



ISMETA

International Somatic Movement
Education & Therapy Association

August 17, 2024

Dear Leadership Council Representatives,

We hope that this message finds you well. Please enjoy the following updates, including an exciting, new, global event and reminders regarding other important opportunities to share somatic movement and bolster our profession.

GLOBAL SOMATIC MOVEMENT DAY, October 4, 2024:

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 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). 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 are an Approved Training Program or an Affiliated Professional Organization and would like to contribute to one of these segments, please reply to this email message and indicate which time frame works better for you: 12-2pm ET or 6-8pm 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 four minutes long rather than the maximum length of 15



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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!

If you plan to host a live event or a pre-recorded video on October 4th, **please provide your event details by Tuesday, August 27th** so that we can include it in our special mailings, starting in September. Send details to: 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!

REMINDERS:

The next Equity, Justice, and Accessibility Community Conversation on the theme of "Accessibility in Somatic Movement Education and Therapy" will occur on September 13, 2024 from 10:30-11:45 am ET. All faculty, training students and alumni of your programs are invited to attend! Please share this [registration link](#) with your communities!

The ISMETA membership elected four new members to our Board of Directors: Servaas Mes, Madelanne Rust-D'Eye, Margaret Rennerfeldt and Magaly Sun. You can read about them [HERE](#) and/or see their new photos and bios on the [Board of Directors page](#) on our Website.

Our last Leadership Council meeting occurred on June 10, 2024.

- The video recording can be found [HERE](#). If you were not able to attend that meeting live and haven't watched the video, please do so as soon as possible and then click on the Attendance Form below to fulfill your attendance for that meeting.
- If you haven't yet, please fill out [THIS QUICK ATTENDANCE FORM](#). It includes a field in which you can enter additional comments about the topic of online learning.
- A few slides from the March 2024 PowerPoint presentation about your survey responses regarding the role of online learning in your programs and organizations have been revised. We provide the corrected version [HERE](#) for your convenience.



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- A survey about the role of online learning in our training programs and our profession has been sent to the ISMETA membership. We will share the responses during the next Leadership Council meeting on September 11 (from 12 – 1 :15 pm Eastern U.S. time).

Member-initiated [Professional Development Center](#) (PDC) workshops and class series are going well! Learning pathways include: [Somatic Movement in Practice, Research and Publications](#) (which includes many free resources for ISMETA members to build their research literacy), [Trauma-Informed Practices for Somatic Movement Professionals](#), and [Cultivating a Vibrant Work Life](#).

- The next course with Dr. Jim Spira entitled, “Teaching Tai Chi and Other Forms: A Neurodevelopmental and Effort-Shape Perspective” will occur on Sunday, September 8 from 12 – 3 pm Eastern U.S. time. The registration link can be found [HERE](#).
- Please consider submitting a proposal for a single (3-6 hour) workshop or a class series. The ongoing [Call for Proposals](#) can be found at the bottom of the landing page for the PDC.

Approved Training Programs are invited to participate in the project tentatively entitled, “The Essential Elements of Somatic Movement Education and Therapy: A video library of ISMETA Approved Training Programs.” (Suggestions for alternate titles are welcome.)

- This video library will appear in the “Legacy and Evolution of Somatic Movement” pathway of the Professional Development Center.
- These recorded introductory sessions will both publicize your training programs and help define the profession of somatic movement education in the broader context of popular but vaguely defined “embodiment” and “somatic” practices. We look forward to scheduling these video launches/live events through the PDC in the coming months.
- Please click [HERE](#) to read details about the project.
- If you are interested in participating, please fill out the [Essential Elements Video Project Proposal Form](#). You can download a copy of the questions in a Word document by clicking on the link in the second paragraph of the description. When you are ready to submit a proposal, you can copy and paste the text from the Word document into the Google form. Please contact us if you have questions about the project or the proposal form at: pdcc@ismeta.org.

We have updated the [ABOUT ISMETA](#) curriculum that every Approved Training Program covers for at least 2 hours during their training. This resource can also be found in the Leadership Council Portal on the ISMETA website in the RESOURCES section, under the “More Support Materials” banner. We hope that it is helpful as you educate your students about the benefits of ISMETA membership.



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If you don't receive ISMETA's monthly e-newsletter for the general public, please sign up for it [HERE](#). It is the best way to stay informed about ISMETA's upcoming events.

The next Leadership Council meeting will occur on Wednesday, September 11 from 12 – 1:30 pm Eastern U.S. time. You can [REGISTER HERE](#). Please remember that Approved Training Programs are required to attend all four meetings. Up to two may be attended virtually by viewing the recordings. We look forward to seeing you there!

Thank you for the valuable contributions you make to this organization and to our profession!

With appreciation,
Elisabeth Osgood-Campbell, Executive Director
Nirvan Ananda, Managing Director