













ITPI Conference 2025 – Presenter Bios

Experiencing the Extraordinary at Esalen

ITPI Community Celebration

 <p>Teja Bell</p>	<p>Roshi Teja Fudo Myoo Bell is a Zen Master in the Rinzai lineage and a lifelong practitioner of the Dharma and Dao. He integrates qigong, martial arts, meditation, and healing energy practices, holding a 6th-degree black belt in Aikido as well as deep training in Chinese Internal Arts. Since 1999, Teja has co-taught over 150 retreats at Spirit Rock Meditation Center alongside renowned teachers including Jack Kornfield and Trudy Goodman. He leads international trainings, retreats, and annual teacher development programs in qigong, Zen, and embodied leadership. His studies span Theravada, Mahayana, and Vajrayana Buddhism, including teachings from His Holiness the Dalai Lama. Teja continues to teach and refine integrative practices that unite body, mind, and spirit in service of universal benefit.</p>
 <p>Donita Decker</p>	<p>Donita Decker has been an ITP practitioner for over 20 years. As well as being an ITP teacher, Donita has assisted with ITP and LET workshops in the Bay Area and at Esalen Institute. She is the co-leader of the ITPI Evolving You membership program that brings together ITP members from around the globe to share learning and insights about the evolutionary journey. Donita founded and is co-leader of the ITP group in San Rafael, CA. She is a Blue Belt in Nia and has an MBA in Healthcare Administration.</p>
 <p>Max Gaenslen</p>	<p>Max Gaenslen joined the ITPI management team in 2006 and co-designed and implemented the ITP Mastery program for its 10-year duration. An ITP Mastery teacher and trainer, Max has presented ITP and LET at many workshops, conferences and at Esalen Institute. Max is Coordinator of the Esalen Center for Theory and Research and a certified Hoffman trainer. He has shared his passion for growth and transformation in business, educational, and therapeutic settings. Max has been practicing ITP since 2004.</p>
 <p>Christina Grote</p>	<p>Christina Grote is a practitioner, ITPI board member, and leader of Integral Transformative Practice® (ITP), a long-term program dedicated to realizing the full potential of body, mind, heart, and soul. She is co-author, with Pam Kramer, of <i>Living an Extraordinary Life: The Magic of Integral Transformative Practice</i>, which shares the philosophy and practice that continues to inspire communities worldwide. Christina founded ITP Columbus and co-founded Good Medicine, an educational center in Columbus, Ohio, where she has helped cultivate spaces for learning, growth, and transformation. Through her leadership and writing, she has played a central role in expanding the reach of ITP and making its benefits accessible to a broad community.</p>
 <p>Rachel Hamilton</p>	<p>Rachel Hamilton is an accomplished actor, improviser, Emmy-nominated writer, and director. An alumna of The Second City, Chicago, she performed on the main stage and has since built a career in both performance and teaching. With more than 25 years of experience as an Improv teacher, Rachel has guided countless individuals to become more courageous, free, and playful in their self-expression. An active participant in the ITP community since 2011, she has presented at conferences, attended Integral Leadership 3 and The Journey of Practice series, and hosted fundraising events. Rachel currently serves on the Board of Directors of ITP International.</p>
 <p>Charlotte Hatch</p>	<p>Charlotte Hatch, a dedicated practitioner of ITP, has been practicing ITP since its inception in 1991 when she was a member of George Leonard and Michael Murphy's "experimental group." She is an ITP Mastery teacher, founder of ITP San Francisco in 2006 and is a 5th-degree black belt in Aikido. Charlotte has been instrumental in the design and implementation of the Mastery, Integral Leadership and the Ki of Cooperation trainings and leads workshops in LET and ITP. Charlotte leads our Annual ITP Practice Challenge.</p>

 <p>Pam Kramer</p>	<p>Pam Kramer is President of ITP International, the nonprofit organization that stewards ITP and the work of its founders, George Leonard and Michael Murphy. Pam is an ITP Mastery teacher, is on the faculty of Esalen Institute, and presents workshops at venues in the US and abroad. She is engaged in training ITP teachers, helping to form ITP groups, and bringing integral principles and practices to the workplace. Pam is a performance consultant and executive coach for organizations and entrepreneurs in the San Francisco Bay Area. She is co-author of <i>Living an Extraordinary Life: The Magic of Integral Transformative Practice</i>, along with her friend and colleague Christina Grote.</p>
 <p>Jeff Kripal</p>	<p>Jeffrey J. Kripal holds the J. Newton Rayzor Chair in Philosophy and Religious Thought at Rice University. He presently helps direct the Center for Theory and Research at the Esalen Institute in Big Sur, California. Jeff is the author or co-author of thirteen books, including <i>Authors of the Impossible</i>, and <i>Mutants and Mystics</i>. He is currently working on a three-volume study of paranormal currents in the history of religions and the sciences for The University of Chicago Press, collectively entitled <i>The Super Story</i>.</p>
 <p>Kim Kristenson-Lee</p>	<p>Kim Kristenson-Lee, MAIR, PCC, is dedicated to unlocking leadership potential through action learning and transformative coaching. A Mastery teacher with ITP International, she brings her expertise in personal and professional growth to the practice community. Kim is also the founder of Labyrinth Leadership Group, a for-cause organization that supports individuals and teams in navigating complex leadership challenges with clarity and purpose. With 25 years of experience in leadership development, she has guided leaders across diverse sectors to cultivate resilience, vision, and authentic presence in their work.</p>
 <p>Michael Lifshitz</p>	<p>Michael Lifshitz, PhD, is a Professor of Psychiatry at McGill University, working at the intersection of contemplative practice, neuroscience, and anthropology. He studies practices that aim to transform subjective experience—from meditation and hypnosis to placebos, prayer, and psychedelics. He completed his PhD in Neuroscience at McGill and then a postdoc in Anthropology at Stanford. Drawing on this interdisciplinary background, his research explores how experience, neurobiology, and cultural context interact to shape the process and outcomes of spiritual practice.</p>
 <p>Michelle Anise</p>	<p>Michelle is a musician and healing arts practitioner with over 20 years of experience creating transformational spaces for healing, growth, and creative expression. Her work weaves together music, sound healing, and integrative mind-body practices to support personal and spiritual well-being. She has released five guided meditation and sound healing albums with Hay House and continues to produce her own original music. Michelle is also the creator of the Mystic Path Oracle, a tool for inspiration and inner guidance. Through her artistry and healing practice, she invites others into experiences of deep renewal, creativity, and connection.</p>
 <p>Roger Marsh</p>	<p>Roger Kenneth Marsh is committed to evolving humanity to a more peaceful, joyful, and love-based state. He has been practicing ITP since 2004 when he helped establish and lead ITP Walnut Creek in Northern California. Roger continued developing his leadership through all ITP Mastery programs since 2008, co-leading ITP Group Leader gatherings since 2012, and co-facilitating the Integral Leadership Mastery Program since 2018. Through his own company Beyond Belief, Roger is a leadership coach opening the hearts and minds of leaders around the world. With a BS in engineering and an MBA, he brings a grounded and pragmatic approach to the further development of our human capacities.</p>

 <p>Michael Murphy</p>	<p>Michael Murphy is co-founder of Integral Transformative Practice® and co-founder and Chairman Emeritus of Esalen Institute, where he also directs the Center for Theory and Research. He has authored four novels—<i>Golf in the Kingdom</i>, <i>The Kingdom of Shivas Irons</i>, <i>Jacob Atabet</i>, and <i>An End to Ordinary History</i>—and several nonfiction works, including <i>The Life We Are Given</i>, <i>In the Zone</i> (with Rhea White), and <i>The Future of the Body</i>. <i>Golf in the Kingdom</i>, still a bestseller after 50 years, inspired the Shivas Irons Society, a nonprofit with members worldwide. Born in Salinas, Murphy graduated from Stanford, spent a year at the Sri Aurobindo Ashram in India, and helped launch Esalen's Soviet-American Exchange Program in 1980.</p>
 <p>Robert Nadeau</p>	<p>Robert Nadeau Shihan is one of the most senior Aikido teachers in the world today and was a personal student of the art's founder, Morihei Ueshiba. He holds the rank of 8th dan and is certified as shihan (master teacher) by Aikido World Headquarters. A pioneering force in the spread of Aikido in America, he co-founded the Aikido Association of Northern California and later the California Aikido Association, now an international community of more than 100 dojos. Nadeau's teaching emphasizes O-Sensei's vision of Aikido as both martial training and a path of personal and spiritual development. His influence extends globally through decades of teaching, seminars at Esalen Institute, and contributions featured in works by Michael Murphy, George Leonard, and Dan Millman.</p>
 <p>Lucy Piper</p>	<p>Lucy Piper has practiced Integral Transformative Practice® (ITP) since 2008 and leads the ITP groups in Tulsa. She strengthened her leadership through two cycles of the Mastery program in the Bay Area, an experience that inspired her to help bring Mastery to the Heartland. A lifelong learner, Lucy is passionate about fostering growth for herself and others. She holds a BA in Philosophy and an MS in Curriculum and Instruction. Before retiring in 2013, she taught for thirty years, primarily in the elementary grades, where she cultivated her love for guiding learning and development.</p>
 <p>Rick Poplin</p>	<p>Rick Poplin is a retired U.S. Air Force Colonel and pilot with over 30 years of leadership experience in high-stakes environments. He commanded a Fighter Squadron and an Operations Group, later serving at the Pentagon as Integration Branch Chief in the National Guard Bureau's Plans & Programs Directorate. Today, he is a Boeing 787 Captain for a major U.S. airline. Rick holds a BS in Management Information Systems from Oklahoma State University and a Master's in National Resource Strategy from The Eisenhower School at National Defense University, graduating with distinction. He is an Associate Certified Coach (ACC), an Archetypes at Work™ practitioner, and facilitator with Olivier Mythodrama. He also created and leads the Leadership and Mentoring Program (LAMP) for the Hermosa Beach Police Department and other civic groups.</p>
 <p>Barry Robbins</p>	<p>Barry Robbins is Vice President of ITP International and a long-time leader in the ITP community. He co-founded Community ITP in Mill Valley, CA, and Palo Alto ITP, and serves as an ITP Mastery teacher. Barry leads workshops at Esalen Institute and other venues across the U.S., sharing his depth of experience in Integral Transformative Practice®. A former nationally ranked athlete, he also spearheads ITPI's initiatives in the field of sports, exploring the connection between athletic performance and personal transformation. In addition, Barry has taken an active leadership role in addressing climate change, bringing ITP principles of cooperation and resilience to this urgent global challenge.</p>
 <p>Helen Washecheck</p>	<p>Helen Washecheck grew up in Oklahoma and divides her time between Tulsa, OK and Hermosa Beach, CA. A practicing physical therapist since 1991, she owned and operated private clinics in Tulsa for 25 years. In addition to her physical therapy expertise, she has trained in Somatic Experiencing, Family Constellation, Craniosacral Therapy, and various healing modalities. Helen now offers private one-on-one sessions, helping clients restore and sustain active lifestyles. She is also a faculty member of The Steiner Institute in Austin, TX. An ITP participant since 2008, Helen found the practice essential while raising two sons and managing her career. She joined the ITP International board in 2023.</p>