

# Recommended Online Classes

Regular practise is what helps you develop your embodiment.

This list is a great starting point for you to discover embodiment classes for your practice experiments.

Some of them are free, some have a fee (not included in FEC/CEC).

In this overview you can find (online) classes recommended by our faculty - that means these teachers are ethical, good at what they do, have an embodiment-focus (rather than just skills or fitness) and we personally enjoy taking part in their classes.

This is not an exhaustive list, so please feel free to look around, and if you can find classes locally in-person this is preferable. Also great, if you'd like to share your online findings in our course-group on the learning platform so others might join in on the same class.

## Your practice experiments

As part of FEC you will try four new practices, and at the end of the course have the chance to pick one to continue with. For CEC students this is mandatory to build range as a coach. They can be done in person (preferable) or online if needed.

If on FEC and your current wellbeing is low, just do what brings you joy/is resourcing, and skip anything that doesn't appeal!

The order you do them can follow the course structure, or you can change it, if that's not practical for you.

- Yoga (earth art) - try it towards start of course
- Martial arts (fire art) - try it in the first half of FEC
- Improv (air art) - try it in the second half of FEC
- Embodied Relating (water art) - try it before last week of FEC

If you are familiar with a practice please try something new from the list below that matches its element (ask us if not sure), for example replacing yoga with Feldenkrais or tai chi, or martial arts with Flamenco. The point is to try a wide range of things and to go beyond what is familiar to your embodiment.

## Recommended classes:

### Yoga

- Embodied Meditation as well as Embodied Yoga Principles classes with Karin van Maanen <https://www.yogaandmindfulness.co.uk/classes>
- Embodied Yoga and Meditation class with Vidyadasa (gentle Hatha Yoga and meditation classes) <https://vidyadasa.com/>
- Peter Blackaby (gentle Hatha) <https://www.peterblackaby.co.uk/>
- Jim Tarran (Tantric influenced Iyenga) <https://www.jimtarranyoga.com/classes>
- Yoga Therapy & Breathwork with Simon-Borg Olivier <https://simonborgolivier.com/>

### Martial Arts

- Systema Online classes with Matt Hill (Martial Arts) <https://www.matthill.co.uk/online-academy-info-page>
- Takemusu Aikido Online Dojo <https://aikidoonline.org/class-schedule/>

### Improv

- Improv Taster Classes with Liz Peters (Improv Comedy) <https://www.eventbrite.co.uk/e/improv-taster-embodying-playfulness-tickets-262025674847>  
(ON PAUSE at the moment)
- Improv Taster Class with Andrew Cain <https://playconnect.co.uk/product/letting-go-of-right/>

### Embodied Relating

- Circling Europe (Online Circling class) <https://www.circlingeurope.com/online-experiences>
- Embodied Authentic Relating with Vix Anderton <https://vixanderton.com/embodied-authentic-relating>
- Authentic Relating Training - Community Calls <https://authenticrelating.co/art-community-circles/>

## Alternative practices:

- Partner dance
- Conscious dance
- Body / Dance movement therapy
- Bodywork e.g. Alexander Technique
- Online breathwork classes (Alchemy of Breath and Michael Stone, for example)
- Feldenkrais ATM / 1:1
- Intense Yoga
- Fire dance forms, e.g. Flamenco, Hiphop, Krumping
- Acro - Yoga
- Theater training
- Tantra (we don't know a good online class and there's often ethical issues in this field, so proceed with care - get recommendations locally). Michaela Boehm and Shashi Solluna are two we know do good work in-person

## Some more links:

- Movement Medicine with Ya'acov and Susannah Darling Khan (Free Dance)  
<https://21gratitudes.com/events>
- InZero One with Adam Barley (Free Dance)  
<https://onedancetribe.com/adam-barley-5rhythms/>
- 5rhythms class with Christian D'Sousa (Free Dance)  
<https://bookwhen.com/listeningforthenextwave#focus=ev-sa2h-20200409193000>
- Different Movement and Dance classes from Laura Ward  
<https://www.lauraward.com/classes.html>
- Gaga Online classes (Body awareness)  
<https://www.gagapeople.com/en/gaga-online/>
- Gaga Dance Ya'ara Dolev  
<https://www.tickettailor.com/events/thekey/619907/>

- Partner Dance with Flouer Evelyn  
<https://flouerdances.com/calendar/>
- Mind Body Resources with Mary Abrams (Continuum)  
<https://movingbodyresources.com/upcoming-events-classes/>
- Body Mind Centering© with Bonnie Bainbridge Cohen  
<https://www.bodymindcentering.com/bonnies-schedule/>
- Body Mind Centring© with Nina Wehnert  
<https://ninawehnert.com/en/category/classes-en/>
- Daily Meditation with Martin Aylward  
<https://sangha.live/daily/>
- Trauma-Sensitive Mindfulness with David Treleaven  
<https://davidtreleaven.com/>
- Alchemy of Breath (Breathwork)  
<https://alchemyofbreath.com/free-breathwork-sessions/>
- Breathwork with Kathleen Booker  
<https://www.kathleenbooker.net>
- Bodywork with Emily (Somatic Experiencing)  
<https://www.soulmindbodywork.com/>
- Feldenkrais with Alfons  
<https://www.youtube.com/c/FeldenkraiswithAlfons>
- TRE with David Berceli  
<https://www.david-berceli.com/>
- TEPP with Philip Shepherd  
<https://embodiedpresent.com/pages/free-resources>
- Aikido & Meditation with Miles Kessler  
<https://theintegraldojo.com/about/>
- Shaking practice with Ilan Staphani  
<https://ilanstephani.com/rage-freebe/>
- Relational Practices with Christina Dohr  
<https://christinadohr.com/workshops-trainings/>
- Play, creativity, shadow work & intimacy with Jamie Catto (2-hr free workshops too)  
<https://www.jamiecatto.com/workshops>