



# ISMETA

International Somatic Movement  
Education & Therapy Association

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August 28, 2024

Dear ISMETA Members,

We are thrilled to announce that ISMETA is initiating the first-ever Global Somatic Movement Day on Friday, October 4, 2024, to celebrate the growth of the profession of somatic movement education and therapy! Hopefully, this year's event will be the start of an annual tradition.

To commemorate the founding of the International Somatic Movement Education and Therapy Association 36 years ago, we invite you to create your own event, for a maximum of 15 minutes, to share a glimpse of your approach to somatic movement. This event can be pre-recorded, or it can occur live on October 4th in your school, a studio or outdoors. If it is pre-recorded or recorded live on October 4th, it can be shared on the ISMETA Zoom line that will host these events throughout the day. This is a unique opportunity to unite our community in celebration and spread awareness of somatic movement practices.

ISMETA will lead two live online events at different times on this day to ensure global accessibility: an opening between 12pm and 2pm Eastern U.S. time and a closing between 6pm and 8pm Eastern U.S. time (ET). Fifteen-minute experiential somatic movement sessions from Approved Training Programs (ATPs), Affiliated Professional Organizations and registered professional ISMETA members will be integrated into these windows of time.

If you would like to contribute to one of these segments, please send an email message to [somaday@ismeta.org](mailto:somaday@ismeta.org) and indicate which time frame works better for you: 12pm-2pm ET or 6-8pm ET. We will fill the calendar on a "first come, first served" basis for these limited time slots. Additional times will be added if the need arises.

We offer these possible prompts to begin or conclude your experiential session:

- I love somatic movement because...
- I practice somatic movement because...
- I teach somatic movement because...

Please click [HERE](#) to view a brief sample of what your piece might look like. (This clip by ISMETA board member Bibiana Badenes is four minutes long rather than the maximum length of 15 minutes.) Bibiana created the idea of Global Somatic Movement Day. Thank you, Bibiana! She offers one version of what a pre-recorded video might look like, but if you have a strong preference to offer a live event on October 4th, that is an option as well. You do not have to



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include subtitle slides with the prompts on them if you don't have the time or technical skill to do that. Please customize your offering to highlight your approach to somatic movement. The possibilities are endless!

Please note: Presenters are welcome to speak in their first languages. This is not an "English-only" event!

If you plan to host a live event or a pre-recorded video on October 4th, **please provide your event details by Monday, September 9th** so that we can include it in our special mailings: [somaday@ismeta.org](mailto:somaday@ismeta.org)

We recommend the events to be free of charge, accessible and open for first-time and lifelong movers.

After your event, kindly share some materials with us to highlight the diversity and reach of our community's activities in our media.

We look forward to your participation and to making this an extraordinary day for somatic movement practices worldwide!

With excitement,  
Elisabeth Osgood-Campbell  
on behalf of the Communications Committee of ISMETA