



# Pamela Stokes

## Therapeutic Movement and Brain Training for Optimal Wellbeing

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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 groups 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://MoveIntoResilience.com/links/>

**P**amela 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 from 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!

Pamela's appearances include:

## 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.



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