

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			
10 am PT / 1 pm ET			Jeff Haller Wednesday 10 am Pacific			Bobbie Ueunten 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>	<u>Brian Baraszu</u> Friday 3 pm Pacific			
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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