



ISMETA

International Somatic Movement
Education & Therapy Association

December 17, 2024

Dear ISMETA Leadership Council Representatives,

Thank you to those who attended our meeting on December 9, 2024! As usual, we are busy with many exciting activities to grow our profession. Before summarizing the content of the meeting, we offer a list of action items to take before the holidays, if possible:

ACTION ITEMS

- Please share the **RootsHoliday** coupon code with your email and social media networks today so that they can enjoy 20% off of the [Global Roots of Somatic Movement Video Series](#) through December 22! It is possible to [Gift a Course](#) (the video package) now as well! (See details below in “Invitations.”) What a wonderful gift to give yourself, a friend, or a colleague!
- Please also send the attached postcard for the New Year Celebration of Somatic Movement (January 25, 2024 from 12 – 1 pm Eastern time) to your email lists for current students and graduates!
- Please RSVP for the New Year Celebration of Somatic Movement on January 25, 2025 from 12 - 1 pm EST by replying to this message. (Details appear below.)
- Please enter the dates of the 2025 Leadership Council meetings (at the end of this letter) into your calendar.
- If you didn't attend the live meeting last week, please watch the video and complete the attendance form (linked below).

ATTENDANCE

The Leadership Council meeting began with a reminder from our Managing Director, Nirvan Ananda, about recording your attendance in the Google form for each meeting. When you attend a meeting live, we will provide the link in the chat as we did yesterday so that you can confirm your attendance. **If you do not attend a live meeting, please watch the video recording and then fill out the attendance form for that meeting if you haven't already.** Please remember that to continue strengthening our communication channels and our capacity to collaborate to grow our profession, we now require attendance at all four Leadership Council meetings. As a reminder, a maximum of two of the meetings can be attended “virtually” by watching the videos and then filling out the attendance form. Please note that we will tally all attendance records and contact programs that have not attended the four meetings we held in 2024.



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Here are the links to the videos, PowerPoint presentations, and attendance forms for these meetings. (Any of the PDF documents can be downloaded onto your computer once you click on the link.)

[DECEMBER 9, 2024 VIDEO](#)

[DECEMBER 9, 2024 POWERPOINT – Online learning updated proposals and focus groups](#)

[DECEMBER 9, 2024 REVISED DRAFT CASE STUDY TEMPLATE](#)

[DECEMBER 9, 2024 ATTENDANCE FORM](#)

[SEPTEMBER 11, 2024 VIDEO](#)

[SEPTEMBER 2024 POWERPOINT](#) – Online learning input from members

[SEPTEMBER 2024 DRAFT CASE STUDY TEMPLATE](#)

[SEPTEMBER 2024 GOOGLE FORM FOR CASE STUDY FEEDBACK](#)

[SEPTEMBER 2024 ATTENDANCE FORM](#)

[JUNE 10, 2024 VIDEO](#)

[JUNE 2024 POWERPOINT](#) – Online learning Qs for membership

[JUNE 2024 ATTENDANCE FORM](#)

[MARCH 13, 2024 VIDEO*](#)

[MARCH 2024 ATTENDANCE FORM](#)

[MARCH 2024 CORRECTED POWERPOINT](#) – Online learning Qs for Leadership Council

**Please note that there are some issues with the audio that we have not been able to fix, but the bulk of the information is still accessible.*

INVITATIONS

- Please share the **RootsHoliday** coupon code with your email and social media networks today so that they can enjoy 20% off of the [Global Roots of Somatic Movement Video Series](#) through December 22! It is possible to [Gift a Course](#) (the video package) now as well! You can send a message like:
- “Use this coupon code to receive a 20% discount on 3 hourlong videos about some of our most influential lineages: **RootsHoliday**. This special discount only runs through Sunday, December 22!” People will receive 20% off the package (i.e., ISMETA members pay \$36 instead of \$45 and non-members pay \$46 instead of \$58). It is now possible to [Gift a Course](#) (the video package) as well!



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- “The discount package includes three hourlong videos featuring esteemed elders in our field:
 - Video 1: Bonnie Bainbridge Cohen, Eleanor Criswell Hana, and Paul Linden
 - Video 2: Larry Goldfarb, Daria Halprin, and Sondra Fraleigh
 - Video 3: Alice Cummins, Mariko Tanabe, and Patricia Bardi

What a wonderful gift to give yourself, a friend, or a colleague!”

Let’s share the news about this valuable resource with our professional and personal networks!

- We currently have 989 subscribers to our new YouTube channel with over 30 mini-sessions from our inaugural [Global Somatic Movement Day](#) on October 4th! If you haven’t subscribed, please do that now and opt for notifications so that you will be updated when new content is uploaded.
- **We will hold a New Year Celebration of Somatic Movement on Saturday, January 25 from 12 – 1 pm Eastern U.S. time on Zoom. Please mark that date in your calendars and RSVP to let us know if you are available!**
 - We will launch a new playlist on our YouTube channel on this day and celebrate the support that somatic movement can offer to practitioners, clients, and students in 2025.
 - Leadership Council Representatives will have a chance to talk about how the YouTube channel can help increase awareness of our work, and about any of these prompts:
 - Somatic movement supports me to ...
 - Somatic movement can support my clients/students to ...
 - Somatic movement may support you to ...

Please share the attached postcard with your networks through email and social media platforms (after you share the Global Roots discount, which runs only through Sunday, December 22nd).

More details will come in January. In the meantime, please reserve this time in your calendars and RSVP to this message to let us know if you can join us.



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- The Professional Standards Committee will host two roundtable discussions for Leadership Council representatives to discuss the topic of online learning in our Approved Training Programs (ATPs). Here are the current groups for each date:

Wednesday, January 22 at 12:30 pm ET

- Sage Brody - Leven Institute
- Mark Taylor - Center for BodyMindMovement
- Janet Kayla - LSSI
- Teri Carter - Somatic Movement Arts
- Mariko Tanabe - BMC Montreal
- Caroline Gebhardt or Mary Lou Davison - Chi for Two

Tuesday, January 28 at 12:30 pm ET

- Antja Kennedy – Eurolab
- Aceneth Garcia - Elemental Movement
- Melissa Michaels - SomaSource / Golden Bridge
- Hana Kamea Kemble – The Movement Arc
- Dee Wagner - Chi for Two
- Prue Jeffries – NAIO
- Renee Jackson - Alexander Technique

Please reply to this message to confirm that you plan to be there and we will send the Zoom link for each meeting. Also, if you are not on one of these lists and would like to attend one of the focus groups, please contact Elisabeth Osgood-Campbell by replying to this message.

- Over the holidays, we invite you to read the [ISMETA 2024 Annual Report!](#)
- We repeat our invitation for you to submit a proposal to create a piece for the ISMETA video library, tentatively entitled Essential Elements of Somatic Movement, that will promote our Approved Training Programs! Here is the link for the [Proposal Form](#).

REMINDERS

- ISMETA will host an in-person conference in Benicassim, Spain tentatively entitled, “Cultivating Connections: Somatic Movement with Self, Others, and the World,”



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from September 26 – 28, 2025! Please mark your calendars and stay tuned for more details. The Call for Proposals is coming soon!

- Please mark your calendars with the Leadership Council meeting dates for 2025:
 - Wednesday, March 12 from 12 – 1:30 pm ET
 - Monday, June 9 from 10 – 11:30 am ET
 - Wednesday, September 10 from 12 – 1:30 pm ET
 - Monday, December 8 from 10 – 11:30 am ET

Thank you for your participation in our dynamic organization!

In service,

The Leadership Council Meeting Workgroup of ISMETA's Executive Committee

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