

December 16, 2025

Dear Leadership Council Representatives,

Thank you to those who attended the December 8, 2025 meeting from 10:00 – 11:30 am Eastern time. It was great to see such robust attendance from our Approved Training Programs (ATPs), Affiliated Professional Organizations (APOs), and current Board of Directors members! ISMETA continues to grow our profession through exciting projects, which you can read about in this summary.

VIDEO AND ATTENDANCE

Please remember that attendance at all of the Leadership Council meetings is required to maintain your status as an Approved Training Program or Affiliated Professional Organization. The option of asynchronous attendance, by viewing the meeting recording, is available for a maximum of two meetings per year. To continue to build effective communication systems between the ISMETA Board and Operations Team and the Leadership Council organizations, we track attendance at all of our meetings. Those who did not attend the meeting on December 8th are required to watch the video recording. After you view the recording, please submit the Google Attendance Form, linked below.

[December 8, 2025 Video Recording](#)

[December 8, 2025 Attendance Form](#)

PLEASE NOTE: The recording will only be available through Tuesday, March 10, 2026, the day before our next Leadership Council Meeting.

MEETING SUMMARY

Nirvan Ananda, our Managing Director, welcomed everyone to the call.

After a lovely “Somatic Arrival” by former ISMETA Board of Directors President and founder of Dynamic Embodiment, Dr. Martha Eddy, we shifted to taking attendance. Then, a [brief video of images from ISMETA’s successful in-person conference](#) in Spain was shared.

Next, Executive Director, Elisabeth Osgood-Campbell, reminded the group that ISMETA now requires all Approved Training Programs (ATPs) to list the percentages of in person, online live, and online prerecorded training hours on their websites, in the descriptions of their curricula. ISMETA also asks all ATPs to please send an email with a screenshot of their website page with this information to: info@ismeta.org as soon as possible. Thank you to those programs who have already done so!

The Professional Standards Committee is still in the process of collecting feedback from ATPs in [this GOOGLE FORM](#) about high-quality online teaching and learning. Please add your input to this form by December 19th. A finalized version will be shared during the March 11, 2026 Leadership Council meeting.

The final topic, which will be explored throughout 2026, is increasing the professional recognition of somatic movement. This conversation built on [this document](#), which Nirvan Ananda, our Managing Director, shared in October to illustrate the stages of evolution of successful professional associations. ISMETA continues to seek the input of the Leadership Council about the process of increasing professional recognition through [THIS GOOGLE FORM](#). Meeting participants were invited into small group conversations in breakout rooms, and asked to share their ideas about what increasing professional recognition might look like in their regions. *If you haven’t yet, PLEASE SHARE YOUR PERSPECTIVE on this topic in the Google form above by December 19 at the latest.*



ISMETA

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After a debrief in the main gallery, the meeting ended with Announcements and Goodbyes.

Please enter these important dates in your calendars.

LEADERSHIP COUNCIL MEETING DATES FOR 2026

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

Thank you!

In service,

The ISMETA Leadership Council Workgroup

Richard Sims, Board President

Kehinde Ishangi, Board Vice President

Margaret Rennerfeldt, Board Secretary

Elisabeth Osgood-Campbell, Executive Director

Nirvan Ananda, Managing Director