

Shift Network - Somatic Movement Summit 2023

Shift Network Somatic Movement Summit Featured Feldies

Lavinia Plonk, Mia Segal and Leora Gaster, Anat Baniel, Linda and Russell Delman Representing!

- Awareness Through Movement® and The Feldenkrais Method® are beginning to penetrate the 'new age' mainstream.
- The recent Shift Network "Somatic Movement Summit" was hosted by a Feldenkrais Method student and included half dozen practitioners presenting their spins on the work.
- My friend Jamee Culbertson, with whom I trained in the International Healing Tao practices, is an Internationally Certified Alexander Technique Instructor.
- She presented on Chi Kung and the Alexander Technique.