

**May 1 - 10, 2021**

Recordings will be released @ 3 AM EDT and remain available for 48 hrs

LIVE PANEL DISCUSSIONS @ 6 PM EDT

All times are Eastern Daylight New York Time Zone

Email Support at [support@futurelifefor.com](mailto:support@futurelifefor.com)

Or open a Chat with Support at [feldenkraissummit.com](https://feldenkraissummit.com)

*Sample time zone conversions*

6:00 PM EDT/New York = 5:00 PM Central/Chicago; 4:00 PM Mountain/Denver; 3:00 PM Pacific/San Diego;

11:00 PM GMT-0/London; 10:00 AM the next day AEDT/Melbourne, Australia

**Move Better,  
Feel Better**  
**2021**  
**FELDENKRAIS®  
AWARENESS  
SUMMIT**

[Timezone converter](#)

**May 1**

## **Opening Party/Welcome**

Noon EDT - New York Time

### **Keynote Speaker**

12: 15 PM EDT - New York Time

**Olena Nitefor**

The Feldenkrais Method® of Somatic Education: an introduction

AROUND THE CLOCK --- AROUND THE WORLD  
AWARENESS THROUGH MOVEMENT® LESSONS  
Starting at 7 AM EDT - See detailed schedule on page 4.

**Coordinators:** Erifily Nikolakopoulou, Frederick Schjang, and Margaret Kaye

**Featuring:** Maggy Burrowes, Nadia Chavka, Helena Mena, Joe Webster, Andrea Hennen, Joy Ackwonu, Alexandros Ioannou, Frederick Schjang, Scott Fraser, Rob Black, Michael Landau, Larry Goldfarb, Nick Strauss-Klein, Jeff Haller, David Hall, Rhonda Ohlson, Georgi Laney, Julia Mateo, Ruth Frommer, Margaret Kaye, Melody Lin, and Gisella Warmenhoven

**May 2nd**

## **Original Breath**

James Nestor: Breath: The New Science of a Lost Art

Patrick McKeown: Functional Breathing for Functional Movement

Fariya Doctor: How Perception Affects Function in Breathing

William M. Hang: Recessed Faces + Poor Breathing = Poor Body Posture

**LIVE PANEL DISCUSSION @ 6 PM EDT New York Time**

Join host CYNTHIA ALLEN and Richard Corbeil and Robert Sussuma

## May 3rd

### Play

Stephen Nachmanovitch: The Art of Is

Paul Pui Wo Lee: Feldenkrais = Methodical Play = Ready to (Dance)!

Joe Webster: Permission to be Playful

#### **LIVE PANEL DISCUSSION @ 6 PM EDT New York Time**

Join co-host LAVINIA PLONKA and Alan Questel and Jennifer Kayle

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## May 4th

### Embodied Anatomy

John Sharkey: Site Specific Fascia Tuning Pegs - Fascia Anatomy Informing

Feldenkrais Inspired Conscious Movement

Roger Russell: The Weber-Fechner-Henneman Movement Optimization Cycle:

Practicing Smart Instead of Practicing Hard

Carol A. Montgomery: The Anatomy of Foot Pain and Foot Health

#### **LIVE PANEL DISCUSSION @ 6 PM EDT New York Time**

Join host CYNTHIA ALLEN and Jeff Haller and Anastasi Siotas

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## May 5th

### Active Lifestyle

Lea Kaufman: Four Stages to Connect to Consciousness

Daniel Gelblum: Improving Yoga, Meditation, and other Movement Adventures

Lisa Hueske: Building a Movement Practice for Dancers, Athletes, Aspiring Movers

Stewart Hamblin: The Fit Sit Revolution

#### **LIVE PANEL DISCUSSION @ 6 PM EDT New York Time**

Join host CYNTHIA ALLEN and Sonja Johansson and Robert M. Valdez, Jr.

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## May 6th

### Language Runs Deep

Natalie Goldberg: Three Simple Lines

Zoran Kovich: Words and Experience in Awareness Through Movement

Bernadette Pleasant: Movement and Sound to Nourish the Weary Soul

#### **LIVE PANEL DISCUSSION @ 6 PM EDT New York Time**

Join host co-LAVINIA PLONKA and Garet Newell and Daniel Banks

**May 7th**

## Abilities - Dropping the Dis

Paul Linden: Even Martial Arts/Somatics Practitioners Grow Old  
Jacki Katzman and Nate Hansen: Awareness Through Movement®: Adaptive Athlete Edition  
Anne-Elizabeth Straub: What Disability and Feldenkrais Have Taught Me

### **LIVE PANEL DISCUSSION @ 6 PM EDT New York Time**

Join co-host LAVINIA PLONKA and Cornelia Sachs and Lou Coleman

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**May 8th**

## Healing Trauma

Albert Wong: Healing Trauma: From Fragmentation to Embodiment  
Pat Ogden: Sensorimotor Psychotherapy  
Molly Tipping: Trauma and Its Effects on Posture, Balance, and Self-Expression

### **LIVE PANEL DISCUSSION @ 6 PM EDT New York Time**

Join host CYNTHIA ALLEN and Alice Friedman and Buffy Owens

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**May 9th**

## Move Your Brain!

Cynthia Benjamin and Jennifer Lee: MOVING Together for Memory Loss  
Dan Clurman: Aging with Grace: Combining the Feldenkrais Method® and Somatic Inquiry  
Jill Van Note: Living the Good Life: Health, Wellness and Feldenkrais  
Linda Flanders: RUNNING... for an Elected Leadership Position

### **LIVE PANEL DISCUSSION @ 6 PM EDT New York Time**

Join co-host LAVINIA PLONKA and Bonnie Kissam and Sue Seto

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**May 10th**

## Research

Tim Sobie: Reframing Body Schema in Chronic Pain through Feldenkrais as an Augmented Reality: Evidence from Low Back Pain Research  
Carolyn F. Palmer: Putting Feldenkrais to the Test with Older Adults  
Helga Bost: Discovering the Unexpected: Fascinating Research for Spinal Cord Injury

### **LIVE PANEL DISCUSSION @ 6 PM EDT New York Time**

Join host CYNTHIA ALLEN and David Zemach-Bersin and Diane Hannemann








May 1

## Awareness Through Movement® lessons

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Coordinator: Erifily Nikolakopoulou

EDT TIME/NAME/COUNTRY	POSITION		ATM TITLE
7:00 AM UK, Maggy Burrowes	Supine		Moving the hara in four dimensions
8:00 AM Bulgaria, Nadia Chavka	Chair Sitting		Twisting and bending the spine sitting on a chair
9:00 AM Spain, Helena Mena	Supine		Fans and bellows: Connecting the breath to the movement of the hands
10:00 AM UK, Joe Webster	Lying on the Side		Towards and away
11:00 AM Germany, Andrea Hennen	Standing & Lying		Turning shoulders, head, and eyes
2:00 PM Austria, Joy Ackwonu	Supine		Exploring soft eyes
3:00 PM Greece, Alexandros Ioannou	Prone		Translating the head in prone

Coordinator: Frederick Schjang

4:00 PM USA, Frederick Schjang	Supine/Side Lying		Side reach and roll
5:00 PM Canada, Scott Fraser	Supine/Side Lying		Reach for the stars
6:00 PM Canada, Rob Black	Supine		Skewering the spine
7:00 PM Chile, Michael Landau	Supine		Heel toe step
8:00 PM USA, Larry Goldfarb	Seated		Breath
9:00 PM USA, Nick Strauss-Klein	Supine		Bell hand
10:00 PM USA, Jeff Haller	Standing/Supine		Gravity

Coordinator: Margaret Kaye

11:00 PM New Zealand, Gisella Warmenhoven	Supine to Prone		Folding and unfolding with the breath in side lying
12:00 AM Australia, David Hall	Prone		The source of power in action
1:00 AM Australia, Ruth Frommer	Hands & Knees		Crawling connections
2:00 AM Australia, Rhonda Ohlson	Sitting/Standing		Tune your body. Tune your voice.
3:00 AM Australia, Georgi Laney	Lying/Sitting		Pelvic rock with vocalization
4:00 AM Australia, Julia Mateo	Supine		Coordinating yourself: flexors and extensors
5:00 AM Australia, Margaret Kaye	Standing		The power stance
6:00 AM New Zealand, Melody Lin	Side Lying		Shoulder and hip joint circles