

2026



# PRESS & MEDIA KIT

Making self-healing accessible to all





# THE BODY CAN HEAL ITSELF

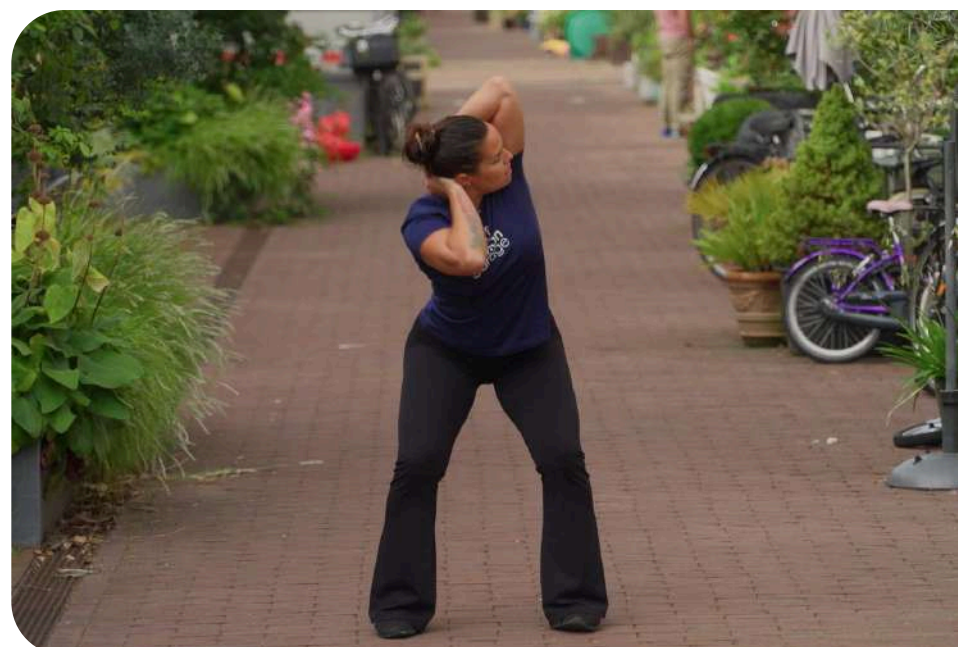
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With over 50 million people practicing Fascial Maneuvers and 2 billion views across our digital platforms. Fascial Maneuvers have grown into more than a physical movement practice. They represent a complete healing and performance lifestyle that we believe is the future of healthcare.

We have developed a multitude of (pay-what-you-can) programs to enrich the lives and a deeper dive into our philosophies and lifestyle. This includes 1-Day, 3-Day, 7-Day, and 28-Day Life Resets, Lifestyle Artist Programs, Coaching & Facilitating, Content Creation, as well as business and entrepreneurship.



WE'VE REACHED OVER  
**2 BILLION PEOPLE**  
AND WE ARE JUST  
GETTING STARTED





# UNWINDING THE PROBLEM

We believe **the body was designed to heal itself**, and when a person is willing to actively take responsibility in the process, they can be successful.

This was the missing link in their journey of self-transformation.

We believe that by sharing easily accessible, simple, and practical solutions to problems that arise in people's lives, people can embark on their journey of self-transformation.



## OUR VISION

We see a world where...

**billions of people have the power to heal themselves** and have taken back control of their health again.

The Fascial Maneuvers are being embedded into communities, schools, culture, hospitals, sports teams.

Not only as an exercise practice – but as a healing practice and lifestyle.

# IT'S A GLOBAL MOVEMENT

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People are practicing and teaching Fascial Maneuvers all over the world, in many languages, and using them to improve their lives.

We are passionate about creating a world where health education is completely open sourced and accessible to everyone around the world that needs it.

We have observed everywhere we go chemicals are in our food, care products, and environment. Poor nutrition, inadequate education, stressful living and work environments have caused the body to twist, torque and break down.

The world is changing with social pressure and programming rapidly rising. Mental health, suicide and disease are at an all-time high.

An overwhelming number of people are looking for solutions, seeking specialists from all areas of care to help them adapt to this changing world.

As a result, people are lost, frustrated, exhausted and starting to give up hope on feeling healthy and having fun in their life again.



## WHERE IT ALL BEGAN



Human Garage began as a clinic in Venice, California working with athletes, celebrities and award-winning performing artists.

Conducting over 200,000 appointments we quickly became one of the world's largest multidisciplinary clinics with practitioners from all forms of medicine.



# THE START OF FASCIAL MANEUVERS

After years of working with people, we realized healing doesn't happen when it's done for you. It happens when you take your power back.

In **2020**, we created the **fascial maneuvers**, a movement process that reduces stress, releases trauma, and helps you feel younger in just minutes.

For the first time, we had tools to heal ourselves. We no longer had to rely on anyone else.

When suffering became widespread, we knew this work had to meet people where they were. The pay-what-you-can model is our way of building trust, dignity, and shared responsibility for healing.



## WHAT ARE FASCIAL MANEUVERS?

**Fascial Maneuvers are the fastest growing self-care movement modality on the planet.**

They combine breathing, counter-rotation, and pinning the fascia to release unwanted stress and tension from the body in just minutes.

They are so simple that anyone can do them.

Fascial Maneuvers were designed with the intention to empower people to take back control of their health again.

# THE POWER OF SELF-HEALING

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Empowering people to heal themselves is at the heart of everything we do.



**Healing Happens in Community**

[▶ watch video](#)



**Movement Is How the Body Cures Itself**

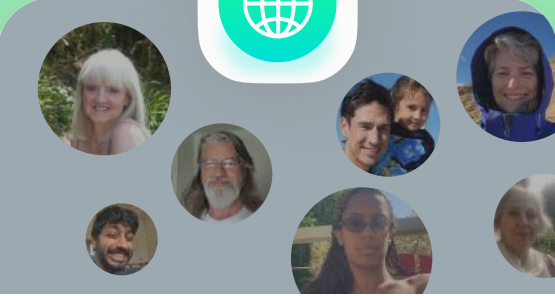

[▶ watch video](#)



**All Disease Starts With Emotions That Are Dysregulated**

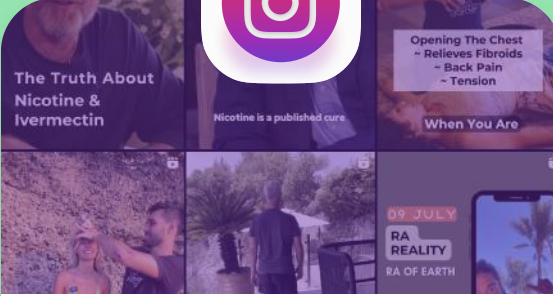

[▶ watch video](#)

# SOCIAL MEDIA FOLLOWERS 2026



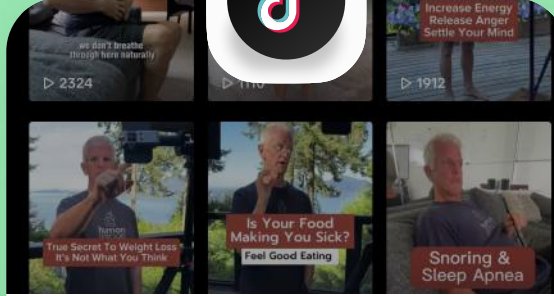
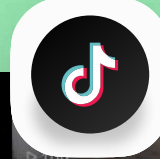
ONLINE  
COMMUNITY

**150K**



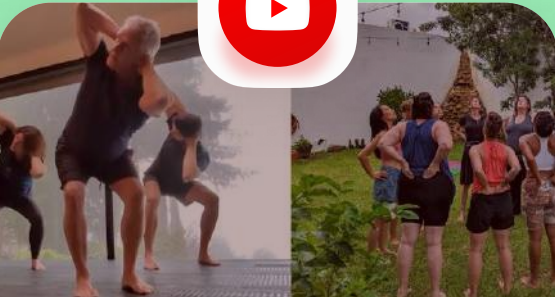
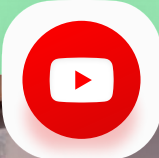
INSTAGRAM  
FOLLOWERS

**3.23M**



TIKTOK  
FOLLOWERS

**1.7M**



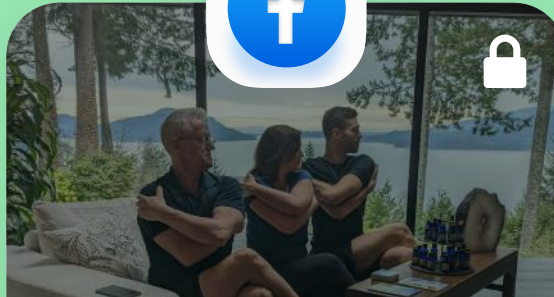
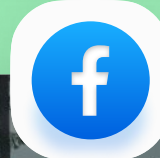
YOUTUBE  
FOLLOWERS

**349K**



FACEBOOK  
FOLLOWERS

**1.7M**



PRIVATE FACEBOOK  
FOLLOWERS

**80K**

# AVERAGE MONTHLY VIEWS

JANUARY 2026



@Human Garage  
FACEBOOK

**50M**



@humangarage  
INSTAGRAM

**50M**



@humangarage  
TIKTOK

**4.5M**



@garrylineham  
INSTAGRAM

**15.5M**



@jason.vanblerk  
INSTAGRAM 1

**42.2M**



@jasonvanblerk2  
INSTAGRAM 2

**26.5M**



@aishahumangarage  
INSTAGRAM

**2.9M**



@HumanGarage  
YOUTUBE

**1.8M**



@humangarage.tv  
INSTAGRAM

**3.5M**

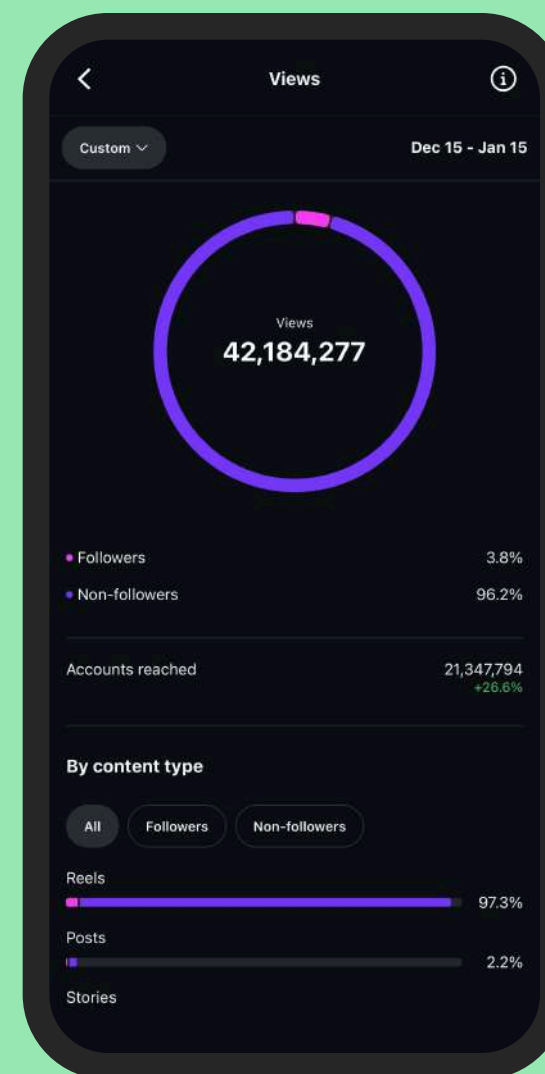
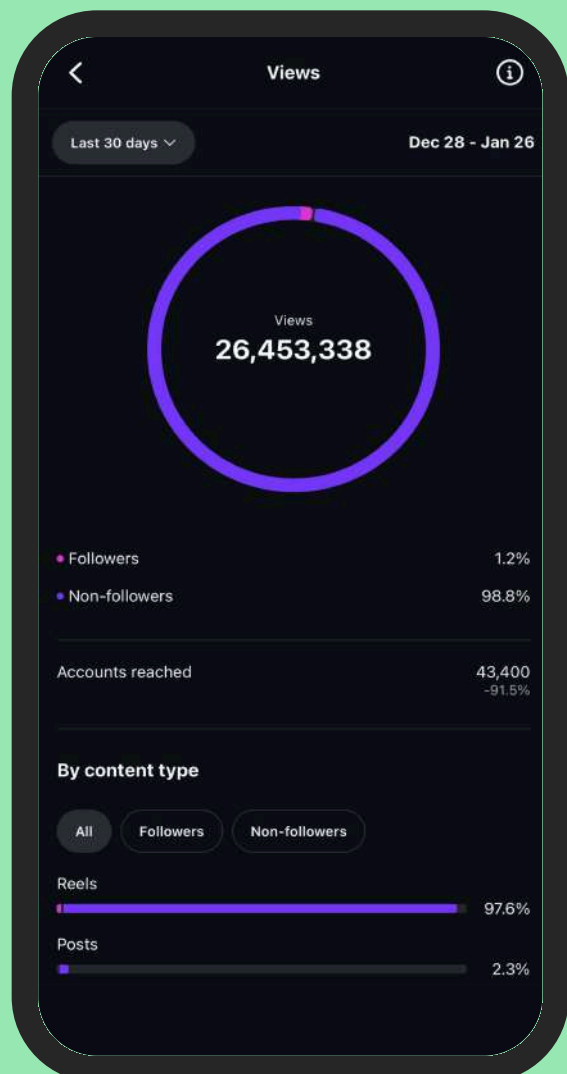


@fascialmaneuvers  
INSTAGRAM

**18K**

# BEHIND THE SCENES MONTHLY VIEWS

JANUARY 2026



## Social profile performance

Comparison of key stats across selected profiles

| Profile                     | Followers ↓ | Posts      | Engagement     | Awareness     | Impressions    |
|-----------------------------|-------------|------------|----------------|---------------|----------------|
| Human Garage                | 1.65m +3%   | 90 -14.3%  | 268k +13%      | 17.7k -1.8%   | 25.58m +6%     |
| Human Garage                | 1.38m +3%   | 162 -54.7% | 2.27m +270%    | 35.1k -6.8%   | 53.73m +234%   |
| Garry Lineham               | 517k +7%    | 275 -5.6%  | 1.26m +454%    | 383k +1,640%  | 15.49m +231%   |
| Jason van Blerk             | 459k +6%    | 58 -34.8%  | 562k -20.6%    | 35.8k -46.1%  | 37.85m -13.6%  |
| Human Garage TV             | 350k +5%    | 89 +41%    | 89.6k -2.2%    | 0 0%          | 1.6m +1%       |
| humangarage                 | 206k +0.5%  | 83 +152%   | 383 -13%       | 31 -20.5%     | 74.5k +43%     |
| Jason van Blerk             | 147k +9%    | 19 -42.4%  | 64.1k +27%     | 493 -82.8%    | 21.06m +54%    |
| Fascial Maneuvers           | 145k +9%    | 27 -3.6%   | 326 -24.2%     | 141 -29.9%    | 72.1k -39.4%   |
| Human Garage Experience     | 101k +3%    | 118 +7%    | 34.2k -51.7%   | 2.1k -80.3%   | 1.16m -45.6%   |
| Aisha Rodrigue              | 79.5k +21%  | 140 -14.6% | 63.7k +17%     | 4.7k -28.8%   | 3.09m +45%     |
| Jasonvanblerk               | 60.7k +1%   | 16 -48.4%  | 2.1k -79.1%    | 218 -66.6%    | 743k -87.8%    |
| Aisha Rodrigue              | 56.5k +49%  | 75 -34.8%  | 40.9k +3%      | 2.1k -23.9%   | 4.02m +58%     |
| garrylineham                | 28.9k +1%   | 0 0%       | 0 0%           | 0 0%          | 77 0%          |
| Garrylineham Connected Page | 28.7k +5%   | 88 -42.5%  | 1.8k +316%     | 72 +50%       | 135k +77%      |
| Garrylineham                | 22.6k +752% | 36 0%      | 338k +126,571% | 77k +183,348% | 5.34m +63,455% |

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# WORLD TOUR EVENTS

2024 - 2026



| LOCATION                                     | DATE                | ATTENDEES          |
|--|---------------------|--------------------|
| TULUM, MX                                    | APRIL 27 2024       | 500                |
| AUSTIN, TX                                   | MAY 12, 2024        | 1,200              |
| MALIBU, CA                                   | MAY 25, 2024        | 1,000              |
| THE BERKSHIRES, NY                           | JUNE 2, 2024        | 500                |
| PRAGUE, CZ & BRATISLAVA, SK                  | JUNE 15, 2024       | 500                |
| DUBLIN, IRELAND                              | JUNE 2, 2024        | 1,000              |
| GOTHENBURG, SWEDEN                           | JUNE 30, 2024       | 1,000              |
| COLOMBIA                                     | JULY 27, 2024       | 1,000              |
| VANCOUVER, CANADA                            | AUGUST 17, 2024     | 1,500              |
| TORONTO, CANADA                              | AUGUST 22 2024      | 1,500              |
| LOS ANGELES & ORANGE COUNTY CA               | AUGUST 22, 2024     | 1,500              |
| WASHINGTON, DC RESCUE THE REPUBLIC WITH RFK  | SEPTEMBER 28, 2024  | 10,000 + 1M ONLINE |
| AUSTIN, TEXAS                                | FEBRUARY 15, 2025   | 250                |
| MEXICO CITY, MX                              | MARCH 23, 2025      | 250                |
| STOCKHOLM, SWEDEN SUPERHUMAN NETWORK         | JUNE 6, 2025        | 500                |
| CORFU, GREECE COLIBRI SPIRIT FESTIVAL        | JUNE 21-27, 2025    | 500                |
| AMSTERDAM, NETHERLANDS MINDVALLEY UNIVERSITY | AUGUST 8, 2025      | 1,000              |
| RHINEBECK, NY OMEGA INSTITUTE                | AUGUST 22, 2025     | 250                |
| LONDON, ENGLAND HEALTH OPTIMIZATION SUMMIT   | SEPTEMBER 13, 2025  | 4,000              |
| LOS ANGELES, AGAPE SPIRITUAL INSTITUTE       | NOVEMBER 24, 2025   | 2,000              |
| DUBAI UAE PEAK LONGEVITY FESTIVAL            | DECEMBER 13, 2025   | 5,000              |
| DUBAI UAE PEAK LONGEVITY FESTIVAL            | JANUARY 16-17, 2026 | 3,000              |
| CORFU, GREECE HEALTH OPTIMIZATION SUMMIT     | APRIL 24-27, 2026   | 1,000              |
| BERLIN, GERMANY LIFE SUMMIT                  | MAY 29-30, 2026     | 3,000              |

\*More Dates & Locations Coming Soon



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## OUR PARTNERS

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### CELEBRITIES

**ABBY RAO** ONLINE PERSONALITY  
**ANITA MOORJANI** NEW YORK TIMES – BEST SELLING AUTHOR / INTERNATIONAL SPEAKER  
**ANTIOL YOUSEF** OLYMPIC HURDLER  
**BEN AFFLECK** AMERICAN ACTOR  
**BRANDON ROUTH** AMERICAN ACTOR / SUPERMAN  
**DEREK HOUGH** PROFESSIONAL DANCER – VEGAS RESIDENCY / DANCING WITH THE STARS  
**DOMINIKA PALETA** MEXICAN-SPANISH ACTRESS  
**EVA LONGORIA** AMERICAN ACTRESS  
**JAMES CORDEN** LATE SHOW HOST  
**JENNIFER BEALS** AMERICAN ACTRESS  
**JENNIFER GARNER** AMERICAN ACTRESS  
**JEREMY PIVEN** AMERICAN ACTOR  
**JULIANNE HOUGH** PROFESSIONAL DANCER – AMERICA'S GOT TALENT / DANCING WITH THE STARS  
**JUSTIN BALDONI** AMERICAN ACTOR / DIRECTOR  
**KEN PAVES** CELEBRITY HAIR STYLIST  
**LINDSEY STIRLING** AMERICAN VIOLINIST, SONGWRITER, AND DANCER  
**NIOMI SMART** BRITISH HEALTH INFLUENCER / AUTHOR  
**SOPHIA LATJUBA** INDONESIAN ACTRESS  
**STEFANIE ROOS** CREATIVE DIRECTOR FOR MADONNA  
**ZOOEY DESCHANEL** AMERICAN ACTRESS

### PROFESSIONAL & OLYMPIC ATHLETES

**ANTHONY KUNKEL** ULTRA MARATHON RUNNER  
**BEN GREENFIELD** FITNESS AUTHOR / MEDIA FIGURE  
**JAMES ENNIS** PROFESSIONAL NBA PLAYER - FORMER  
**KARRI RÄMÖ** PROFESSIONAL HOCKEY PLAYER / NHL / EHL  
**LASHINDA DEMUS** OLYMPIC GOLD MEDALIST / HURDLES  
**MARK BELL** STRENGTH ATHLETE / ENTREPRENEUR  
**NOVAK DJOKOVIC** GRAND SLAM CHAMPION / PROFESSIONAL TENNIS PLAYER  
**ODEEN TUFTO** PROFESSIONAL ICE HOCKEY PLAYER  
**STRAUSS MANN** PROFESSIONAL ULTRA MARATHON RUNNER  
**TOMMY ARMOUR III** PROFESSIONAL GOLFER  
**TRI BOURNE** OLYMPIC BEACH VOLLEYBALL PLAYER  
**TYSON GAY** OLYMPIC MEDALIST / WORLD CHAMPION SPRINTER

### BUSINESS LEADERS & INFLUENCERS

**ANTHONY PANGILINAN** BUSINESS LEADER / MOVIE PRODUCER / INFLUENCER – PHILIPPINES  
**CANDY KEN** AUSTRIAN RAPPER, TIKTOKER, ARTIST, INFLUENCER  
**JASON STRAUSS** TAO GROUP HOSPITALITY – LAS VEGAS / LOS ANGELES / NEW YORK CITY  
**JIM CURTIS** CO-FOUNDER, WEBMD; PRINCIPAL, IIN – NEW YORK  
**KEVIN REILLY** CHIEF CONTENT OFFICER HBO MAX (FORMER PRESIDENT TURNER BROADCASTING NETWORK)  
**LON ROSEN** EXECUTIVE VICE PRESIDENT – LOS ANGELES DODGERS  
**MICHAEL SMITH** FOUNDER & CEO FREEPORT LNG / U.S. LNG INDUSTRY LEADER  
**RA OF EARTH** BUSINESS LEADER & INFLUENCER  
**SEAN KELLY** DIGITAL SOCIAL HOUR PODCAST

### ORGANIZATIONS

**CHILDREN'S HOSPITAL** LOS ANGELES. (CHLA)  
**GOOP** GWYNETH PALTROW – WELLNESS & LIFESTYLE BRAND  
**MIND VALLEY** LIFE TRANSFORMATION PLATFORM  
**NHL** PLAYERS ASSOCIATION  
**US NAVY SEAL** FAMILY FOUNDATION



human  
garage

## COMPANIES & PRODUCTS

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### COMPANIES & PRODUCTS

**BIOOPTIMIZERS NUTRITIONAL SUPPLEMENTS COMPANY** SPECIALIZING IN GUT HEALTH, SLEEP, AND BRAIN FUNCTION.

**TECH 4 HYDRATION SYSTEMS** HYDROGEN WATER MACHINES THAT INFUSE WATER WITH MOLECULAR HYDROGEN FOR ENHANCED HYDRATION AND RECOVERY.

**NANOVI BY ENG3 CORPORATIO** NANOTECHNOLOGY DEVICES DESIGNED TO PROTECT AGAINST AND REPAIR CELLULAR DAMAGE CAUSED BY OXIDATIVE STRESS.

**VIVARAYS** ECO-FRIENDLY BLUE LIGHT BLOCKING GLASSES DESIGNED TO PROTECT EYES, SLEEP, AND CIRCADIAN RHYTHM.

**RA OPTICS** ADVANCED LIGHT THERAPY-BASED BLUE LIGHT BLOCKING EYEWEAR FOUNDED BY MATT MARUCA.

**VIVO BAREFOOT** BAREFOOT AND MINIMALIST FOOTWEAR DESIGNED TO PROMOTE NATURAL FOOT STRENGTH AND MOVEMENT.

**GROUNDZ SHOES** GROUNDING SHOES WITH BAREFOOT DESIGN UTILIZING COPPER AND CARBONIZED CONDUCTIVE MATERIALS FOR EARTHING BENEFITS.  
**PULSE ORGANIC LIFESTYLE BRAND** FOCUSED ON HOLISTIC WELLNESS AND TOXIN FREE SKINCARE

**WONDERS OF WISDOM (W.O.W.)** COLLABORATOR ON HUMAN GARAGE'S 2024 'TRANSFORMING TRAUMA WORLD TOUR'.

**HUDA BEAUTY** GLOBAL COSMETICS BRAND FOUNDED BY HUDA KATTAN, OFFERING MAKEUP, SKINCARE, AND FRAGRANCE PRODUCTS.

**EMF ROCKS** CUTTING EDGE EMF BLOCKING TECHNOLOGY

### MEDICAL PROFESSIONALS & RESEARCHERS

**DR. HALLAND CHEN** DOUBLE BOARD-CERTIFIED PHYSICIAN SPECIALIZING IN LONGEVITY & REGENERATIVE MEDICINE.

**DR. SAMEH (DR. OZONE)** CUTTING-EDGE REGENERATIVE MEDICINE SPECIALIST OPERATING ADVANCED CLINICS.

**DR. ADEEL KHAN** ADVANCED STEM CELL RESEARCHER SPECIALIZING IN REGENERATIVE THERAPIES.

# FEATURED IN

yelp 

Patch


KTLA 5

VANCOUVER  
IS AWESOME

 bloom  
tampabay.com

 NBC NEWS

TRENDSHUNTER  
CREATE THE FUTURE

 msn

yahoo!life

Chicago Tribune

CHICAGO'S VERY OWN  
WGN 9

NEW YORK POST

 NEWS BREAK

 FOX  
NEWS

 Medium

 Dicas de  
LISBOA

 MejorconSalud

TN

LA GACETA

 pressreader™

Daily Mail

Gulf Business

Frommer's®



DISTRICT LOCAL

 NAVY SEAL  
FOUNDATION

los angeles wire™

 HEALTHNEWS  
jornalismo de saúde

Children's  
Hospital  
LOS ANGELES 

goop

Mindvalley 

 NHL

VOGUE

RollingStone

BBC London

 Authority  
Magazine

# HUMAN GARAGE EXPERIENCE

## PODCAST

### PODCAST GUESTS



### PODCAST GUESTS

**Adam Roa:** Spoken Word Poet, Transformational Artist, Speaker, and Coach

**Adam Von Rothfelder:** Elite performance coach and founder of Strong Coffee Company, fusing mindset, movement, and fuel into daily optimization.

**Ash Pournouri:** A Grammy-nominated music mogul turned serial entrepreneur with 10 unicorns under his belt, he's reshaping global industries through tech, impact investing, and cultural innovation.

**Autumn Mclees:** Embodiment guide and trauma alchemist empowering women to reclaim sensual power and embodied presence through movement, healing, and soulful transformation.

**Carrie Drinkwine:** Founder of the Institute of Regenerative Health, she's a global leader training healers to reverse disease through detox, cellular restoration, and energetic alignment.

**Chris Burres:** Visionary scientist and longevity innovator behind a Nobel-linked molecule that extends life and ignites human potential.

**Chris Moore:** Co-founder and CEO of Nordic Group, he's a healthcare innovator, biohacker, and longevity pioneer advancing personalized medicine through diagnostics, clinics, and cutting-edge health tech across 80+ countries.

**David JP Phillips:** World-renowned speaker and storytelling expert using neuroscience to unlock human influence, clarity, and expression.

**David Weck:** Inventor of the BOSU® and creator of RopeFlow, transforming movement and performance with revolutionary functional training tools.

**Dpak, Deepak Ramapriyan:** Genre-defying artist and sonic visionary composing anthems of unity, truth, and healing for a world awakening in real time.

**Dr. Byran Ardis:** Fearless medical truth-teller exposing corruption and championing natural remedies for radical, sovereign healing.

**Dr. Dalia Simkovitch:** Cancer researcher and integrative medicine advocate bridging science and spirit to elevate survivorship and holistic healing.

**Dr. Feruza Gafarova:** Endocrinologist and hormone expert fusing functional medicine and advanced diagnostics to unlock vitality and longevity.

**Dr. Nick Berry:** Founder of Essential Oil Wizardry, he's a plant medicine wizard and essential oil alchemist offering 300+ potent blends to elevate body, mind, and spirit.

**Ian Clark:** Regenerative health renegade and founder of Activation Products, reversing biological age with cutting-edge natural technologies.

**Janelle "Shakti" Gordon:** Tantra master and survivor-turned-healer guiding others to reclaim intimacy, power, and divine pleasure through embodied transformation.

**Jelena Jakovljevic - Bin Drai:** Founder and medical director of a longevity polyclinic, combining conventional and integrative therapies.

(\*Guest listings are representative and not exhaustive.)

# HUMAN GARAGE EXPERIENCE

## PODCAST

### PODCAST GUESTS



### PODCAST GUESTS

**Jeremy Piven:** Emmy-winning actor and comedian turning raw charisma and sharp storytelling into a powerhouse of entertainment and truth.

**Jimmy Levy:** Chart-topping musician and spiritual activist using his voice to awaken, unify, and ignite freedom through fearless expression.

**Justin Franz:** Creator of EMF Rocks, revolutionizing environmental wellness by neutralizing harmful frequencies with nature-based technology.

**Kim Anami:** Holistic sexologist and creator of Vaginal Kung Fu, she's a viral icon teaching women and men to master intimacy, energy, and orgasmic power as a spiritual path.

**Lina Nertby Aurell:** Co-founder of Food Pharmacy, turning science-backed nutrition into one of Sweden's most trusted platforms for preventative health.

**Mark Hyman, MD:** Founder of The UltraWellness Center and Function Health, he's a 15x NYT bestselling author and leading functional medicine doctor transforming healthspan through food, science, and policy reform.

**Marczell Klein:** Hypnotist and success coach transforming minds and amplifying confidence through subconscious reprogramming and live activation.

**Mary Christine:** Founder of Be That Life®, she's a certified clinical nutritionist and wellness entrepreneur helping high performers optimize gut health, cellular longevity, and vitality.

**Nadine Karadag:** Healthtech founder of Valeo Health and former private equity executive, she's revolutionizing wellness access with digital platforms across the Middle East.

**Rohini Walia Gehani:** Biohacking innovator and founder of Peak Longevity Fest, merging science, mindfulness, and performance into embodied transformation.

**Samer Zachariah:** Founder of MAISON FLAMEL and MAISON DOUZE, he's a mystic entrepreneur and alchemical perfumer guiding public figures through spiritual strategy and symbolic transformation.

**Sigmar Berg:** Artist and Lovetuner founder healing the world through 528Hz frequency, design, and the universal vibration of love.

**Zach Bush, MD:** Founder of Seraphic Group, ION\*, and Farmer's Footprint, he's a triple board-certified physician leading a global revolution in regenerative health through soil, spirit, and the microbiome.

**Zachary Levi:** Tony-nominated actor and bestselling author blending humor, heart, and heroism across stage, screen, and soul work.

(\*Guest listings are representative and not exhaustive.)