

December 22, 2025

Dear Board of Directors and Operations Team,

As we embrace the joyful winter holiday season, we want to extend heartfelt thanks for your leadership, expertise, and generous service to ISMETA. Your continued commitment and care to strengthen our organization and the profession of Somatic Movement Education and Therapy is sincerely appreciated.

May this winter holiday season bring you time for rest, renewal, and heartwarming connection. In celebration of all that we've accomplished together this year and looking forward to building on this momentum in the year ahead, we offer you the following gift.

A HOLIDAY GIFT FOR YOU!

As a gesture of gratitude for the time, energy, and expertise that you have contributed to our organization and our profession, the Executive Committee offers you free access to all the recordings of the 2024 and 2025 courses in our Professional Development Center (PDC). **You can register for any/all of them with the coupon code 100%BoardServiceGift - between now and January 15, 2025.** Once you register for them, they will appear in your PDC dashboard. Later, you can access and watch the recordings whenever your schedule allows. (The January 15th deadline is for registering for the courses, not for viewing them.)

To register at no cost, please enter this COUPON CODE in that field on the registration page for all the recordings you want to have access to: 100%BoardServiceGift.

We hope you enjoy these professional development offerings!

ACTION ITEMS

Please read the [ISMETA 2025 Annual Report](#), which includes the major accomplishments of the calendar year.

Please share the social media posts that the Communications Committee, led by Florian Filtzinger, creates – including the “Happy New Year” message on Instagram in different languages that will appear soon!

REMINDERS

Please see the new Google Calendar and mark these 2026 dates.

Quarterly Board of Directors and Operations Team meetings:

Tuesday, February 10th from 10:00 am - 12:00 pm Eastern U.S. time (ET)

Tuesday, May 19th from 10:00 am - 12:00 pm ET

Tuesday, September 15th from 10:00 am - 12:00 pm ET

Tuesday, December 8th from 10:00 am - 12:00 pm ET



ISMETA

International Somatic Movement
Education & Therapy Association

Quarterly Leadership Council meetings:

Wednesday, March 11th from 12:00 - 1:30 pm Eastern U.S. time (ET)

Monday, June 8th from 10:00 - 11:30 am ET

Wednesday, September 9th from 12:00 - 1:30 pm ET

Monday, December 14th from 10:00 - 11:30 am ET

To protect the integrity of our email and computer systems, please DO NOT reply to any of the spam messages from fake IONOS addresses. If there is ever a problem with our ISMETA email that requires you to verify your email address or change your password (for example), you will receive a message from our Operations Team about it. Please disregard all other messages you receive about your IONOS email account.

We would also like to remind everyone that we have been experiencing many "spoofed" emails coming from Rich, Ray and other board members. Spoofed emails are when someone poses as the sender and can even have the email look as if it's coming from the person they are impersonating. These have asked for everything from help with money transfers to gift cards. People from the board or operations teams will never make these types of requests. Please mark them as spam and forward them to info@ismeta.org. Dani will track these addresses and forward them to our provider.

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

With appreciation and best wishes for a restorative holiday season,
Elisabeth Osgood-Campbell, Executive Director
Nirvan Ananda, Managing Director
Rich Sims, Board of Directors President