



ISMETA

International Somatic Movement
Education & Therapy Association

May 9, 2024

Dear Board of Directors and Operations Team,

Happy May! As spring arrives in the northern part of the U.S., new life continues to emerge within our organization and our profession. As you know, this internal newsletter serves to keep Board and Operations Team members updated about important activities within ISMETA and our field. As usual, there is a lot of information to share!

NEW ANNOUNCEMENTS:

- The Executive Committee and the Professional Development Center (PDC) Workgroup are delighted to offer members of the Board of Directors and the Operations Team a 50% discount on events in the Professional Development Center, as space is available. For courses without registration limits (e.g., Jim Spira's workshop on March 23, 2024), members of the Board and the Operations Team can register any time before the published registration deadline. For courses with a registration limit, available space is determined the day after the registration deadline, which is usually five days before the start of the event for shorter workshops and up to two weeks before longer class series. If you are interested in signing up for an event with a registration limit, please contact Elisabeth or Rich on the day after the registration deadline to see if space is available.
- Upcoming events include:
 - Susan Bauer's May 18 workshop, "[The Embodied Teen: Teaching Somatic Movement Practices to Teens and Young Adults](#)," which has a registration limit of 35 people. There are currently 16 registered so it is likely (but not guaranteed) that there will be space for members of the Board/ Operations Team to attend at a 50% discount. (The full price for ISMETA members is \$75). We will know if there is space available on May 15.
 - Robert Litman's 3-class series, "[The Breathable Body: A Somatic Movement Approach to Breathing](#)," which runs on June 1, June 15 and June 29 from 10am – 12 pm ET, has a registration limit of 25 people. Registration has just begun. We will know if there is space available for Board/Operations Team members on May 28th.
- Bibiana Badenes will discuss (in English and Spanish) her new book, *Body Intelligence: Discover the Power of Conscious Movement*, on Friday, June 7 from 12 – 1 pm Eastern time! Please join us to celebrate our colleague's accomplishment! You can register for this free event [HERE](#).



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- Rich, Elisabeth, and Nirvan completed the Annual Report for 2023. It appears [HERE](#) in the Member portal.
- An applicant who submitted a proposal for an entirely asynchronous online training program asked if ISMETA has guidelines for Approved Training Programs about the percentage of training hours that must be synchronous online and in person. In response, the Professional Standards Committee asked the Leadership Council for input about the role of online learning currently in their programs/associations and in the future. [HERE](#) is a PowerPoint presentation that Elisabeth Osgood-Campbell delivered at the last Leadership Council meeting on March 14, 2024. There was an issue with one part of the audio recording that we are fixing, but you can view the rest of [the video](#); it clears within a few minutes.
- Financial Update: year-to-date 3rd quarter numbers for this fiscal year (2024) from the Profit and Loss Statement:

Registered Member Dues ~ \$ 135,818 (up 6.5% from last year)

Total Income ~ \$ 173,652 (up 29.9% from last year)

Total Expenses ~ \$ 166,208 (up 7.4% from last year)

Net Income ~ \$ 7,443 (up 133.9% from last year)

Note: Professional Development Center revenue and expenses are the primary causes of our increase in Income, Expenses and Net Income versus last year. Mentorship revenue also contributes to the increase in Total Income and Net Income.

From Balance Sheet:

- Total Assets are \$41,400 (down \$12,594 from last year)
- Total Liabilities and Equity are \$41,401 (\$20,397 are liabilities consisting of payments received for multi-year memberships; \$21,004 is our Total Equity).
- Here are the new member numbers in this calendar year, as of April 30, 2024:

Member Type	New
AMO	3
APO	0
ATP	1
Friend	4
Professional	26*
Student	20
TOTAL	54

***Note:** of the 26 Total Professional members, 25 are RSME/RSMT/RSDE and 1 is MSME/MSMT.

The acronyms in the chart stand for:



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- AMO - Associate Member Organization (for any group or organization that wants to be associated with us)
- APO - Affiliated Professional Organization (such as the Feldenkrais Guild of North America)
- ATP – Approved Training Program

REMINDERS:

- If you haven't voted for the new Board candidates yet, please complete the ballot [HERE](#) before May 30. The Board Development Committee has created a plan to onboard the elected members through a Board Buddy system and a series of meetings after June 1st. The new members will attend our June 19th Board meeting (from 2:30 – 4:30 pm ET).
- Our joint conference with the National Dance Education Organization (NDEO) entitled, "Somatic Movement in Dance Education: Enhancing Health and Creativity for Teachers and Students" is happening July 19 -21, 2024 in New York City. Details can be found on NDEO's website, [HERE](#). A number of ISMETA Board members and Operations Team members will attend including Kehinde Ishangi, E.E. Balcos, Ray Schwartz, Ellen Barlow, and Elisabeth Osgood-Campbell. If you are interested and able, please join us live and in person!
- The Communication Committee is planning the inaugural Global Somatic Movement Day for October 3, 2024! Please mark the date in your calendar and contact Bibiana Badenes and/or Elisabeth Osgood-Campbell if you would like to help create the event.
- The ongoing [Call for Proposals](#) to facilitate workshops or class series in the Professional Development Center can be found at the bottom of the landing page for the PDC.
 - All members (including you!) can submit proposals to teach workshops and courses. Please encourage people you know who might be interested to send us proposals.
 - If you know someone who is not a member but wants to teach, they can become a Friend of ISMETA for \$95. (A sliding scale fee is available for anyone who is experiencing financial challenges.)
- If you would like to review the distribution of responsibilities among our Operations Team members, please click [HERE](#) to see the spreadsheet that details how paid staff collaborate to keep our organism functioning. This document can be found in the Board portal under "Ongoing Support Materials for the Board."
- To protect the integrity of our email and computer systems, please DO NOT reply to any of the spam messages from fake IONOS addresses. If there is ever a problem with our ISMETA



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email that requires you to verify your email address or change your password (for example), *you will receive a message from our Operations Team about it*. Please disregard all other messages you receive about your IONOS email account.

DATES to mark on your calendars:

- The next Board of Directors meeting is on Wednesday, June 19 from 2:30 – 4:30 ET.
- The next [Leadership Council Meeting](#) is on Monday, June 10 from 10 – 11:30 am ET. Please register to join us if you are available! PLEASE NOTE: The date for this meeting was incorrectly listed as Wednesday (June 12) instead of Monday, June 10 in some places. JUNE 10 from 10 – 11:30 am is the correct time and date.
- The next [Equity, Justice, and Accessibility Community Conversation](#) will occur this Friday, May 10 from 10:30 – 11:45 am ET. All are invited to attend!

Thank you for all the ways that you contribute to the growth of this organization and our profession!

With appreciation,

Elisabeth Osgood-Campbell, Executive Director

Nirvan Ananda, Managing Director

Richard Sims, President of the Board of Directors

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Elisabeth Osgood-Campbell, MA, EdM, MSME, REAT
Executive Director
International Somatic Movement Education and Therapy Association
Transforming Ourselves and the World through Conscious Movement