

# RÉMI THÉRIAULT

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## EDUCATION

2018/09– Present	PhD (Psychology – Social) GPA: 4.30/4.30 Supervisor: Stéphane Dandeneau	Université du Québec à Montréal (UQAM)
2016/09– 2018/08	Master of Science (Psychiatry) GPA: 4.00/4.00 Supervisor: Amir Raz Advisory Committee: Amir Raz, Jennifer Bartz, Donald Taylor, & Samuel Veissière	McGill University
2013/01 –2016/04	Bachelor of Arts (Psychology, Behavioral Science, & Sociology) GPA: 3.76/4.00 (Distinction – top 25%) Supervisor: Amir Raz	McGill University
2010/08 – 2012/09	Diplôme d'Étude Collégial (Sciences humaines) Cote R: 30.754	Cégep Édouard-Montpetit

## COURSES TAUGHT

Winter 2019	PSY5610 – <i>La psychologie des attitudes</i> . Undergraduate university class (38 students)	Université du Québec à Montréal (UQAM)
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## RESEARCH GRANTS

2019–2021	<i>Mind &amp; Life Francisco J. Varela Research Grant (Mind &amp; Life Institute)</i> .....	US \$20,000
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## RECOGNITIONS AND AWARDS

2021	<i>Bourse d'excellence de l'Institut des sciences cognitives (UQAM)</i> .....	\$2,000
2019	<i>McGill Department of Psychiatry Travel Award</i> .....	\$485
2019	<i>Social Sciences and Humanities Research Council (SSHRC) Storytellers Finalist</i> .....	\$3,000
2018–2021	<i>Joseph-Armand Bombardier (SSHRC) Canada Graduate Scholarship-Doctoral</i> ...	\$105,000
2018–2021 (Declined)	<i>Fonds de recherche du Québec - Société et culture-Doctoral</i> .....	\$63,000
2017–2018	<i>Joseph Armand Bombardier (SSHRC) Canada Graduate Scholarship-Master's</i> ....	\$17,500
2017–2018 (Declined)	<i>Fonds de recherche du Québec - Société et culture-Master's</i> .....	\$15,000
2016–2017	<i>McGill University Graduate Excellence Fellowship in Mental Health Research</i> .....	\$10,000
2016–2017	<i>Stipend from Dr. Amir Raz</i> .....	\$7,850
2015	<i>McGill Faculty of Arts Research Internship Award</i> .....	\$4,000
2013	<i>Je prends ma place Laureate, for citizen involvement (Government of Québec)</i> ....	\$1,000
2012	<i>Forces Avenir Laureate – College, Committed Student</i> .....	\$2,500
2012	<i>Bourse Coopérative-Odyssée, for student involvement</i> .....	\$750
2011	<i>Bourse Édouard-Montpetit-Desjardins, for student involvement</i> .....	\$750

**PEER-REVIEWED PUBLICATIONS**

- Thériault, R. (2019). Book review: Awareness is freedom: The adventure of psychology and spirituality. *Frontiers in Psychology*, 10(2814). doi: 10.3389/fpsyg.2019.02814
- Krol, S. A., Thériault, R., Olson, J. A., Raz, A., & Bartz, J. (2019). Self-concept clarity and the bodily self: Malleability across modalities. *Personality and Social Psychology Bulletin*, 46(5). doi: 10.1177/0146167219879126
- Thériault, R., & Raz, A. (2018). Patterns of bronchial challenge testing in Canada. *Canadian Journal of Respiratory Therapy*, 54(2), 41-47. doi: 10.29390/cjrt-2018-006
- Lifshitz, M., Sheiner, E. O., Olson, J., Thériault, R., & Raz, A. (2017). On suggestibility and placebo: A follow-up study. *American Journal of Clinical Hypnosis*, 59(4), 1-8. doi: 10.1080/00029157.2016.1225252

**NON-PEER-REVIEWED PUBLICATIONS**

- Thériault, R. (2018). *Comparing the effects of mental and embodied perspective-taking* (Master's thesis). McGill University, Montréal, Québec, Canada.
- Thériault, R. (2016). *Exploring cognitive dimensions of body ownership* (Bachelor's thesis). McGill University, Montréal, Québec, Canada.
- Thériault, R., Baron, A., & Cowell, B. (2012). *Comment les activités artistiques peuvent développer l'estime de soi chez les jeunes marginalisés : une intervention en cirque social à la maison des jeunes Kekpart* (Collegial thesis). Cégep Édouard-Montpetit, Longueuil, Québec, Canada.

**INVITED TALKS**

- Thériault\*, R., Quilico\*, E., Tétreault\*, F., Labossière\*, S., Boudreau\*, S. (2020, May 13; \*all panelists contributed equally). Workshop with the SSHRC's Storytellers Finalists: An Opportunity to Learn about and Practice the Art of Presenting (Atelier avec les finalistes du concours CRSH – J'ai une histoire à raconter : une occasion d'apprendre et pratiquer l'art de la présentation). Panel organized by the *Centre for Interdisciplinary Research in Rehabilitation of Greater Montreal (CRIR)*. Presentation available from: <https://youtu.be/8VfnOjnon30?t=4288>.
- Thériault, R., Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., Krol, S., Olson, J., & Raz, A. (2019, January 15). Immersive embodiment experiences improve intergroup relations, empathy, self-other overlap, and prejudice. Online webinar for the *Student Speaker Series* of the *Student Division of the International Positive Psychology Association*. Presentation available from: <https://vimeo.com/user68157211/review/378278530/8d86f3cb33>.
- Thériault, R., Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., Krol, S., Olson, J., & Raz, A. (2018, October 25). Virtual-reality-based immersive embodiment experiences increase empathy, reduce prejudice. Oral presentation for the *Institute for Interdisciplinary Brain and Behavioral Science* in Orange, California.
- Thériault, R., & Raz, A. (2016, December 8). Diagnosing asthma across Canada: question marks... and exclamation points! Oral presentation for the *Chronic Diseases Seminar* for the *Research Center of the Hôpital Sacré-Coeur de Montréal*, QC.
- Thériault, R. (2016, October 19). Vers un changement constructif dans les communautés autochtones : une perspective de psychologie sociale. Oral presentation for the *Wampum Center* at the *Native Friendship Center of Montreal*, QC.

## **CONFERENCE TALKS**

- Thériault, R.** (2019, June 3). Réduire les préjugés et augmenter l'empathie via la réalité virtuelle. Talk presented at the *2019 Congress of the Humanities and Social Sciences* in Vancouver, BC.
- Thériault, R.**, Corber, L., MacLean, C. W., Napoleon, J.-S., Olson, J. A., & Raz, A. (2018, August 24). Can suggestion affect pulmonary function in children with suspected asthma? Talk presented at the *XXI World Congress of Medical and Clinical Hypnosis* in Montréal, QC.
- Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., **Thériault, R.**, Krol, S., Olson, J., & Raz, A. (2018, June 5). Walking a mile in another's shoes: Can virtual reality decrease prejudice? Conference talk presented by first author at the *Research Day of the Douglas Hospital Research Centre and McGill Department of Psychiatry* in Montréal, QC.
- Thériault, R.**, Krol, S., & Raz, A. (2017, July 14). Investigating the effects of mental versus embodied perspective-taking on prejudice. Talk presented at the *Fifth World Congress on Positive Psychology* in Montréal, QC.
- Thériault, R.**, Landry, M., Mattuck, S., & Raz, A. (2017, June 2). The Rubber Hand Illusion: Does load affect EEG & electrodermal activity? Talk presented at the *Research Day of the Douglas Hospital Research Centre and McGill Department of Psychiatry* in Montréal, QC.
- Lifshitz, M., Sheiner, E., Olson, J., **Thériault, R.**, & Raz, A. (2016, October 6). "On suggestibility and placebo". Conference talk presented by first author at the *67th meeting of the Society for Clinical and Experimental Hypnosis* in Boston, MA.

## **CONFERENCE POSTER PRESENTATIONS**

- Bold, J., **Thériault, R.**, Olson, J., Stain, A., Curry, D., & Raz, A. (2020, February 29). Replicating the Body Swap in a Different Sample: Preliminary Data. Poster session presented by first author at the *Society for Personality and Social Psychology Annual Convention* in New Orleans, Louisiana.
- Thériault, R.**, Dandeneau, S., & Baldwin, M. (2019, July 20). All in a Smiling Face: The Attentional Benefits of Dynamic Attention Training for Low Self-Esteem Individuals. Poster session presented at the *Sixth World Congress on Positive Psychology* in Melbourne, Australia.
- Thériault, R.**, & Dandeneau, S. (2019, June 12). Trait self-control moderates the effects of priming mindfulness on aggressive behaviour. Poster session presented at the *Mind & Life Summer Research Institute* in Garrison, New York.
- Thériault, R.**, Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., Krol, S., Olson, J., & Raz, A. (2018, June 6). Being one with diversity through perspective-taking: Mind or body to increase prosocial feelings? Poster session presented at the *Mind & Life Summer Research Institute* in Garrison, New York.
- Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., **Thériault, R.**, Krol, S., Olson, J. A., & Raz, A. (2018, June 5). Walking a mile in another's shoes: Can virtual reality decrease prejudice? Poster session presented by first three authors at the *Research Day of the Douglas Hospital Research Centre and McGill Department of Psychiatry* in Montréal, QC.
- Thériault, R.**, Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., Krol, S., Olson, J., & Raz, A. (2018, May 24-25). Comparing two interventions to reduce prejudice and increase empathy. Poster session presented at the *Fourth Canadian Conference on Positive Psychology* in Toronto, ON.
- Thériault, R.**, Landry, M., Mattuck, S., & Raz, A. (2017, June 2). The Rubber Hand Illusion: Does load affect EEG & electrodermal activity? Poster session presented at the *Research Day of the Douglas Hospital Research Centre and McGill Department of Psychiatry* in Montréal, QC.

- Thériault, R., Landry, M., Mattuck, S., & Raz, A.** (2017, May 12). The impact of load on electrodermal activity during the Rubber Hand Illusion. Poster session presented at the *8th Annual LDI Scientific Retreat* in Montréal, QC.
- Mattuck, S., **Thériault, R., Landry, M., & Raz, A.** (2017, April 17). Exploring the influence of cognitive resources on body ownership. Poster session presented by first author at the *Psychology Undergraduate Research Day* at McGill University in Montréal, QC.
- Thériault, R., Landry, M., & Raz, A.** (2016, April 15). Exploring the effects of cognitive load and task instructions in the Rubber Hand Illusion. Poster session presented at the *Psychology Undergraduate Research Day* at McGill University in Montréal, QC.
- Thériault, R., Landry, M., & Raz, A.** (2016, January 19). Exploring cognitive aspects of body ownership. Poster session presented at the *6th Annual Faculty of Arts Undergraduate Research Event* at McGill University in Montréal, QC.

### **MEDIA PUBLICATIONS**

- Thériault, R.** (2020, September 1). Student Success Series (with: Rémi Thériault) [Blog post]. Student Ambassador Program of the Canadian Positive Psychology Association. Retrieved from <https://medium.com/@cppastudents/student-success-series-with-rémi-thériault-7c15d09b98f>
- Thériault, R.** (2020, August 21). Introducing an R function for making nice tables [Blog post]. Retrieved from [https://remitheriault.cf/blog\\_table](https://remitheriault.cf/blog_table)
- Thériault, R.** (2020, February 28). Interpolating the Inclusion of the Other in the Self Scale [Blog post]. Retrieved from [https://remitheriault.cf/blog\\_circles](https://remitheriault.cf/blog_circles)
- Thériault, R.** (2019, October 14). Introducing an R function for easy randomization [Blog post]. Retrieved from [https://remitheriault.cf/blog\\_randomize](https://remitheriault.cf/blog_randomize)
- Thériault, R.** (2019, September 12). Introducing an R function for making nice scatter plots [Blog post]. Retrieved from [https://remitheriault.cf/blog\\_scatter](https://remitheriault.cf/blog_scatter)
- Thériault, R.** (2019, September 6). Introducing an R function for making nice violin plots [Blog post]. Retrieved from [https://remitheriault.cf/blog\\_violin](https://remitheriault.cf/blog_violin)
- Thériault, R.** (2015, December 7). Does hypnosis improve clinical interventions? [Blog post]. Retrieved from <https://www.facebook.com/notes/rémi-thériault/does-hypnosis-improve-clinical-interventions/10154268637803797>
- Thériault, R.** (2015, April 9). The SOI, the Big Five traits of personality, and personal transformation [Blog post]. Retrieved from <https://www.facebook.com/notes/rémi-thériault/the-soi-the-big-five-traits-of-personality-and-personal-transformation/10153829459748797>
- Thériault, R.** (2015, April 8). L'hypothèse de continuité dans les rêves et son extension morale [Blog post]. Retrieved from <https://www.facebook.com/notes/rémi-thériault/lhypothèse-de-continuité-dans-les-rêves-et-son-extension-morale/10153830286773797>
- Thériault, R.** (2014, November 27). Critically assessing the motivational framework of Rhonda Byrne's *The Secret* [Blog post]. Retrieved from <https://www.facebook.com/notes/rémi-thériault/critically-assessing-the-motivational-framework-of-rhonda-byrnes-the-secret/10153691320873797>
- Thériault, R.** (2014, April 10). Buddhist koans: Duality of language and its transcendence [Blog post]. Retrieved from <https://www.facebook.com/notes/rémi-thériault/buddhist-koans-duality-of-language-and-its-transcendence/10153691300283797>

- Thériault, R. (2014, April 3). Do we really know what yoga means?: The place of spirituality in yoga research [Blog post]. Retrieved from <https://medium.com/@rempsyc/do-we-really-know-what-yoga-means-96fc8e083411/>
- Thériault, R. (2014, March 29). How I became intelligent: or why IQ tests may fail to awaken one's potential [Blog post]. Retrieved from <https://medium.com/@rempsyc/how-i-became-intelligent-a95bc08c6290>
- Thériault, R. (2014, March 23). The quest for meaning and where it originates [Blog post]. Retrieved from <https://medium.com/@rempsyc/the-quest-for-meaning-eda73de238b8>
- Thériault, R. (2014, March 22). Do you know your EQ?: No, I'm not talking about your intelligence quotient [Blog post]. Retrieved from <https://medium.com/@rempsyc/do-you-know-your-eq-23beca870fc>
- Thériault, R. (2012, October 10). Bilan de RIO+20: La planète n'y arrivera pas si on ne change pas de modèle! *Le MotDit : Le journal étudiant du Collège Édouard-Montpetit*, 38(3), p. 5. Retrieved from <https://issuu.com/motdit/docs/motdit10.10.12>
- Thériault, R. (2012, August 30). Une folle élection : « ki cé kon vote, pq ou qs? » [pastiche]. *Le MotDit : Le journal étudiant du Collège Édouard-Montpetit*, 38(1), p. 6. Retrieved from <https://issuu.com/motdit/docs/motdit30.08.12>
- Thériault, R. (2012, February 22). Réflexion économique sur la hausse des droits de scolarité. *Le MotDit : Le journal étudiant du Collège Édouard-Montpetit*, 37(5), p. 10.
- Thériault, R. (2011, April 27). Expérience sur les perceptions extrasensorielles. *Le MotDit : Le journal étudiant du Collège Édouard-Montpetit*, 36(7), p. 6.

## **OTHER CONTRIBUTIONS**

**Reviewer** for the *XXI World Congress of Medical and Clinical Hypnosis*, organized by the International Society of Hypnosis and the Société Québécoise d'Hypnose, August 22-25, 2018, Montréal.

## **MEDIA INTERVIEWS**

- Morin, I. (2020, May 29). Un peu de courtoisie. *La Presse*. Retrieved from: <https://www.lapresse.ca/societe/2020-05-29/un-peu-de-courtoisie>
- Morin, I. (2020, May 29). Vivre ensemble au temps de la COVID-19. *La Presse*. Retrieved from: <https://www.lapresse.ca/societe/2020-05-29/vivre-ensemble-au-temps-de-la-covid-19>
- Bourderon, C. and Laliberté, J.-S. (Producers), & Robitaille, É. (Host). (2018, December 7). Avez-vous des limites? *On est tous des humains* [Broadcast interview – panel guest]. Retrieved from: <https://canalm.vuesetvoix.com/radio/emissions/emanuelle/avez-vous-des-limites/>
- Bourderon, C. and Bolduc, M. (Producers), & Robitaille, É. (Host). (2018, October 19). Êtes-vous altruiste? *On est tous des humains* [Broadcast interview – panel guest]. Retrieved from: <https://canalm.vuesetvoix.com/radio/emissions/emanuelle/etes-vous-altruiste/>
- LaRoche, G. (Producer and host). (2018, August 21). Episode 10 - Student conversation ft. Rémi. *The Happiness Legacy Podcast* [Audio podcast guest]. Retrieved from: <https://thehappinesslegacy.com/podcast>
- Guy, L.-P. (Producer and host). (2012, February 1). Échange sur la relève en économie sociale et l'action communautaire [Broadcast interview – panel guest]. Longueuil, QC: FM 103,3 – La radio allumée.

## **OTHER RESEARCH EXPERIENCE**

- 2013/09–2016/09     Research Assistant, Amir Raz Cognitive Neuroscience Laboratory, McGill University
- 2014/09–2016/09     **Sensory Deprivation, Consciousness, and Dissociation.**
- Conceived research designs & formulated hypotheses
  - Performed various administrative tasks related to the sensory deprivation unit (shopping, maintenance, risks, authorizations, etc.).
- 2013/09–2016/09     **Administrative Assistantship.**
- Worked on the WordPress website (razlab.org) & managed servers
  - Edited videos and photos
  - Performed various investigations on different topics for PI
- 2013/07–2015/08     **Exploring Methodologies of Altered Consciousness.**
- Made literature review
  - Led a computer science/electrical engineering team to build a virtual reality system
- 2015/05–07             **Posture and Human Resting-State (EEG, MEG).**
- Performed various tasks (including statistical analyses) on Brainstorm, Matlab, and Photoshop.
- 2014/01–09             **Chronic Hives and the Effect of Cognitive Treatment in Kids and Adults.**
- Recruited and managed participants' appointments
- 2014/05–08             **Attention Training in Health and Disease.**
- Trained children's attention with video games (data collection)

## **LEADERSHIP EXPERIENCE**

- Canadian Positive Psychology Association (CPPA)** Montréal, Québec  
*Student Ambassador (for the province of Québec)* 2019/09 – Present
- Connect students to CPPA, increase membership
  - Organize and host periodic webinars
  - Periodic meetings and brainstorming with member of CPPA Board
  - As lead, manage ~ 20 other Student Ambassadors for various projects (blog, webinar, logo, Instagram, etc.)
- International Positive Psychology Association (IPPA)** Montréal, Québec  
*Regional Representative (for the province of Québec) of the Student Division (SIPPA)* 2017/12 – Present
- Connect local members to IPPA's Student Division
  - Monthly meetings and brainstorming with Representatives and SIPPA Executive Team
  - Created an interactive map of locations of all representatives across the globe for the website
  - Contribution to SIPPA newsletter
- Volunteer for the 5<sup>th</sup> World Congress on Positive Psychology* 2017/07
- Helped promote the Conference
  - Facilitated talks and lectures (room host)
  - Registration desk: welcomed attendees, answered queries, gave conference badge and goodies bags
- "Regroupement québécois de psychologie positive"** Montréal  
*Member of think-tank for the future of positive psychology in Québec* 2016/04 – Present
- Participate to group meetings, discussions, debates, vision, and orientations
  - Part of a) research, b) clinical, c) student, and d) English community committees
  - Contribute to advertisement and goals of the group through public outreach, document preparation, help with organization of conference, and presentations to student associations to foster collaborations
- Permaculture ta Ville** Montréal  
*Co-Founder* 2012/11 – 2016/08
- Co-managed a community garden in Boucherville (summer 2014)

- Lead presentations and promote urban permaculture, co-managing Facebook page
- SOI (Sagesse, Ouverture, Intégrité)** Cégep Édouard-Montpetit
- Founding president* (2010/09 – 2012/09), *Alumnus Coach* (2012/09 – 2016/08) 2010/09– 2016/08
- As president: led the executive administrative board (6 people); managed budget (~\$700/year); promoted well-being, happiness, and health, and led activities based on psychological principles
- As coach: mentored and coached new members of the governing body; worked at improving administrative structure and increasing organization visibility through various promotional actions; organized annual retreat and lead various workshops and activities based on positive psychology
- Canadian Positive Psychology Association** Niagara-on-the-Lake, Ontario
- Ambassador for the 3<sup>rd</sup> and 4<sup>th</sup> Canadian Conference on Positive Psychology* 2016/06
- Helped organize and promote the Conference
- Facilitated talks and lectures (room host), helped with logistics
- Assisted with translations for speakers and documents
- Shaved Head Challenge** Montérégie/Montréal
- Co-spokesperson* (04-10/2009), *Participant* (05/2015) 2009/04-10, 2015/05
- 2015: Shaved and gave my hair, plus collected 1080\$ in the community for Leucan
- 2009: Represented Leucan and the Challenge for the Montérégie region
- McGill University Leadership Training Program** McGill University
- Trainee* 2012/09 – 2013/04
- Completed the Leadership Skills Development Workshop series
- Institut du Nouveau Monde & Forum Jeunesse Longueuil** Cégep Édouard-Montpetit
- Main Organizer* 2012/06 – 2012/08
- Organized electoral debate for the provincial elections, communications & setup
- Société Québécoise de Psilogie** Montréal
- Volunteer* 2011/03-2012/07
- Scanned all past issues of *Le Lien Psi*, the organization's journal, and distributed it on CDs
- Groupe d'Économie Solidaire du Québec (GESQ)** Rio de Janeiro, Brazil
- Member of the Youth Delegation* 2012/06
- Participated in the United Nations Conference on Sustainable Development
- SIRIUS** Quito & Santo Domingo, Ecuador
- Intern* 2012/01
- Taught children academic topics, painted school, & worked in indigenous cocoa plantation
- VOX POPULI** Québec City
- Intern* 2011/03
- Visited various democratic institutions of the government, met with politicians & wrote a final report

## PROFESSIONAL AFFILIATIONS

- 2021/01 – Present Institut des sciences cognitives (UQAM)
- 2016/09 – Present International Positive Psychology Association
- 2016/02 – Present Psychologists for Social Responsibility
- 2015/09 – Present Canadian Positive Psychology Association

## CONFERENCES ATTENDED

- 2019/07/17-21 6<sup>th</sup> World Congress on Positive Psychology Melbourne, Australia
- 2019/06/08-14 Mind & Life Summer Research Institute Garrison, New York
- 2019/06/01-07 Congress of the Humanities and Social Sciences Vancouver, BC

2018/08/22-25	XXI World Congress of Medical and Clinical Hypnosis	Montréal
2018/06/02-08	Mind & Life Summer Research Institute	Garrison, New York
2018/05/23-25	4 <sup>th</sup> Canadian Conference on Positive Psychology	Toronto, ON
2017/06/13-16	5 <sup>th</sup> World Congress on Positive Psychology	Montréal
2017/06/12	Psychologie Positive au sein de la francophonie, perspectives et prospective	Montréal
2017/05/02	Research Day of the Douglas Hospital Research Centre	Montréal
2017/05/12	8 <sup>th</sup> Annual LDI Scientific	Montréal
2016/05/15-17	3 <sup>rd</sup> Canadian Conference on Positive Psychology	Niagara-on-the-Lake, ON
2015/04/15	Psychology Undergraduate Research Day	McGill University
2015/01/19	6 <sup>th</sup> Annual Faculty of Arts Undergraduate Research Event	McGill University

### **RESEARCH INTERESTS**

Contemplative practices, anomalous experiences, bodily self-consciousness, multisensory integration, Self-Determination Theory, Theory of Mind, empathy, self-regulatory strength, positive & moral psychology

### **TECHNICAL SKILLS**

Including: Microsoft Office suite, Adobe Software, Windows Movie Maker, WordPress, R, SPSS, Matlab, ActiView, Brainstorm, Brain Analyzer, Qualtrics, Inquisit

### **LANGUAGES**

French (native) and English (fluent)

### **ACTIVITIES AND INTERESTS**

Martial arts (Jeet Kune Do & others), breakdance, parkour/free running, skateboard, gymnastics, yoga, salsa