



ISMETA

International Somatic Movement
Education & Therapy Association

August 24, 2024

Dear Board of Directors,

Greetings! I hope you are all relatively well as we approach the end of summer in the northern hemisphere. A longer newsletter for the Board and Operations Team is being written, but in the meantime, I want to share an invitation for you to share our invitation to specific individuals you may know who live and work outside of the U.S. to participate in our inaugural Global Somatic Movement Day on October 4th. We would like the celebration to be as global as possible, so please reach out directly to practitioners you know who would like to contribute a pre-recorded video or live event (15-minutes maximum length). Presenters are welcome to speak in their first languages! English, Spanish, German and perhaps French will be part of the Opening of the day. We welcome a diversity of languages in this celebration!

Here (below) is the invitation that has already gone out to Affiliated Professional Organizations (e.g., CTA and BMCA) and Approved Training Programs. (We have currently heard from six ATPs that will present on October 4th.) The invitation will be sent to all ISMETA Professional Members on Wednesday (August 28), but I think it is fine to contact individuals before that date if you have the time and inspiration to share it before then.

Please send the invitation only to people who are already professional ISMETA members. Those who are not yet ISMETA members can attend but cannot present.

Please let me know if you have any questions.

With appreciation and excitement for this celebration,

Elisabeth

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We are thrilled to announce that ISMETA is initiating the first-ever Global Somatic Movement Day on 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



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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 6 pm and 8 pm Eastern U.S. time (ET). 15-minute experiential somatic movement sessions from Approved Training Programs (ATPs), Affiliated Professional Organizations, and professional ISMETA members will be integrated into these windows of time. If you would like to contribute to one of these segments, please send a message to somaday@ismeta.org and indicate which time frame works better for you: 12pm-2pm ET or 6-8 pm ET. We will fill the calendar on a “first come, first served” basis for these limited time slots.

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 4 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 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

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



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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!

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International Somatic Movement Education and Therapy Association
Transforming Ourselves and the World through Conscious Movement