

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 \(FLF\)](#)
 FLF page: [Expansion & Diversification](#)

Please click to join our [Discussion Board](#) Programme: www.feldenkraisinclusioninitiative.org
 Awareness Through Movement® Class 'no charge' or 'pay what you can.' 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.

Please click on a teacher's name to see the class listed in your timezone, and sign up if you wish.

Included are Mini Lessons & Talks & Projects

Developing steps for the project ~ Bring your thoughts and work together

[Selected Saturdays 8:30 am Pacific](#) / [Selected Sundays 2:30 PM Pacific](#)

[Selected Mondays 7:00 am Pacific](#) / [Selected Thursdays 3:00 PM Pacific & 5:00 PM Pacific](#)

Please let us know if you wish another day and time!

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------|--|---|--|---|---|--|--------|
| 6 am PT / 9 am ET | | | Fritha Pengelly Wednesday 6 am Pacific | Fritha Pengelly Thursday 7:30 am Pacific | Jaclyn Boone Friday 7:00 am Pacific | | |
| 7 am PT / 10 am ET | Mini Lessons & Talks & Projects * 30-45 minutes Selected Mondays 7:00 am Pacific | Katarina Halm Tuesday 7:00 am Pacific | | | | | |
| 8:30 am PT / 11:30 am ET | | | | Gosia Bochinska English Language Thursday January 16, 30, 2025 February 27, 2025 March 13, 27, 2025 8:30 am Pacific | | Mini Lessons & Talks & Projects * 30-45 minutes Selected Saturdays 8:30 am | |
| 9 am PT / 10 am ET | Alice Friedman Monday 9 am Pacific | | | | | Peggi Honig Saturday 9 am Pacific | |
| 9 am PT / 10 am ET | Dianna Dryden Monday 9 am Pacific | | | Gosia Bochinska Polish Language Thursday January 16, 30, 2025 February 27, 2025 March 13, 27, 2025 10:00 am Pacific | | | |

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|--|--|---|---|--|--|----------|--|
| 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 | | | | | | | <u>Mini Lessons & Talks & Projects * 30-45 minutes Selected Sundays 2:30 PM Pacific time</u> |
| 3 pm PT / 6 pm ET | | <u>Paris Kern</u> Tuesday 3 pm Pacific | | <u>Mini Lessons & Talks & Projects * 30-45 minutes Selected Thursdays 3:00 PM Pacific time</u> | | | |
| 5 pm PT / 8 pm ET | | | <u>Alice Friedman</u> Wednesday 5 pm Pacific | <u>Mini Lessons & Talks & Projects * 30-45 minutes Selected Thursdays 5:00 PM Pacific time</u> | | | |
| 7 pm PT / 10 pm ET | | | | <u>Jeff Haller</u> Thursday 7 pm Pacific | | | |
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