaticschool.com/">https://www.thesomaticschool.com/</a> Richard Strozzi-Heckler: <i>The Art of Somatic Coaching: Embodying Skillful Action, Wisdom, and Compassion</i>

<i>Movement Practice</i>				
Calisthenics	Bodyweight training aimed at achieving certain skills and abilities. Heavy focus on proprioception, balance, muscle coordination and isometric strength.	Embodied Intelligence	Strength & conditioning, postural correction, fun, acquiring skills	
Yoga	Although the term refers to the spiritual traditions of ancient India and includes many different spiritual practices, the most popular understanding of yoga in the westernized modern world is a form of stretching. This is often vinyasa or hatha yoga styles.	Embodied Intelligence, Energy Work	Physical yoga practice (asana practice / Hatha yoga) traditional aims to clear energy channels and to facilitate meditation; also beneficial for posture, flexibility, opening the body, body awareness, balance, interoception and proprioception.	
<i>Martial Arts</i>				
Aikido	A modern Japanese martial art developed by Morihei Ueshiba, who synthesized several other martial arts styles with his personal philosophy of peace. The term means, "the way of harmonious spirit". One main principle is harmlessly redirecting the momentum of the opponent's attack against them. It is characterized by body movement, throws and deflection. Unlike other martial arts, Aikido is mostly all formalized techniques.	Energy Work, Movement Practice	Self-defence; cultivation of body & movement-awareness; sensitivity when relating with another human body physically; the aim is to not cause harm to one's opponent whilst resisting their attack.	<a href="http://www.aikidofaq.com/">http://www.aikidofaq.com/</a>
Brizilian Ju Jitsu	A martial art developed the Gracie family who were trained in traditional Japanese martial art styles. Original developed from Vale Tudo. The style is characterized by submitting an opponent by ground fighting, grappling, locks and chokes. Notoriously consider one of the most effective martial arts.		Sport / Competition; Self-defence  <i>As with all martial arts, when used as an embodiment practice it can help with developing skills and confidence in confronting tense situations and upholding boundaries.</i>	
Grav Magra	A self-defence system original created by Imi Lichtenfeld in Isreal in the 1940s, later developed further by the Israeli military. It uses techniques and approaches from several other martial arts. It is known for it's violent & leathal approach to taking out an opponent.		Self-defence	
Judo	Created in 1882 by Kano Jigoro, Judo is a combat sport originating from Japan and developed from traditional Jujitsu. It was founded on the principles of 'maximum effect, minimum effort' & 'mutual benefit'. It includes grappling, throwing & striking.		The aim of a Judo match is to throw, immobilize or force an opponent to submit with a joint lock or a choke. The practice also has philosophical underpinnings.	
Jujitsu	A traditional form of Japanese martial art dating back to the early modern period. The main principle is to use an opponent's force against themselves. Includes various grappling techniques, throws and locks. Many forms of modern martial arts developed from Jujitsu.		Self-defence	
Karate	A form of Japanese martial originating from the Ryukyu Islands in the middle ages. The term literally means 'Chinese hand', referring to it being adopted from the Chinese travelers to the islands. It is characterized by fast striking moves, including kicks, punches and knee & elbow strikes. There several different styles of karate, along with formalized movement sequences called 'kata'.	Movement Practice	Sport / Competition; Self-defence	<a href="https://www.wkf.net/">https://www.wkf.net/</a>
Kung Fu	Literally meaning 'achievement through great effort', when referring to martial arts it denotes the various styles of fighting that have originated in China over many centuries. Some styles focus on internal energy (qi) cultivation, and others more external / physical affects. Often there are philosophical (Buddhist / Daoist) elements to the practice. A popular style is Shaolin Kung Fu.	Movement Practice, Energy Work	Aside from martial combat, some forms aim towards cultivate and channeling of one's life-force (qi), living a life of harmony and spiritual realization.	Wong Kiew Kit: <i>The Art of Shaolin Kung Fu</i>
MMA	All though forms of mixed-martial-arts have been around throughout history, modern MMA (popularized through UFC in the '90s) originated in the early 20th century in Brazil & Hong Kong with the Gracie family & Bruce Lee. Fighting uses styles from all kind of martial arts.		Sport / Competition	Helio Gracie: <i>Gracie Ju Jitsu</i> Rickson Gracie: <i>Breathe: A Life in Flow</i>
Muay Thai	A martial art style originating in Thailand, which uses stand-up strikes (kicking, kneeing, elbow blows & punching) as well as clinging techniques. Often entire body movement is used for techniques.	Movement Practice	Sport / Competition	
Taekwando	A form of martial arts originating from Korea, with influence from Japanese and Chinese martial arts. It is characterized by fast kicks, head-high kicks, jumping kicks, spinning kicks and speed.		Sport / Competition; Self-defence	

Tai Chi	An ancient martial art from China sharing many fundamentals with Qi Gong, as it is an 'internal art' which means power is sourced from cultivating one's own internal energy (rather than relying on physical factors). Tai Chi is as much an energy practice for promoting balance & health, as it is a movement meditation and fighting style. The system is built on the concepts of yin and yang.	Energy Work, Movement Practice	Sport / Competition; Self-defence; Meditation; synchronizing breath with movement; energy cultivation; health benefits and balance-	
Wing Chun	A style of Kung Fu used a self-defence. It is characterized by its immense speed, including very fast, jabbing punches that are meant to disorientate and overwhelm an opponent.		Self-defence	
<i>Relational Practice</i>				
Authentic Relating / Authentic Life Training	A method created by Jason Digges & Ryel Kestano consisting of various accessible practices, skills and tools to help people relating with others more authentical, whether in a work environment or a romantic partnership.	Free Expression	Improve relationship; cultivates healthy relating skills; reveals unconscious patterns; steers people toward a sense of wholeness; integrating the hidden parts of ourselves	<a href="https://authenticrelating.co/">https://authenticrelating.co/</a> <a href="https://www.authrev.org/what-is-authentic-relating">https://www.authrev.org/what-is-authentic-relating</a> Ryel Kestano: <i>Authentic Relating - A guide to Rich, Meaningful, Nourishing Relationships</i>
Conscious Kink / BDSM	Kink refers to sexual desires and fantasies often considered taboo by society. BDSM stands for bondage, dominance / discipline, submission / sadism and masochism. There's heavy emphasis on consent & communication. Often includes role play. Doesn't have to be explicitly sexual.		Healing sexual trauma through empowerment; exploring role play & kinks in safe settings allows one to embody & integrate shadow aspects of one's personality in a healthy way; the heavy emphasis on consent & communication provides opportunity to experience trust & empowerment; exploration of polarity dynamics of masc. & fem.	
Partner Dance	Dance where the basic choreography involves the coordination of two people. Example styles include: Tango, Salsa, Bachata, Walz, etc.	Movement Practice	As a practice, partner dance can be used towards cultivating bodily awareness, leadership and follower skills and embodied relational skills.	
Radical Honesty	A practice based of the book of the same title by Brad Blanton. The practice is based on a set of core principles around telling the truth. Often done in weekend workshops & retreat settings.	Free Expression	Stress reduction, deepening connections, reducing reactivity	<a href="https://www.radicalhonesty.com/">https://www.radicalhonesty.com/</a> <a href="https://www.juraglo.com/">https://www.juraglo.com/</a>
Sexual Yoga / Sacred Intimacy	Embodied relational practices devised by David Deida, and developed & popularized through John Whineland's teaching. Based on embodied & tantric approaches to breathwork, energetics, deep feeling connection and spiritual sex.	Energy Work	Ultimate aim is to deepen relationships / intimacy to a spiritual level of divine union. The core practices are disquisitioned from being 'therapeutic' in their aim, but rather 'yogic' with a distinctly spiritual fundament.	<a href="https://deida.info/">https://deida.info/</a> <a href="https://www.johnwineland.com/">https://www.johnwineland.com/</a>
Wheel of Consent / Somatic Consent	A model of relating devised by Betty Martin which aims towards bringing more clarity and authenticity. It distinguishes between the 'doing' aspect of an interaction: who is doing? - and the 'gift' aspect: who is it for? Somatic Consent is devised from Betty Martin's work created Matthias Schwentek.		Ultimate aim is to strengthen relationship and intimate moments but cultivating clarity and authenticity; used for sexual experience, trauma work and shadow work.	Betty Martin: <i>The Art of Receiving and Giving: The Wheel of Consent</i> <a href="https://bettymartin.org/videos/">https://bettymartin.org/videos/</a>
<i>Free Expression</i>				
5 Rhythms	Described as a 'movement meditation practice', 5 Rhythms was created by Gabrielle Roth in the 1970s. It uses elements of shamanistic, ecstatic, mystical and eastern philosophy. The practice is effectively a free dance to 5 different rhythms: Flowing, Staccato, Chaos, Lyrical and Stillness	Movement Practice	The practice is said to aim towards creating stillness in the mind through movement. The practice can also help process emotions, inspire creativity and loosen tension in the body.	<a href="https://www.5rhythms.com/">https://www.5rhythms.com/</a>
Conscious Dance / Ecstatic Dance	Events, specifically without the use of drugs, where people come together to let go and induce altered states of consciousness / ecstasy through dance.	Movement Practice	Movement meditation, stress relief, experience of ecstasy / joy through dance.	
Contact Improvization	A form of improvised partner dancing developed in the 1970s by Steve Paxton who created it as a form of training for Aikido. The idea is to explore the experiences of one's body when in relation to others. Movement awareness, weight sharing and touch are all key elements.	Relational Practice, Movement Practice	Used as a way to cultivate body-awareness, practicing one's response to gravity, relational patterns and practicing communication through touch.	<a href="https://www.somatische-akademie.de/pakete/contact-improvisation/232">https://www.somatische-akademie.de/pakete/contact-improvisation/232</a> Nancy Smith & David Koteen: <i>Caught Falling. The Confluence of Contact Improvisation, Nancy Stark Smith, &amp; Other Moving Ideas</i>
Applied Improv	Applied Improv uses the techniques from improvisational theatre / comedy where participants perform spontaneously without any scripts. It is an experiential educational approach used in leadership training, coaching, consulting and various educational contexts.	Relational Practice	The practice aims to develop communication skills, creative problem solving, supportive team-work abilities, and to gain insight into a person's thoughts, feelings, and relationships.	Abbott, John: <i>The Improvisation Book</i> Kat Koppett: <i>Training to imagine practical improvisational theatre techniques to enhance creativity, teamwork, leadership, and learn.</i>