

In Touch

A quarterly publication of the
 FELDENKRAIS GUILD®
 of North America

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Inside the Walk Talking with Lavinia Plonka

—Nancy Wozny, GCFP

Many of us know Lavinia Plonka as our dutiful editor of *SenseAbility*, our trusted newsletter for the public. Plonka, a practitioner since 1994, is also a successful author. She's just published her second book, *Walking Your Talk: Changing Your Life Through the Magic of Body Language*. This new book is hot on the heels of her first, *What Are You Afraid Of?*. Plonka is also the director of the Asheville Movement Center in North Carolina. She took the time to bring us up to speed with life in the literary lane.

Nancy Wozny: Congratulations on your second book. I remember you telling me you got the idea for the second book while you were writing your first book. Do you remember how the bubble percolated up that became this book?



Lavinia Plonka: Two things happened. An acquaintance handed me a book published in 1902 about the work of François Delsarte. As I read it, I realized that much of what he was teaching in the 19th century about effective body language resonated with many ATM lessons I had taught. One of his quotes was, "Nothing is so unfamiliar to man as himself." This seemed like the other side of Moshe's saying, "If you know what you are doing, you can do what you want." As I watched a speaker on TV, it struck me how incongruent his bearing was with his message. I turned to my husband and said, "He's not walking his talk." That's when I realized that our work could actually help people understand their body's own "instant messages."

(continued on page 3)

The Feldenkrais Guild® of North America (FGNA)

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About *In Touch*

In Touch is the newsletter of the *Feldenkrais Guild®* of North America and serves the Guild's membership. *In Touch* reports news about the international *Feldenkrais®* community and serves as a forum for the presentation and discussion of issues related to the *Feldenkrais Method®* of somatic education. All articles reflect the individual views of the authors, if signed, and the view of the editorial staff, if unsigned. Unless an article explicitly states that it is reporting a Guild policy, it does not reflect any official point of view adopted by *Feldenkrais Guild®* of North America.

Feldenkrais Guild® of North America, an Oregon nonprofit mutual benefit corporation, is the professional organization of certified *Feldenkrais* practitioners and of trainees in accredited programs. FGNA has an international membership and is affiliated with other national professional organizations. As such, FGNA is dedicated to the development of the *Feldenkrais* profession and regulates standards of practice, training accreditation, and ethics. Membership in *Feldenkrais Guild®* of North America is open to graduates of, and trainees in, Guild accredited trainings, and the interested public, as set forth in the FGNA bylaws.

In Touch welcomes your contributions. Unsolicited manuscripts will be returned only if accompanied with a self-addressed, stamped envelope. Email communication to: <intouch@feldenkraisguild.com>

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***In Touch* Editorial Policy**

In Touch welcomes articles that support and promote the practice of the *Feldenkrais Method®* of somatic education. These will be given priority for publication. Articles will be reviewed by FGNA staff, which reserves the right to approve submissions and to decide in which section they will be published.

We ask that articles be limited to 1,500 words, although we will make exceptions when necessary.

The Managing Editor reserves the right to edit submissions for length and clarity, in cooperation with the submitting author(s).

Submissions of an editorial nature will be published as Letters to the Editor and limited to 500 words. Responses to the contents of previous issues will likewise be printed as Letters to the Editor and subject to the same limitations.

Please proof and copy edit your writing before submitting it. You may be asked to provide verification of statements of "fact" prior to publication. *In Touch* is not responsible for typographical errors or inaccuracies. We are not responsible for safekeeping of unsolicited materials. Articles must include a suggested title and author credit as you would like it to appear in the newsletter.

Materials deemed inflammatory, judgemental, or in poor taste will not be considered for publication.

Submissions Information:

- Send submission as an e-mail message.
- Send submission as an attachment to e-mail.
- Mail/fax submission as a double-spaced typewritten hard copy.
- Contact the Managing Editor about graphics submission.
- All "official business" submissions, all ads, and all questions should go to the Managing Editor at e-mail: <intouch@feldenkraisguild.com>

Upcoming Submission Deadlines for 2007:

Aug 15, Nov 15

Published and Mailed Quarterly:
March / June / September / December

Inside the Walk...

(continued from page 1)

NW: The book is neatly structured to be both practical and poetic. How did the organizational process work from your end?

LP: The more I studied, the more I found myself drowning in connections, inter-relationships, diagrams, etc. I wanted to create a practical book that was fun to read. I therefore imagined a tour of the self. It became an adventure: exploring each body part and then putting it all together. I didn't know I was being poetic!

NW: Your theater background is much more present in this book. Actors have to learn to walk many talks, so to speak. What was it like to return to your field a bit in the process of making the book?

LP: When I chose to focus on becoming a successful *Feldenkrais*® teacher, I made a commitment to "not fall back" on my previous career. It would have been too easy to just keep performing and not grow in my new direction. As I have felt more comfortable in my process of learning to be an effective teacher, it has been a pleasure to revive my relationship with my first love. In some ways it seems as if I've finally brought together my two lives.

NW: The new book gives us homework. It certainly makes the book more interactive to have a check list, and a few things to do or think about. What does it mean for you to have the book structured this way?

LP: I structured the first book, *What Are You Afraid Of?*, like a gigantic *Functional Integration*® lesson. Because this book is bigger, with more material, I wanted to invite the reader to explore more choices. When I work with *Feldenkrais* students, I always offer the option of "homework." For some people, this is an effective way to learn; for others, it's a burden. I decided to add this option for those who like to learn in this way. As with the first book, I have ATM lessons that are also available as free audio downloads for those with other learning styles.

NW: I like the way the lessons are in narrative form, which maintains the lyrical nature of an ATM lesson. Did you grapple with how best to write the lessons?

LP: I tried to imagine someone experiencing an ATM lesson for the first time. What would it be like to follow those instructions? I read the copy out loud. I tried some of the versions out on my students.

NW: I was impressed by your research and how many other types of work you bring forth. It gives the

Feldenkrais work a larger context and substantiates your premise. Describe the gathering process.

LP: As I said previously, it began with the book *The Delsarte System of Expression*. It was a joyride as one thread led to another. I had been familiar with Paul Ekman's work studying the face since my training in the 90's, but now his work resonated more for me. I've always been interested in Indian dance as related to the Western art of mime, and loved having the excuse of writing a book in order to delve into the arcane texts. My exposure to Alba Emoting was really fortuitous. One of the highest certified teachers in the world is a professor at University of North Carolina Asheville, so I was able to get much proprietary information close to the source. And all of this fit so well with all my years of research in classical theater.

NW: There are many personal stories of your clients. If I go to see you I might be thinking, "I wonder if I will end up in Lavinia's next book?" When you are a writer, the collector is always at work. Tell us about the experience of gathering these stories. They work well and give us a feel for how you do your work.

LP: Ha! I have had students say this to me, or ask me, "Hey, am I that man/woman?" I have changed circumstances, sexes, locations in order to protect the confidentiality of all my students. So far, no one has come to me and said, "Hey is that story about so and so?" referring to someone they think they recognize. As for the "collecting of the stories" - everyone has a story! That's what I love about the blend of *Feldenkrais* and theater.

NW: What was easier the second time around?

LP: Writing the ATM Lessons and trusting the process.

NW: What did you learn about how the world perceives the *Feldenkrais* work from the responses you received from the first book? How did that, in turn, alter how you approached this book?

LP: The media still doesn't get it. I had a really hard time even getting the "F" word into interviews the first time. So I made sure to make the lessons intrinsic to the learning this time. Many people read the first book and just skipped the lessons. From readers who did try the lessons, I received affirmation that my writing style encouraged them to begin a *Feldenkrais* practice, so I felt more confident about how I included ATM lessons.

(continued on page 4)

Inside the Walk...

(continued from page 3)

NW: How has being an author changed your everyday schedule? Do you travel more? Any immediate effects to your teaching? Does the book come with a workshop?

LP: Being an author hasn't changed my schedule much. I am traveling a little more now because I'm trying to capitalize on the fact that the publisher supports any events that take place during the first six months a book is published. I truly enjoy bringing this work to a bigger population. It has affected my teaching tremendously. As I was developing material for the book, I conducted workshops around different themes in the book for groups ranging from college students to senior citizens. Their input on my approach has helped me hone my approach to integrating *Awareness Through Movement*® with a themed workshop. I've learned that the world likes to categorize you. Even though I love and still want to teach workshops on many themes (and I hope to do that again), I have found it most successful right now to focus on material from the books. I have at least a week's worth of material for *Walking Your Talk* alone. I've broken this down into many mini-workshops that range from two hours to the aforementioned week-long extravaganza. As I go more deeply into studying the transcripts from my training and the Alexander Yanai lessons, I see endless possibilities for new workshops. Another side effect is that people sometimes come to me for a lesson based on a question from the books.

NW: Any last minute advice for fellow Feldies holding a dream of writing a book?

LP: Write! Scribble pages in the morning. Write down observations after teaching. Join a writers' group that requires regular submissions. Share your work with colleagues. Don't hide your light under a bushel!

NW: Any ideas for book #3?

LP: Gulp. Yes. However, my working title is still too "new agey" for me. I'm hoping to address, in a direct way, Moshe's statement about realizing our avowed and unavowed dreams. (Hopefully by then spell-check will not keep telling me that unavowed is not a word!)

NW: Hey, it is for us! Where can we find your new book?

LP: At bookstores nationwide and Amazon.com. Isn't that cool?

Passion, Promotion & Potential The Expo at The 2007 Annual Conference

—Paulette Dolin, GCFP

Join your colleagues at this community-wide event on promoting your practice and communicating with the public about the *Feldenkrais Method*®. Share your passion, explore ideas for promotion, and expand your potential for a successful practice. Full-day and afternoon workshops have not been scheduled to make room for this special event. It will take place from 2:30 to 5:00 on Wednesday afternoon and includes:

- Special Presentations
 - FGNA CORR on using CORR-developed tools to promote your practice
 - Lavinia Plonka on writing about your work
- Small-Group Discussions (Topics to be selected by you, for example:)
 - How we talk about our work
 - Connecting with yoga teachers and schools
 - Networking tips and ideas
- Expo of Practitioner Displays

Sample topics:

 - Developing a website
 - Organizing a low-fee clinic
 - Creating an effective newsletter

We're looking for practitioners to create Expo displays! We'll have table space for your materials, there is free wi-fi access at the site (bring your wireless laptop to show your fabulous web page), and there will be some easels available for posters. (Sorry, the site cannot provide computers or overhead projectors). Expo participants don't need to give formal presentations, but you can chat with colleagues as they visit your table, and/or invite a small-group discussion around your Expo topic.

To sign up your display & reserve Expo space, contact Paulette Dolin via e-mail at ezmovement@yahoo.com (write "Expo" in the subject line). Include your phone number and Paulette can call you back to answer your questions. You may also call Paulette with questions, (cell: 650-815-8520, home: 650-329-8629), but an e-mail reservation is preferred.

There will also be a couple tables set up to hold your business cards, postcards, and other small, simple promotional materials.

Updating the Standards of Practice

—Gwendolyn Schwinke, GCFP, on behalf of the FGNA Board of Directors

The Standards of Practice for the *Feldenkrais Guild*® of North America was adopted in 1992 and is posted on our website at www.feldenkrais.com/profession/standards_of_practice/. This visionary document was crafted by practitioners, for practitioners, to serve as a living, evolving guide for standards in our work. It has always been intended (as is stated in the Standards of Practice itself) that this document could, and should be updated at regular intervals.

In order to serve the needs of practitioners and respond to the changing insurance climate in North America regarding therapeutic practices, the Board of Directors of FGNA is proposing a change in the Standards of Practice, and is inviting member feedback.

Reviewing the document, you will see that it focuses primarily on “What the *Feldenkrais Method*® Is and What It Does.” There is one short section about “What the *Feldenkrais Method* Is Not.” The first “Is Not” paragraph has served us well by clearly stating that our work is not medical in intent. It also distinctly states that the *Feldenkrais Method* is not massage, and therefore it has been useful in our efforts to avoid unwelcome state regulation. The paragraph reads:

“The *Feldenkrais Method* is not a medical, massage, bodywork, or therapeutic technique. The Method is a learning process.”

We are proposing deleting the above paragraph and replacing it with the following:

“The *Feldenkrais Method* is not a massage or bodywork technique. It is a learning process which has been shown to have therapeutic benefits. The Method may function as a complement to medical care.”

The primary impetus for the change is this: The statement that the *Feldenkrais Method* is not therapeutic has been cited by some insurance companies as reason for denying coverage for *Feldenkrais*® work. *Feldenkrais* practitioners have urged the Guild to revise this problematic phrase. In doing so, we also wanted to take the opportunity to look for further improvement. We tried to find new language which could respond to practitioners needs and could also speak more articulately to today’s medical/therapeutic

professions which have stronger links to and inclusion of complementary practices than during the time when the Standards document was originally written.

In choosing the new language, we carefully considered stating that the Method has been proven to have therapeutic “effects”, “value”, or “outcomes” before settling on “benefits”. We believe “benefits” is the strongest choice, as it is more direct than “value”, but does not indicate an outcome-driven process.

In creating this proposed change, the FGNA Board consulted Frank Wildman, *Feldenkrais* trainer & educational director (and one of those who drafted the original Standards of Practice); Michael Purcell, *Feldenkrais* assistant trainer and National Regulation Coordinator for FGNA; Deborah Bowes, *Feldenkrais* trainer and physical therapist; and Cliff Smyth, *Feldenkrais* assistant trainer (Deborah and Cliff were instrumental in stating the need for change.)

Now we want to hear from you.

Because the Standards of Practice is such a definitive document, the Board believes it is essential that we receive member feedback on the proposed change.

In offering your feedback, please consider the proposed change in the context of the entire Standards of Practice Document (www.feldenkrais.com/profession/standards_of_practice/).

To offer support, questions, or concerns, and to discuss with other Guild members, please visit the online version of *In Touch* where you can post comments at the end of the article. You can find it at www.feldenkrais.com/intouch/article/updating_the_standards_of_practice/

Or, if you would prefer to offer feedback confidentially to the Board of Directors, e-mail info@feldenkraisguild.com. These responses will be collected and forwarded to the Board for review at our Annual Conference meeting. To give us time to fully consider your feedback before the conference, please respond by July 25.

A follow-up article on members’ feedback will appear in the Fall issue of *In Touch*.

FGNA Staff Changes

—Barbara Greenfield, FGNA Executive Director

2007 has been a year of major changes for FGNA. We've moved to a new office and we have a new website. Along with these changes, we've had some recent staff changes as well.

FGNA says thank you and good-bye to Ken Statham, who has been instrumental in the design of our new website. We are grateful for the foundation that Ken has laid with our new site and we are quickly moving forward with the essential features for our members and the public.

We would like to welcome Deana Meyer, who comes to us with over 10 years of previous IT experience, including website programming, project management, technology planning and expert-level Filemaker programming. Originally she was working with our consultant on our new Filemaker database, which will integrate with the members area of the new website. In addition to continuing this work, she will also take over Ken's duties and be a key member of the website team. She is as comfortable with the big picture issues as with details of the office management. Thank you, Deana, for your valuable oversight with our recent office move.

Another thank you and good-bye to Terrie Wheeler, our bookkeeper. Terrie has been with us since 2004. She was with us during the transition to our new accounting system, processed accounts payable and accounts receivable, prepared and developed financial reports, and assisted with the annual budget.

Beverly Binkley, our new bookkeeper, had several weeks of training with Terrie. Beverly has had over 20 years of progressive, comprehensive experience as an accounting professional. She has experience performing all accounting activities, and we look forward to working with her.

A huge thank you to Suzane Van Amburgh for stepping in as Conference Coordinator at the last minute when Julie Flint had to resign suddenly. Suzane is a student in the Bend-Ashland training program and began volunteering for the Guild in 2006. In addition to coordinating the 2007 Conference, she is also the project manager for the 2008 Symposium in Colorado. Welcome, Suzane!

A welcome to Jamie Miller-Rapp, Practitioner Allison Rapp's daughter. She is a student at Lewis and Clark College in Portland, and during the summer is interning for us. She is doing a variety of tasks, including public outreach for the conference and assisting with our publications.

Last, but not least, welcome back Peter Cover. Peter is our Conference Coordinator for the 2008 Conference and Symposium being held in Boulder, Colorado.

Welcome to all and thank you for the important work that you do!

Alternative Models Task Force Update

—Gwendolyn Schwinke, GCFP, on behalf of the FGNA Board of Directors

On March 29, 2007, the FGNA Board of Directors passed a motion "that the question of competency be addressed before alternate models [of training] are evaluated."

On September 21, 2006, the FGNA Board of Directors voted to form a task force for evaluating alternative training models in cooperation with NATAB. Our intention was to generate discussion about our current measures of competency and begin to study outcomes. Since this time, we have been engaged in discussion with NATAB and the training community, including a meeting at the FGNA Annual Conference in October 2006. Through these discussions, and through consideration of FGNA's limited budget, it has become clear that the wisest choice is to address the issue of competency before attempting to evaluate alternate models of training.

FGNA and international discussions regarding competency are continuing in 2007. There will be a forum on Competency at the 2007 Annual Conference in Portland, OR, and all interested parties are invited to attend. This forum will take place on Tuesday, July 31 at 7:00PM.



For for information, please visit www.feldenkrais.com/conference

2007 Directory Corrections

—*Allegra Heidelinde, GCFP, FGNA Membership and Certification*

It is our goal to provide the most accurate and complete Membership Directory possible. Despite our best efforts, a few mistakes slipped past!

In general, if you have trouble locating an FGNA member in the Directory, go to the website, www.feldenkrais.com. Many members have joined since the directory was printed and the most current information is available online.

As a courtesy to your colleagues, please take a moment to update your 2007 Directory with the following corrections.

OMITTED LISTINGS, Please Add the Following to the Page Indicated:

p. 30

Louise Vesper (2006)
35 Hopkins Court
Berkeley, CA 94706
510- 527- 9682

glitterandlace@hotmail.com

Dancers, Performing Artists, Older Adults

p. 31

Elaine Yoder (2000)

830 Bancroft #107
Berkeley, CA 94710

home: 510.658.3137

elaineyoder@earthlink.net

www.elaineyoder.com

Pain recovery, repetitive strain; also athletes, musicians.

Aikido instructor.

p. 31

Beth Sidlow (1997)

268 E Hamilton Ave Ste C

Campbell, CA 95008

650.349.8551

bsidlow@netzero.net

Children, neurological disorders, pain. Assistant Trainer.

Also in San Mateo, CA.

p. 81

Anne Miller (2002)

ReConnect

Bloomington, IN 47401

home: 812.988.9766

cell: 812.325.7485

anstmiller@aol.com

on going ATM classes and FI

CORRECTIONS, Please Update your Directory with the Following Information:

p. 28

Mary Easton (1991) resides and works in Anaheim, California (not Auburn as listed in the directory) Please make a note of it.

p. 34

Madeleine Perrone (1994)

Please note her specialties below:

Correct business number is: 559.240.7985

Also located in Morro Bay, CA.

p. 40

Madeleine Perrone (1994)

Please note her specialties below:

Correct business number is: 805.441.9344

Also located in Fresno, CA.

p. 84

Note: address clarification below

Dianne Daniels (2003)

Harborside Center for Wellbeing

115 Townsend Avenue

p. 102

Donna Panarello, PT (1994)

Correct business number is: 732.530.6503

p. 142

Pamela Gow (2006)

Correct business number is: 425.241.6942

p. 154

Correct listing is below:

Hagit Vardi (2003)

Harmonious Movement

Madison, WI 53717

bus: 608.833.0537

cell: 608.770.8980

hagit@harmoniousmovement.com

www.harmoniousmovement.com

Also at Integrative Medicine Clinic-University of Wisconsin Hospital and Clinics. 53711.

Open Seat on the Nominating Committee

—Nancy Schumacher, GCFP

My name is Nancy Schumacher and I am Chair of the Nominating Committee. I graduated from the Amherst training in 1983, so I am not certain I have met many of you! I hope at some point our paths cross.

The Nominating Committee is looking for one person who would like to serve a two-year term on the Nominating Committee. It is not a time consuming position. We meet once a month on the phone for 45 minutes to an hour, starting in February or March and conclude by the Annual Conference, usually in August. Sometimes it just takes a few months of meetings, depending on how quickly we are able to find candidates to run for office. The number of candidates that we are looking for changes every year as people decide whether or not to run for another term. For example, this year we are looking for only one person; last year we were looking for three.

The Nominating Committee has attempted to find a replacement for the open seat on our committee, to no avail. The seat is appointed*, so you don't even need to run for it. I'm hoping that you could help us out. Are you interested or do you know someone who might be? We are hoping that an individual from a recent training will volunteer so that we can have a diversity of trainings represented and thus a broader reach into the community. However, in your scouting, we would also welcome a graduate from an older training. There are no expenses involved; the Guild provides us with calling cards for phone calls.

Finding new volunteers can take some creativity. One of our current members was "cornered" during a break at an advanced training. Therese Stogner, in Georgia, felt that the individual would add to the committee. Serendipitously, the person had let it be known through previous conversations that she was interested in serving the Guild in some way.

The committee would be very appreciative of your assistance. Please let us know of any potential individuals as soon as possible. To nominate yourself, or recommend someone, contact FGNA at nominations@feldenkraisguild.com or 800.775.2118 x122. If you have any questions, you can email me at NancySchu@aol.com or call me at 516.295.1325. I'm in New York, so if you call, please no later than 8PM EDT. From there, one of the committee members will contact the individual to give him or her more information and to confirm that they wish to be considered for this position.

Thanks a lot for your thought and consideration.

*A notice that went out on the FGNA News stated that a nominee would have to run for the position, but it is actually an internally appointed position.

Notice of Change in FGNA Bylaws

Article 11.1 of the Bylaws was revised by a vote of the FGNA Board of Directors on April 26, 2007. The purpose of the revision was to clarify the qualifications for Nominating Committee members.

According to the Bylaws, members who oppose this change may submit their written notice of opposition to the Guild office no later than July 15, 2007. If written opposition is received by 35 or more voting members, this amendment must be voted by the membership. Otherwise, this revision will take effect on September 15, 2007.

Please see the revised wording of Article 11.1 to the right. New language is underlined.

11.1 Nominating Committee. The Nominating Committee shall consist of 5 members: 3 elected by the membership for a three-year term, one rotating each year; and 2 appointed by the Nominating Committee for a two-year term, one rotating each year. Nominating Committee members must be Practitioner Members or Associate Members with no more than two Associate Members serving on the Nominating Committee at any one time. Anyone intending to run for office cannot serve on the nominating committee, except that nominating committee members may seek reelection to that committee. Vacancies in an elected position will be filled by special election. Vacancies in the appointed position will be filled by the Nominating Committee. The Nominating Committee shall choose its own chair and shall operate in accordance with the Nominations and Elections Protocol.

FGNA Board of Directors Meetings Summary

—Peter Jenkins, GCFP, Secretary, FGNA Board of Directors

October 27-29 2006 Retreat

1. Discussed formation of Task Force on Alternate Training Models
2. Discussed responses to International Working Group (IWG) Final Report Part B
3. Discussed the Mission and Ends Statements
4. Discussed the structure of events for the 2007 Annual Conference in Portland
5. Discussed the setting of goals and priorities for 2007
6. Discussed the bylaw change to allow Certified *Feldenkrais Awareness Through Movement Teachers*^{CM} to become Guild members
7. Discussed the renewal process for the international logo licensed by the Swiss Guild

November 16 2006 (By Teleconference)

1. Agreed to review information written in the Standards of Practice
2. Discussed the issue of practitioners practicing without renewing certification
3. Discussed clarifying what certification means and what membership means to differentiate between certification and membership

December 14 2006 (By Teleconference)

1. Discussed the proposed 2007 budget priorities, options and intentions
2. Agreed to continue to provide a printed directory to be mailed to all members
3. Appointed Lisa Walker to the FEFNA Board of Directors
4. Appointed Barbara Leverone as Board representative to The Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations
5. Appointed Staffan Elgelid and Keith Johnson as IFF representatives for the term
6. 1/1/07-12/31/09
7. Agreed to renew the service mark registration for the graphic part of the International Logo, and no longer renew the graphic along with the words "*Feldenkrais Method*"
8. Agreed to the production of brochures directed to all students

January 11 2007 (By Teleconference)

1. Approved the FGNA Budget for 2007
2. Ratified the 2006 election results for 2007
3. Marilyn Anderson resigned from the Board and the Board thanked her for her years of service
4. Appointed Gwendolyn Schwinke Vice President of the Board of Directors of FGNA
5. Appointed Barbara Leverone to Director 4 position on the Board of Directors of FGNA
6. Approved the payment to equalize the balance for Governing Bodies of TABs expenses incurred before the end of 2006
7. Discussed the revision to the Standards of Practice
8. Board thanks Jeff Kerr for his ongoing efforts on their behalf regarding service marks
9. Agreed to grant a lifetime Honorary Associate Membership status to Michel Silice Feldenkrais

January 26-29 2007 Retreat Capitola, California

1. Discussed the issues related to trainings and membership
2. Discussed the needs of the educational community
3. Discussed Board / NATAB / Training Community relationship
4. Discussed how we can increase membership
5. Discussed the Mission Statement and Ends Statements focusing on how well the Board has fulfilled each part
6. Discussed a plan for long-term financial stability of the Guild
7. Appointed Mary McCutcheon to the Board of Directors of FGNA taking office immediately
8. Appointed Andrea Wiener and Barbara Leverone as representatives to the Governing Bodies

February 22 2007 (By Teleconference)

1. Agreed that FGNA be represented at a meeting of the Governing Bodies before the IFF Assembly and at the Assembly
2. Agreed that Barbara Leverone and Dwight Pargee would attend the CORR Retreat
3. Agreed to an online discussion to approve response to IWG Competency Profile

In Touch Newsletter Announcements

2007 Annual Conference Is Coming Soon!

Choose to help out at the Annual Conference! **Work Exchange and volunteer positions are available.** Please contact Suzane Van Amburgh at conference@feldenkraisguild.com for more information.

Public events are plentiful at this year's Annual Conference in Portland Oregon. There are events open to the public every day July 28 – August 3rd: ten workshops, two evening events, and 30 morning *Awareness Through Movement*® classes to choose from! A printed public brochure is being distributed throughout the Pacific Northwest! You can help promote the *Feldenkrais Method*®! Send your friends and public contacts to our interactive web page especially designed for the public via www.feldenkrais.com/conference

Attention All Talented Beings — The Annual Talent Search is on! Our annual party and TALENT SHOW are nigh upon us. The date is Thursday evening, August 2. Feel your contact with your talent..... is it nudging you to perform? Is it bursting out of you with its grand potential? Or, do you know someone with bursting talent who should be invited to perform? Are you a fire breather, sword swallower or clown? A musician, a dancer, a comic, or a performance artist of any sort? The search is on for eight fabulous performers. Contact candyconino@gmail.com if you (or someone you know) ought to be in the show.

For the latest updates, tips and answers to frequently asked questions about the conference visit www.feldenkrais.com/conference

FEFNA Bookstore Preview of Items For Sale at Conference

FEFNA is swinging into gear for the upcoming conference here in Oregon's Rose City. To whet your appetite for some of the goodies you'll be able to find in the FEFNA bookstore this year, here's a rundown of new educational materials items, old materials in new forms, and *Feldenkrais*® merchandise you can expect to see this year.

**What is the *Feldenkrais Method*®? DVD
Item 8113 \$2.00**

In this 10 minute DVD, students who have taken *Awareness Through Movement*® classes at a popular New York fitness club share, in their own words, how the *Feldenkrais Method*® has enriched their lives and reveal what it has to offer individuals at any age and fitness level.

**Promotional postcards (packs of 50)
Item 8112 \$9.00**

Full color postcards advertising the *Feldenkrais Method* on one side with the other side left blank for you to fill in with your practice, event, etc.

**The Dynamic Musician Series: Volume 2
By John Tarr
2 CDs, 108 minutes, 4 lessons, 32 page booklet,
©2004
item 2217 \$31.45**

Builds on the previous lessons with emphasis on Dynamic Breath, which explores different types of breathing so you can further refine and deepen your own personal style of breathing.

**Kinesthetic Edge for Golfers
By Andrea Higgins, MA, GCFP
2 audio Cds, 7 lessons, softbound booklet ©2006
item 2137 \$35.95**

Explores the benefit of training to support the kinesthetic learning process. A program to change the way you experience your body in movement and provide you with ways to apply that experience to your golf game.

As always, feel free to ask if there is a product you would like to see in the FEFNA Bookstore or if a certain item you want doesn't come in the right format for you. Check out the FEFNA Bookstore online www.feldenkrais.com, email bookstore@feldenkrais.com, or call Samantha at the Portland office at 503.221.6612.

In Touch Newsletter Announcements

**FEFNA Bookstore
Looking for Items to Sell on Consignment
at the 2007 Annual Conference**

It's getting to be conference time again and that means **the FEFNA Bookstore is looking for books, tapes and other Feldenkrais® materials to sell on consignment in the conference bookstore.** If you have an item you believe is appropriate for the bookstore and wish to sell it through FEFNA, please contact FEFNA Educational Product Coordinator Samantha Berg at 503.221.6612 or e-mail bookstore@feldenkrais.com.

There are a limited number of consignment spaces, so don't delay in expressing your interest in selling a product through the bookstore.

**Save the Date!
2008 Conference and Symposium**

The 2008 Research Symposium and Annual Conference at the University of Colorado, Boulder, Colorado
Symposium: July 25 - 27, 2008
Conference: July 27 - August 1, 2008

**2007 Volunteer of Excellence
Award Nominations**

It is time again to nominate a Guild member for their volunteer efforts on behalf of the Guild and its members.

We will accept nominations until June 29.

We are interested in recognizing those individuals who have contributed their time and energy to FGNA, FEFNA, or both. Please include a sentence or two about the nominee's achievements and which organization he or she has contributed to. These awards will be presented during the Annual Meeting at the Annual Conference and be featured in the 3rd Quarter issue of *In Touch*.

Email or fax your nominations to:
executivedirector@feldenkraiguild.com
503.221.6616 (fax)

**The Feldenkrais Guild®
Has a New Address!**

5436 N. Albina Ave.
Portland, OR 97217
(phone numbers have not changed)

The Feldenkrais Journal
created by and for *Feldenkrais® Practitioners*

Call for Authors

We at *The Feldenkrais Journal* are welcoming submissions for Issue #21 of *The Feldenkrais Journal*.

This issue will have a general theme.

All manner of written or visual material is accepted such as poetry, manuscripts, interviews, drawings, or letters to the editor.

If you have a piece that was submitted to another publication, please edit this for the practitioner audience before sending it to us.

The editorial staff is also happy to comment on first drafts or works in progress.

Deadline for Issue #21 September 1, 2007

Please send a copy of your piece directly to:

Gay Sweet Scott
Editor, *The Feldenkrais Journal*
2747 Woolsey St.
Berkeley, CA 94705
gayscott@sbcglobal.net

And a second copy to:

Elaine Yoder
ATTN: Journal
472 Clifton Street
Oakland, CA 94618

For additional information about format, length, computer compatibility, etc., please contact Elaine

at:
elaineyoder@earthlink.net