

Feldenkrais® Inclusion Initiative, Reaching Out to More Communities

Our mission is to make Feldenkrais® classes accessible to younger generations and to people from a variety of multicultural communities.

— A project of the Feldenkrais Legacy Forum (FLF)

PROGRAMME

[www.feldenkraisinclusioninitiative.org](http://www.feldenkraisinclusioninitiative.org)

Awareness Through Movement® Class 'no charge' or 'pay what you can'

DONATE

To support this Feldenkrais® Inclusion Initiative, please donate to the Feldenkrais® Legacy Forum, a 501.c.3 organization, and request the money be used for the Inclusion Initiative.

Donations may be tax deductible. [Donation Button](#)

DISCUSSION BOARD

Please click to join our Discussion Board <https://feldenkrais-inclusion-initiative.mn.co/>

CALENDAR ~ Please click on a teacher's name to see the class listed in your timezone

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am PT / 9 am ET			<a href="#">Fritha Pengelly</a> Wednesday 6 am Pacific	<a href="#">Fritha Pengelly</a> Thursday 7:30 am Pacific	<a href="#">Jaclyn Boone</a> Friday 7:00 am Pacific	
7 am PT / 10 am ET		<a href="#">Katarina Halm</a> Tuesday 7:00 am Pacific				
8:30 am PT / 11:30 am ET				<a href="#">Gosia Bochinska</a> Thursday Dec 12, 19, 2024 English Language 8:30 am Pacific		
9 am PT / 10 am ET	<a href="#">Alice Friedman</a> Monday 9 am Pacific					<a href="#">Peggi Honig</a> Saturday 9 am Pacific
9 am PT / 10 am ET	<a href="#">Dianna Dryden</a> Monday 9 am Pacific			<a href="#">Gosia Bochinska</a> Thursday Dec 12, 19, 2024 Polish Language 10:00 am Pacific		

10 am PT / 1 pm ET		<u>Jeff Haller</u> Wednesday 10 am Pacific		<u>Bobbie Ueunten</u> Saturday 10 am Pacific		
10:30 am PT / 1:30 pm ET		<u>Peggi Honig</u> Wednesday 10:30 am Pacific				
11 am PT / 2 pm ET	<u>Rachel Rudansky</u> Monday 11 am Pacific					
Noon PT / 3 pm ET		<u>Frederick Schjang</u> Tuesday Noon Pacific		<u>Peggi Honig</u> Friday Noon Pacific		
Noon PT / 3 pm ET		<u>Peggi Honig</u> Tuesday Noon Pacific				
1 pm PT / 4 pm ET	<u>Bobbie Ueunten</u> Mon & Wed 1 pm Pacific	<u>Bobbie Ueunten</u> Mon & Wed 1 pm Pacific				
2:30 pm PT / 5:30 pm ET						
3 pm PT / 6 pm ET		<u>Paris Kern</u> Tuesday 3 pm Pacific				
5 pm PT / 8 pm ET		<u>Alice Friedman</u> Wednesday 5 pm Pacific				
7 pm PT / 10 pm ET			<u>Jeff Haller</u> Thursday pm Pacific			
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