Pamela Stokes

Therapeutic Movement and Brain Training

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MoveIntoResilience.com

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Pamela's presence elicits a listening in the whole body."
-Lisa Marie Mansfield, Wake Up Process

"I would highly recommend Pamela to any healthcare goups looking for a heuristic presentation on the topic of burnout."
-Dr. Virginia R. Litle, thoracic surgeon
American College of Surgeons
2019 conference

Find all of Pamela's links here, including Move Into Resilience podcast and video episodes.
https://linktr.ee/pamela_stokes

Pamela is an innovative educator who uses movement, science, and a sense of humor to genuinely bring the message of her talks into the body, where profound learning and transformation can occur. Audiences are invited to experience evidence-based techniques from Somatic Release and Mindful Motion, two modalities synthesized by Pamela from the gentle, trauma-informed practices she used to heal her own fibromyalgia.

Her background includes: trauma-informed healing arts (BASE-P, EPC, EFT), biology (BS from UCLA), movement (dance, yoga, Feldenkrais, and Hanna Somatics), music (TEDx), and podcast and video hosting.

With 40 years of experience teaching people from ages 3-87, Pamela's experiential presentations, workshops, and trainings are heartfelt, lively, and fun!

POPULAR TOPICS
(movements included)

BURNOUT: prevention and resolution
Using neuroplasticity and trauma-informed movement to prevent and resolve burnout. Presented at American College of Surgeons 2019 conference.

PTSD and CPTSD: prevention and resolution
Learn the symptoms and underlying neuroscience of shock trauma and chronic stress, and the therapeutic movements which help to prevent and resolve them. Presented to nurse trainees at Dominican University of CA.

RESILIENCE: Move Into Resilience
Learn how resilience leads to evolution and the therapeutic movements we can use to help ourselves and others navigate life with ease and comfort.

MINDFULNESS: How to meditate (without really trying)
Learn mindfulness-through-movement techniques to create optimal wellness, improve cognitive focus, and balance emotions. Presented at Ross Valley Charter School.

OPTIMAL WELLNESS AT ANY AGE: Use mindful movement to develop and maintain physical, emotional, and mental health
Manifold benefits for any age group, but most especially in aging populations, and those with "medically mysterious" symptoms.

Pamela's appearances include:

American College of Surgeons — Inspiring Quality: Highest Standards, Better Outcomes — 100+years

Dominican University of California

Ross Valley Charter — A TK-5 Public School — Be Curious