

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](http://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 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			<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	Mini Lessons & Talks & Projects * 30-45 minutes <a href="#">Selected Mondays 7:00 am Pacific</a>	<a href="#">Katarina Halm</a> First and Third Tuesdays Feb 4 & 18. Mar 4 & 18. Apr 1 & 15. 7:00 am Pacific					
8:30 am PT / 11:30 am ET				<a href="#">Gosia Bochinska</a> Thursday February 27, 2025 March 27, 2025 8:30 am Pacific		<a href="#">Talks &amp; Projects *</a> 30-45 minutes <a href="#">Selected Saturdays 8:30 am Pacific time</a>	
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						
10 am PT / 1 pm ET			<a href="#">Jeff Haller</a> Wednesday 10 am Pacific			<a href="#">Bobbie Ueunten</a> Saturday 10 am Pacific	
10:30 am PT / 1:30 pm ET			<a href="#">Peggi Honig</a> 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 pm PT/ 5pm ET / 4pm Oklahoma		<u>Brian Baraszu</u> First and Third Wednesdays Feb 5 & 19. Mar 5 & 19. Apr 2 & 16. 2 pm Pacific					
2:30 pm PT / 5:30 pm ET							Talks & Projects * 30-45 minutes <u>Selected</u> <u>Sundays</u> <u>2:30 PM</u> <u>Pacific time</u>
3 pm PT / 6 pm ET		<u>Paris Kern</u> Tuesday 3 pm Pacific		Talks & Projects * 30-45 minutes <u>Selected</u> <u>Thursdays 3:00</u> <u>PM Pacific time</u>			
5 pm PT / 8 pm ET		<u>Alice Friedman</u> Wednesday 5 pm Pacific		Mini Lessons & Talks & Projects * 30-45 minutes <u>Selected</u> <u>Thursdays 5:00</u> <u>PM Pacific time</u>			
7 pm PT / 10 pm ET				<u>Jeff Haller</u> Thursday 7 pm Pacific			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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