

Feldenkrais® Inclusion Initiative

Reaching out to more communities

FELDENKRAIS® INCLUSION INITIATIVE PRESENTATION

Wednesday October 26, 2022

for

Religious Affairs Committee
NAACP Boulder Colorado

6:30pm – 8:00pm Mountain time

5:30pm – 7:00pm Pacific USA

7:30pm – 9:00pm Central USA

8:30pm – 10:00pm Eastern USA

What is the Feldenkrais Inclusion Initiative?

- * Our mission is to make Feldenkrais® classes accessible to younger generations and to people from a variety of multicultural communities.
- * We are expanding Feldenkrais® practice to include more people in the classes and professional trainings.

THE FELDENKRAIS METHOD

Beginning as a scientist and martial artist, Moshé Feldenkrais DSc wrote influential books about movement, learning and health. His book *The Elusive Obvious* presents a thorough and accessible explanation of the Feldenkrais Method and, as its title indicates, throws light on the solutions to many of our difficulties that are hidden in plain sight.’

— The Elusive Obvious: The Convergence of Movement, Neuroplasticity, 2019
by [Moshe Feldenkrais](#) (Author), [Norman Doidge M.D.](#) (Foreword)

From the Amazon notes: <https://www.amazon.ca/Elusive-Obvious-Convergence-Movement-Neuroplasticity/dp/1623173345>

How the Feldenkrais Inclusion Initiative and the NAACP can work together.

- * Members of NAACP Boulder can benefit from Feldenkrais Inclusion Initiative (FII) through enhancement of public wellbeing and personal empowerment. The NAACP as a whole can benefit with a link to the NAACP Boulder site on the FII website to bring more members to NAACP.
- * Feldenkrais Inclusion Initiative is interested in expanding the current Feldenkrais community to include more multi-cultural people in classes and professional trainings by having our link on the NAACP website.

How students participate.

- * Students choose a class from the calendar.
- * Students use the discussion board for sharing experiences with the teacher and others in your class. Visit the discussion board to find study references and request additional articles, videos, and tutorials.
- * Students are asked to comment on their experience. We are interested in learning how the lessons are useful for them.

Prerequisite ~ students share experience,

- * In exchange for joining in these free or low-fee classes, participants grant permission for the project to follow their progress through their participation and descriptions of experiences.
- * By signing-up for a class, you agree to stay in touch with us (once or twice yearly) for two years. We are interested in how Feldenkrais learning contributes to your life.

How teachers participate.

- * Teachers participate by teaching and joining discussions with students and other teachers, on the discussion boards, and at special gatherings (optional).

How everyone can participate in the Feldenkrais Inclusion Initiative.

- * Enjoy the classes!
- * Help with outreach: share our newsletter and website.
<https://feldenkraisinclusioninitiative.org/>.
- * Comment or ask questions or post an article:
 - discussion board <https://feldenkrais-inclusion-initiative.mn.co/>
 - website <https://feldenkraisinclusioninitiative.org/>
- * Help with technical or communicative tasks.

CONTACT:

- Discussion board <https://feldenkrais-inclusion-initiative.mn.co/>
- Email katarina@feldenkraisinclusioninitiative.org
- Telephone 1 604 263 9123 (Vancouver BC Canada)

Credits:

The following are service marks, trademarks, collective, or certification marks of the Feldenkrais Guild® of North America in the US: Feldenkrais Guild®, Feldenkrais®, Feldenkrais Method®, Functional Integration®, FI®, Awareness Through Movement®, ATM®, Guild Certified Feldenkrais Teacher®, GCFTCM, Guild Certified Feldenkrais PractitionerCM, GCFPCM, Certified Feldenkrais Awareness Through Movement TeacherCM, CFATMTCM, Feldenkrais JournalTM, Friends of FeldenkraisSM, and FGNA Feldenkrais Method Logo.