



Welcome!

You may know we are a group of practitioners who began meeting 10 years ago. Now the Feldenkrais® Legacy Forum is an independent non-profit organization which supports practitioners, and their creative ideas for taking the work into the future and into a wider world.



Here are some of the ideas from practitioners that are actively being developed:

Practitioner groups:

- *Collaborative Learning Project*: - supports conversations among colleagues about important topics. Past zooms have been about creating your “elevator speech”, the importance of our work in your life, to name a few. These have inspired discussion internationally.
- *Feldenkrais Dialogue Group*: – practices communication skills so we can talk our walk.

Projects begun through the Feldenkrais Legacy Forum:

- A Documentary: *Moving into Wholeness: Learning through the Feldenkrais Method (working title)*
- A new trailer is in the works; stay posted!

- [The Trainer Interviews – What is the essence of the Feldenkrais Method?](#)



Outreach projects: *The Inclusion Initiative* is designed to expand our availability into a wider demographic.

Share your ideas for sustainability projects. Let us know your stories, thoughts, experiences in order to open doors for yourself, your colleagues and the wider public. We have a great deal to learn from each other. Our different ideas and perspectives enrich us all...



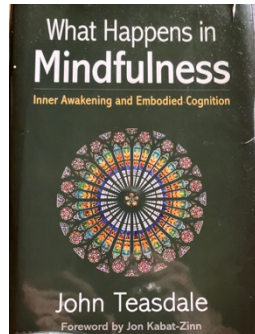
[Join our mailing list](#)

Or email us: FeldenkraisLegacyForum@gmail.com

Upcoming events:

- Collaborative Learning Project zooms
 - A three-part discussion: Exploring our Practice
 - [March 26, April 30, June 4](#)

Book Review:



practices to what happens in awakening.

What Happens in Mindfulness by John Teasdale (Guilford Press 2022) is a wonderful book on mindfulness. A leading researcher of mindfulness and depression, Teasdale draws on Buddhist and other religious thought and on current brain science and cognitive psychology to show what happens when one engages with mindfulness. Given that our work is a practice in being present with ourselves and our students, the findings are fascinating. With a glowing introduction by Jon Kabat-Zinn and references to the work of Ian McGilchrist, the book ranges from exploration of simple meditation

Thought for the Day:

How does working with movement affect consciousness?

In Honor of Jim Stephens:



It is with great sadness that we report the passing of our colleague Jim Stephens who was a personal friend, an excellent practitioner, and a stalwart on the Legacy Forum Board. We are grateful for his many generous contributions to our profession and community.

Jim was committed to the long term good of the environment, his local community and his family. He was present and compassionate through his last days. We offer heartfelt condolences to his family and friends and the community that supported him. We will miss him.

The Feldenkrais Legacy Forum Board : Anna Wolf, Marina Gilman, Alice Friedman, Jaclyn Boone

The Legacy Forum's mission is to promote the integrity, evolution, and sustainability of the Feldenkrais Method of Somatic Education for future generations. [Feldenkrais Legacy Forum](#)

