

# ISMETA

International Somatic Movement  
Education & Therapy Association



## **GLOBAL SOMATIC MOVEMENT DAY – OCTOBER 4, 2024**

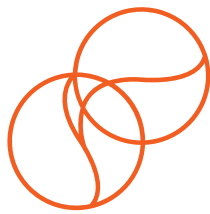
**ZOOM LINK to JOIN FROM ANYWHERE ALL DAY LONG!**

<https://us02web.zoom.us/j/83419229140?pwd=n82HdZRDU1DMCH75T9qIxgsMC8jREN.1>

**Meeting ID: 834 1922 9140 • Passcode: 551985 • All times appear in EDT. Find your local time [here](#).**

- 8:00 AM LIVE ISMETA Welcome and Opening
- 8:20 AM LIVE Colleen Wahl – Moving the Energy of My Life (Integrated Movement Studies)
- 8:40 AM LIVE Yasmin Lambat – Healing in Motion: A SomaSensing® Exploration of Fascial Unwinding
- 9:00 AM LIVE Caroline Gebhardt – Chi for Two® - A Mindful Embodiment Method
- 9:20 AM Sarah Warren – Releasing the Lower Back, Shoulders and Iliopsoas with Clinical Somatics
- 9:40 AM LIVE Caryn Heilman – A Continuum Somatic Movement Sample
- 10:00 AM LIVE Clare Maxwell – Coming to Your Senses with Cranial Nerve Sequencing
- 10:20 AM Prue Jeffries – NAIOTM Somatic Movement Practice: For Sensory Awareness & Self-Regulation
- 10:40 AM LIVE Jamie McHugh – Somatic Expression® - Body Wisdom for Modern Minds
- 11:00 AM LIVE Laura Rios in Spanish – Topf Technique
- 11:20 AM LIVE Patricia Bardi – Active Breath - A Voice Movement Integration Approach
- 11:40 AM Agnieszka Sokolowska in Polish – Dancing Life - Body, Emotions, Thoughts, Relationships
- 12:00 PM LIVE Global Roots of Somatic Movement Video Series Premiere**
- 12:20 PM Breakout Room Conversations
- 12:40 PM LIVE Sondra Fraleigh – Somatic Poetry of Emergence and Worldmaking
- 1:00 PM LIVE Daria Halprin – The Body Moves: A Dance Between Inner Landscape and Outer World
- 1:20 PM Kai Ehrhardt & Marion Evers – Somatic Academy Berlin, with Florian Filtzinger LIVE
- 1:40 PM Martha Eddy – Welcome to Dynamic Embodiment® - Somatic Movement
- 2:00 PM LIVE Hana Kamea – The Movement Arc ~ Somatic Expressive Movement Process
- 2:20 PM Ivana Sejenovich in Spanish with English subtitles – The Tongue in South America

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- 2:40 PM Angela Howard - The Issues in Your Tissues
- 3:00 PM Eric Franklin – The Evolution and Embodiment of the Pelvis and Sacral Dynamics
- 3:20 PM Aceneth Garcia in Spanish – Elemental Movement: Short Practice of Somatic Yoga
- 3:40 PM Kimberlee Bow – Self-Compassion and the Body
- 4:00 PM LIVE Elizabeth DeLaBarre – Fajardo Method of Holistic Biomechanics™ : Tibial Tuberosity
- 4:20 PM Zuza Engler – Elemental Movement Meditation
- 4:40 PM Bobbie Ellis – The Continuum of Yoga
- 5:00 PM LIVE Lani Weissbach – Metamorphosis through Movement: Butoh as Somatic Practice
- 5:20 PM LIVE Ana Liz Ceregatti – Form & Flow: Resourcing through Movement & Embodied Imagination
- 5:40 PM Annie Brook – Liveliness through Somatics: 3 Simple Practices
- 6:00 PM Andrew Rosenstock – Reprogramming Movement: Exploring Head & Body Dynamics
- 6:20 PM Lisa Cary – Exploring Archetype Movements with the 6 Pointed Star
- 6:40 PM Nicole Hanold – Soothe & Release
- 7:00 PM LIVE Robert Litman – Developing a Somatic Kinship with Your Breathable Body
- 7:20 PM Ellen Bartel – Muscle/Skeletal Somatic Exploration: A Movement Meditation
- 7:40 PM Constance Clare-Newman – Embody Wholeness with Presence and Pleasure
- 8:00 PM LIVE Larry Goldfarb – Connecting with Ourselves and the World around Us
- 8:20 PM Breakout Room Conversations
- 8:40 PM ISMETA Closing**
- 9:00 PM END

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