

## **LEADERSHIP COUNCIL MEMBERS SUBMISSION GUIDELINES FOR MATERIALS TO BE FEATURED ON ISMETA.ORG WEBSITE**

### **Submission Categories**

- **Benefits of Somatic Movement:** This can be as short as 1 minute or as long as 3 minutes. We would also welcome a collection of your students or clients speaking about the benefits. We can clean up video that you send us, editing to make a composite video of shorter footage. These can be recorded through Zoom.
- **Experience a Somatic Moment:** Director or Senior Faculty leading a somatic exploration into the body. 5-7 minutes. These can be recorded through Zoom.
- **Science of Somatics:** Anatomy lesson, scientific material, somatic findings...what you are most interested in sharing. 3-5 minutes. Could also be video of non RSME or T scientists or professionals you have been working with in your program that have a strong understand of Somatic Movement Education and Therapy. These can be recorded through Zoom.
- **Professional Development Video:** Leadership Council teaching videos of 45 minute or more in length. Once Webinars are conducted, they can be posted here. Please consider teaching a webinar for ISMETA.
- **Featured Training Program:** Promo Video of your program. Completed video describing your program 3-5 minutes
- **Written Quotes:** One sentence....by Program Directors or senior faculty
- **Members on the Move:** Have you written a new book, been published in a journal, presenting at a prestigious conference? Other news of note. Please provide a black and white photo and a one or two sentence announcement.
- **Blog:** Part of an article or book, something you have on your site, or something special for ISMETA. A picture to include would be wonderful.
- **Worldwide Somatic Movement Events:** Members are able to post to the [Somatic Movement Events Calendar](#). Instructions on how to do so are [here](#).

### **Bookstore**

- ISMETA published authors who secure a 20% discount and free shipping from their publishers can be featured in the ISMETA Bookstore.

### **Additional Image Specifications**

- Photos: The specs for photos are high resolution (300 dpi). Minimum size should be 600 pixels at 72 dpi for all photos. Please see additional requirements for use in specific locations on the website.
- Other images featured on the site in smaller boxes in grids need to be: 377 px X 292 px
- Top Slider: Needs the highest resolution of 1920 px X 1080 px

### **How to submit your content to ISMETA**

Approved Training Programs and Affiliated Professional Organizations are encouraged to submit their content for inclusion on the ISMETA website by contacting us at [info@ismeta.org](mailto:info@ismeta.org). Our Communications Committee will review all content for approval.

**Note:** Events for the [Somatic Movement Events Calendar](#) do not need to go through this review and can be posted directly by members (see instructions above.)