

**2020 Feldenkrais Method® Conference
September 11-13, 2020**

Session

**Contact
Hours**

Friday, September 11, 2020

Move Your Body, Change Your Mind: Resilience and Emotional Integration the Feldenkrais® Way (Donna Ray)	1.5 hours
Moshe's own Jiu-Jitsu, the First Feldenkrais Method (Moti Nativ)	1.5 hours

Saturday, September 12, 2020

Awareness Through Movement as a Contemplative Practice (Jeff Haller)	1.5 hours
One Pelvis, Two Legs - Finding the Power in your Pelvis (Karen Donelson)	1.5 hours
Awareness Through Memoir (Kate Conroy & Marty Correia)	1.5 hours
Feldenkrais® Strategies to Make it Possible, Easy and Fun to Get Out and Play! (Shari Lee)	1.5 hours
Knowing and Doing (Ralph Strauch)	1.5 hours
How Do We Find Presence? (Lindy Ost)	1.5 hours
A Smart Core Is a Strong Core: Rethinking Core Strength (Elizabeth Beringer)	1.5 hours

Sunday, September 13, 2020

Feldenkrais® and Water - a Perfect Mix (Becky Behling & Jane Johnston)	1.5 hours
Creative Connections through your Tongue, Jaw, Throat and Pelvic Floor (Carol Lessinger)	1.5 hours
Give a lesson, Receive a lesson (Nancy Haller)	1.5 hours
Grow Young with Your Dog (Mary Debono)	1.5 hours
Opening Doors: Bringing Feldenkrais In (Stacy Barrows)	1.5 hours
Feldenkrais® for Dance: Improving the Self-Image (Deidre Sklar)	1.5 hours
From Pain to Pleasure: Strategies for Relief and Mobility (Lavinia Plonka)	1.5 hours

Total Contact Hours _____

Name _____

Address _____

Email _____

Phone _____

Authorized Signature 

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<https://feldenkrais.com/new-schedule/>

Use this CEU Tracking Form to note the courses that you have attended at this conference