

# Report to the 2005 Assembly

## Academy Activities

### IFF Academy Report 2004-2005

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#### **1. *New info material: IFF Academy Flyer in 5 languages***

As already briefly introduced during the last IFF Assembly in Soesterberg/2004, the IFF Academy has developed a flyer to present its ideas. Last year we had versions in German and in English ready, this year we already have them available in Spanish, Italian, French, English and German. Rose Eisenberg-Wieder, Lynette Reid, Patricia Pozzoli, Gertie Rumitz, Janie Randerson and Annette Orphal kindly helped with the translation. These flyers provide a very brief introduction into the philosophy behind the IFF Academy, some projects are described and contact addresses are offered. In the near future these flyers should be available for download on the static IFF Academy website. They can also be requested from the IFF Academy Coordinator. If you want to translate it in another language, please let us know about it!

#### **2. *Finally invented: The IFF Academy Research Journal***

In July 2004 the first volume of the IFF Academy Research Journal was launched, having already been introduced at the IFF Assembly in May. Up until now it is only available over the Practitioner pages of the IFF Academy

([www.feldenkrais-method.org/iff](http://www.feldenkrais-method.org/iff)) because of some unclear copyright questions. In the near future, we are planning to put the Research Journal on the Public website, too, as the Journal is aiming at communication with the public as well.

A concept for the future of the Research Journal is in currently under discussion, as there are several possibilities of how to organize such a project. Please contact the IFF Academy Coordinator if you have any inputs or interest to contribute to this project.

#### **3. *IFF Academy in practice: Workshop activities and Local Academy Feet***

In 2004 and 2005 several different IFF Academy workshops were successfully presented in Germany, France, Holland, New Zealand, the United States of America and Mexico.

Most of them took place in conjunction with National or Regional Guild/Association activities or Feldenkrais conferences such as in Seattle August

2004. Please take a look at the interactive IFF Academy page under ->Academy Workshops ->Previous Workshops and their Evaluation. (link see 5. below).

Since the last Assembly, the **IFF Academy Competency project** continued to work with Dr. Walter Goetze and ran two workshops, one in northern Germany and the other in San Francisco. Thus the team has begun the cross-cultural and cross-lingual aspect of the project that is so important to the IFF. In addition, the Project Team made a presentation of the Competency project at the FGNA Conference 2004 in Seattle. The Competency Project Team will be sending a separate IFF Update prior to the Assembly and will be reporting to the Assembly.

Meanwhile there are 10 Local Academy Feet (LAF) registered. 6 have been active in 2004/05 with teaching either existing workshop formats - Air (UK-NL) and PRISMA by LAF Munich-Berne, Auckland/Wellington(NZL), Paris, Vienna - or presenting a new workshop format: Skeletonian Harmonists (D). A new LAF project has developed a questionnaire for the evaluation of ATM classes: HITS (D); 3 are currently a little quiet. The IFF Academy now offers 10 different open sourced workshop formats that practitioners could use to further their learning, besides from developing their own material or run their own projects. For this they have to form a Local Academy Foot or Hand - a very easy step to do - to participate in the rights and responsibilities of the IFF Academy.

#### ***4. IFF Academy Day 2005***

A second IFF Academy Day will take place as a joint activity of the IFF's Annual General Assembly and the 2nd European Feldenkrais Congress in Berlin this year. The Academy Day 2005 will offer 8 workshops, bring together about 20 co-presenters from three continents (North America, Australia, Europe), from 7 countries (USA, Australia, UK, France, Holland, Switzerland, Germany) presenting in four languages (English, German, French, Dutch). 5 workshops are presenting latest approximations of their 2003 Academy Day presentations following the Academy idea on continuation. Three new projects are involved ("Oral History Project about Moshé Feldenkrais"; "Successful Practice" and "Moving bones").

Having evaluated the last Academy Day in May 2003, we have given more attention to integrate the presenters earlier into the frame of the whole day. This frame includes the common introduction at the beginning and the integration and evaluation part at the end of the day. Please feel free to contact us for your ideas, proposals concerning this frame or questions to your particular workshop.

#### ***5. How to make the IFF Academy accessible for all interested practitioners: Static and Interactive websites***

There are currently two locations in the internet, where information about the IFF Academy can be found:

One is on the static pages of the IFF with the web address: [www.feldenkrais-method.org/iff](http://www.feldenkrais-method.org/iff). On the **static IFF Academy website** practitioner can find general information about the IFF Academy that remains relatively constant.

The other web address is called "**Interactive IFF Academy website**". For this one interested practitioners have to request a password, which is not a complicated process. Here the exciting explorations and development of our work occurs. For access please follow the links on the Academy's static page to enter the interactive one.

The main purpose of the interactive IFF Academy website is to offer a **virtual working space**, where people can interact independent of time and location in the purposes of the IFF Academy.

The interactive IFF Academy pages currently consist of six different main folders:

- The folder "**Competency**" is handled by the competency team, Rob Black, Rineke Brinkhof, Markus Riesen and Cliff Smyth ([rblack@somaticjourneys.com](mailto:rblack@somaticjourneys.com), [r.brinkhof@hetnet.nl](mailto:r.brinkhof@hetnet.nl), [mriesen@access.ch](mailto:mriesen@access.ch), [cliffiff@covad.net](mailto:cliffiff@covad.net))
- the folder "**Educational Materials**" is under responsibility of Richard Ehrman; ([rehрман@berklee.edu](mailto:rehрман@berklee.edu))
- a third folder called "**Supervision**" is offering material proposed by Sylvia Weise and Francesca White, who were initially responsible for this area, but want to pass it on now;
- the three remaining folders **Research**, **Academy Workshops** and **Local Academy Feet** are currently looked over by the Academy Coordinator and members of various LAF who are encouraged to maintain their own information by themselves.

In the folder of **Academy Workshops** interested Practitioners can find a list of established IFF Academy workshops, which they can consider to teach in their own surrounding; they can find a timetable of upcoming workshops, and also see if there is a LAF nearby to get into contact with. They also can find all workshops taught in the past, including the evaluations coming from them.

In the folder **Local Academy Feet** we offer a place for LAF to present themselves with all information they wish to offer. The interactive website even gives us the possibility to open a workspace which can be only entered by authorized members of that group, if this is wished and useful for a working group.

## **6. A helping hand: Work of IFF Academy Coordinator**

Since December 2003 a Coordinator for the IFF Academy has been in place, (Carolin Theuring from Germany). Her main tasks in the beginning were the coordination of the IFF Academy Research Journal, assistance in the first Competency workshop in Stuttgart and developing the IFF Academy flyer. Later in 2004 she was mainly working on drawing information together for the Interactive IFF Academy website and bringing it online. Carolin is also a main contact person for requests to the IFF Academy, as well as for the Board if certain information or assistance with mailings, translations or other organizational issues is required. Carolin's term will end with the next IFF Assembly due to her main commitment, her PhD scholarship. Negotiations about a continuation of at least certain parts of her work are still pending. The work of the IFF Academy Coordinator is also documented in an administrative folder with restricted access on the interactive IFF Academy websites.

## *7. Constraints, we face; what is needed next?*

As in a Feldenkrais lesson, we search for ease and elegance without ignoring the complexity. Therefore we respect the time it may take to let organically evolve the activities out of the participants own interest and enthusiasm. The activities can be supported but shall not be forced.

It is a special capacity of the IFF Academy to be able to link practitioners with similar interests all over the world. Indeed this is a very demanding task, technically, organisationally and financially. However it brings together talents who would not have met each other just around the corner; or - in case of local practitioners' projects - encourages, networks and publishes initiatives, ideas, best practices which otherwise would have stayed undetected and unfold.

We have also to respect that we are all volunteers working within limited financial and work time frames, developing and promoting the IFF Academy model. The IFF Academy is a tool in establishing a culture of processes and communications to further professional use of the Feldenkrais Method. This dynamic task is more complex and demanding to implement than a product. Just as you can discover the complexity of many different options for reaching for example, in a Feldenkrais lesson, so exploration of the Feldenkrais principles in the IFF Academy projects will support your discoveries of new and forgotten behaviours and levels of complexity in your Feldenkrais practice. We are looking forward to your participation.

On behalf of the IFF Academy committee

Janie Randerson

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February 2005

## **Report 2: From the DC Board of Directors.**

Board of Directors  
International Feldenkrais Federation, Incorporated  
Association 30 Rue Monsieur le Prince, Paris, 75006, France

Dear Colleagues,

This is the first Annual report of the recently constituted Distribution Center (IFF DC) Board to the IFF Board of Directors, sole shareholder of the IFF Distribution Center Inc.

The IFF DC Board has met every 2 to 3 weeks on average since its formation. Board member Ilan Jacobson resigned in June 2004 for personal reasons. We have discussed various candidates for the IFF DC board and had preliminary conversations with a few people. Our meetings involve planning projects, staff management issues, sales and financial reviews, marketing and policy development.

Among our first tasks has been to get some previously stalled projects back on track.

We negotiated with Allison Rapp to end her role as editor of the San Francisco Year 1 transcripts, recovered her materials and engaged Denis Leri to take over as editor. At this time we are close to completion of editing and checking of weeks 1 & 2. We are currently getting the audio from weeks 1 & 2 digitized and are investigating publication of audio and text together in copy-protected digital formats.

To begin restoring credibility with some customers, the Amherst Training Transcripts subscriptions were returned. The Amherst Year 2 transcripts, after some delay, are continuing and this year saw the publication of weeks 3 & 4, 5 & 6. Weeks 7, 8, 9 are in process.

The AY project continued with the publication of AY Volume 11. We have now published 3,756 pages of AY in 10 years, completing publication of all the available Awareness Through Movement lessons.

As we moved on these projects, attention was drawn to contracts with the Estate. The expired San Francisco materials contract was successfully re-negotiated. It now is for an unlimited term and allows us to explore publication in digital formats. Similarly, we are currently discussing updating Amherst contracts to allow for new formats and possible sales of the training tapes, in addition to FI

videos, directly to practitioners.

As the market and formats for materials change, we are responding by developing policy and strategies for possible sales in digital formats. We are keenly aware of the protection issues surrounding digital formats and are actively investigating security options. We are also excited about the educational possibilities and marketability of such formats and understand the importance of staying current in the ever-changing world of media formats.

A good deal of activity is devoted to supervising staff in their administration of the DC office. There have been continued improvements in administration, sales and bookkeeping systems. The materials distribution website now handles 80% of sales, a searchable list of AY lesson titles was a valuable addition. We are currently renegotiating the services contract with FGNA, where our office is based. Copyright registrations have all been brought up to date.

Product sales have been steady in many months, with some low; trending stronger toward the end of last year and early in 2005. There were strong sales at the FGNA Seattle conference, good bulk sales from trainings, mentorship programs, etc. and the single volumes of AY#11 continue to sell well. We ended the year with a positive cash flow. The IFF DC has been paying some of the costs of the IFF non-profit organization associated with its role as the body that holds the contracts with the Estate of Moshe Feldenkrais and others, and it's role in developing the Archive of the Feldenkrais Method. This has reduced some of the debit of the IFF DC to the IFF non-profit organization.

To improve our profile, customer relations and sales, some marketing initiatives were undertaken. The Website, in addition to the searchable AY list, offers free copies of professional materials such as old IFF Journals, the Continuous Learning Booklet; Berufsbild which attracts people to the site. Regular product updates will be sent to IFF member organizations and FeldyForum. A marketing survey regarding formats of materials has been undertaken and the data should be available soon. To create ongoing awareness of the value of our products, a Materials Discussion area has been launched in the Academy section of the GME site.

In the current year we are excited to have some new products in development. As mentioned before, the San Francisco Transcripts and Audio, weeks one and two of the text are in final editing stages and almost ready for production. We are preparing for publication more Amherst FI lessons, (with adults) possibly in a DVD format which should prove very popular. As the Archive Working Group finishes evaluation of recently preserved materials, we'll be hoping to publish some audio of Feldenkrais teaching in Canada in 1974.

Going forward we face a number of continuing challenges. A move to digital formats requires a thorough exploration of security options as well as an

extensive program of educating practitioners about copyright issues. We also hope to continue improvements in our marketing, learning how can we best get information about our products to the members. The website has a huge potential for growth including actually delivering content and reducing production costs; some of our attention will be on long-term planning for possible expansion of this tool.

To continue with all this work we need new members of the DC Board and are actively pursuing recruitment. Our developing relationship with the IFF Board will also require more attention to coordinate long-range planning.

Our continuing thanks to our Operations Manager, Penny McCornack, especially for managing the IFF educational materials website project ([www.iffmaterials.com](http://www.iffmaterials.com)) and her work on helping the Amherst Year 2 transcript project to get moving again. Our ongoing thanks to the Estate of Moshe Feldenkrais, and especially his nephew, Michél Silice-Feldenkrais, for their continuing support for our professional community by making these educational materials available. And finally our thanks to the IFF non-profit Board, and especially to Daniel Clenin and Rob Black for their ongoing work and support on existing projects and the developing relationship between our two organizations.

Respectfully submitted, February 18, 2005

Cliff Smyth, Chair  
Richard Ehrman, Treasurer

IFF Distribution Center Inc Board of Directors.

## Report 3: **IFF Archive of the Feldenkrais Method**

Summary Progress report on IFF Archive Project

Report to the 2005 IFF Assembly

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March 2005

The Archive Working Group's last report ended with these words:

In the coming year our immediate tasks include:

Get the official, complete and accurate database to Michel finished

Begin fundraising efforts

Preserve and digitize materials on priority list

Seek out materials of importance in the community for inclusion in archive

Establish advisory group for evaluation of materials

We are pleased to report a great deal of activity and progress in the last year that saw these goals largely met. I'll start with reviewing progress on these items.

### **Data base**

The data base of the Archive of the Feldenkrais Method has now been thoroughly edited and checked against the actual archive materials. A copy has been sent to the Feldenkrais Family in accord with our contractual obligations.

### **Funding and Fund raising**

The IFF is making a regular annual budget allocation to the Archive.

In addition, the following funds have been raised from IFF member guilds and Feldenkrais practitioners:

The IFF Board of Directors allocated an amount of 2,400Euros (USD\$2,880) donated to the IFF for a specific project by the Swiss BFS upon its dissolution, to the Archive project

The German Feldenkrais Guild donated approximately USD900- for copying of German language materials.

An amount of 855Euros (USD\$1,020) was donated by practitioners at the 2004 IFF Assembly

An amount of USD\$4,720 was donated by practitioners at the 2004 FGNA Conference.

An amount of 650Euros (USD(\$850) was donated at the Trainer/Assistant Trainer Academy

Another \$300 USD was donated from IFF Board Conference fees

\$285 USD additional donations from 2 Trainers

The total amount of donated funds is USD \$10, 955 to date.

To assist in fundraising, promotional materials and thank-you gifts were produced.

Fundraising flyers for IFF Assembly and FGNA Conference were made as well as two 'thank you' gifts for donations: a small poster of Moshe Feldenkrais and audio CD of Moshe Feldenkrais answering questions. We will continue to use these at the upcoming European Conference.

We produced a of digital slide show about the Archive for presentation to the IFF 2004 Assembly and FGNA 2004 Conference. An article/interview with Cliff Smyth on the establishment of the Archive was recorded by Richard Ehrman for FGNA newsletter In Touch; this should be published soon.

### **Preservation and Digitization**

Our success in fundraising enabled us to proceed with the important work of preserving materials at risk for deterioration. Over two weekends working with the archive we prioritised which materials needed immediate attention and which might hold the greatest educational interest. A relationship with the Harvard University Media Center was established and 60 hours of materials was transported to Cambridge, Massachusetts and retrieved in digital formats. This material is currently being assessed for future publication. Ten (10) hours of video material, mostly German language, has been copied. Two manuscripts have been photo copied. Additionally, all (approx 60) newspaper and magazine articles have been scanned and digitised.

### **Location and collection of other materials**

The IFF is completing the digitization of 1,500 photographs of the San Francisco Feldenkrais training program donated by Bob Knighton. They comprise 30 CDs of photos.

We have obtained seven 60 minute videotapes of a workshop presented by Moshe Feldenkrais for the Dance Department of New York University which are held by the NY Public Library. They have been reviewed for content and inquiries are being made regarding possibilities for publishing portions. An audio excerpt of a talk by Feldenkrais on Awareness has been conveyed to the Trainer group studying this topic. The IFF has made materials available to Mark Reese for his Moshe Feldenkrais biography project.

### **Advisory Group**

As we now have materials for evaluation we are assembling an advisory group to assess and help prioritise this material for publication. Materials in French, Hebrew and German have been given out to officers of member guilds for evaluation.

The Archive remains in secure, temperature and humidity controlled environment

All 1,700 photographs and all 60 newspaper and journal articles have been put into acid-free glassine albums.

As we move forward we are eager to

Confirm the extension of our contract with the estate.

Develop a working advisory group to help evaluate the workshops we've digitised from Moshe Feldenkrais' 1974 Canada 'tour.' One of these workshops was for seniors and we hope to publish this via the DC as soon as possible.

We need to consult a paper expert regarding the manuscripts we hold and move to get them digitised.

We need to concentrate on more promotion and fundraising to enable the preservation of materials to continue apace. (We estimate the cost of preserving the entire archive at close to USD \$100,000.)

We are also actively recruiting new members to the Archive Working Group.

In closing, we are sad to note the phasing out of Cliff Smyths's participation in AWG activities. We've persuaded Cliff to remain in a consultant capacity but will dearly miss his vision, work ethic and organizing talents. The community owes him an enormous debt for the work and personal sacrifices his devotion to this project entailed. Thank you Cliff.

For the Archive Working Group

Richard Ehrman

George Krutz

Becci Parsons

Cliff Smyth

## Report 4: Competency Steering Committee

### **Synopsis: The Steering Committee for the Competency Project of the IFF**

The following is a brief report for inclusion in the Assembly Agenda notes for Assembly 2005 in Berlin. A more in-depth report will be presented at the Assembly.

### **Background**

At Soesterberg in 2003, the Assembly, mandated the Board of Directors to create a Steering Committee to oversee the Competency Development Project. A working group formed to help the Board establish the Steering Committee, and to recommend members. The results were reported at the 2004 Assembly.

The Steering Committee began its work after the Assembly in 2004.

### **Composition of the Steering Committee**

The Steering Committee is composed of the following members (in alphabetic order with their roles on our community):

**Rob Black**, Canada; IFF Vice President, Liaison with Project Team; Liaison with IFF Board

**Christina Erni-Tank**, Switzerland; provides supervision for practitioners  
**Richard Frye**, USA; practitioner; Western Washington University: Office of Institutional Assessment and Testing

**Carl Ginsberg**, Germany; Trainer, member, TAB Competencies Committee,

**Luz Stanton**, Australia; President, Australian Feldenkrais Guild; member of AUSTAB

**Andrea Weiner**, USA; Assistant Director, FGNA; secretary to the NATAB; Trainer and Assistant Trainer Board

### **Meetings**

The Steering Committee has met seven times since the Assembly, beginning in July, 2004. One face-to-face meeting of a subset of the

Committee occurred in August, 2004, in Seattle. All other meetings have been teleconference calls arranged by the IFF.

## **Results**

The Steering Committee has been able to perform its functions. It has reviewed and commented on reports of the Project team (written and verbal); assisted with the planning of the two Competency workshops (Hamburg and San Francisco), and generated support for the project through the different connections that each member has in the Feldenkrais community.

In addition, the Steering Committee has discussed numerous topics and approaches to the concept of Competency; the breadth of points of view suggest that the Steering Committee may represent the points of view from many parts of our community.

## Report 5: AY Translations Working Group

At last year's lunch meetings we decided to gather documents that would support Guilds/Associations in making proposals for AY translations.

We have gathered on the GME:

- notes from that meeting;
- names and contact information for those present at the lunch meeting (Orsetta Simondetti, Annette Orphal, Jörg Cezanne, Cliff Smyth, Richard Ehrman and myself, Lynette Reid);
- a copy of the Policy for the Translation of Feldenkrais Educational Materials, Prepared by the International Feldenkrais Federation in co-operation with Feldenkrais Resources, 2000;
- a list of tips from Ellen Soloway, editor of the English translation.

We are still hoping to add a copy of the FGD's (Feldenkrais Gilde Deutschland) successful translation proposal, as a guide to help other communities form their own proposals.

You can find these documents on the GME by following this route:  
[Welcome to the Members Area](#) > [Who We \(all\) are](#) > [Working Groups and Standing Committees](#) > [AY Translation Project](#).

Direct link: [index.php3?object\\_id=7f99e6378809d24a797ab33f771469d7](http://index.php3?object_id=7f99e6378809d24a797ab33f771469d7)

AMMEF (Asociación Mexicana del Método Feldenkrais) has been making good progress this year towards a Spanish-language translation.

-Lynette Reid

31 January 2005

## **Unfolding the full potential of the Feldenkrais Method – Challenges and Impediments**

Following the discussion at the 2004 Annual General Assembly around the so called "German proposal" and the working group "Functional Integration for Feldenkrais Organisations" Schweizerischer Feldenkrais Verband (SFV) and Feldenkrais-Gilde Deutschland e.V. (FGD) jointly propose an agenda point for the forthcoming IFF General assembly 2005 "Unfolding the full potential of the Feldenkrais Method – Challenges and Impediments".

We propose to discuss the topic in a three step process involving plenary sessions and working group discussions.

### **1. Where do we stand?**

All member organisations bring to the IFF assembly their national view on the question: "What are the two or three major challenges our guild or association is confronted with?" The answers are shared with all the delegates in a plenary session and noted on flipchart paper. The aim would be to start a process in which the delegates of the different organisations can really understand where the respective national member organisations stand, what problems they are facing and what that might mean for the IFF as a whole.

### **2. Unfolding the full potential of the Feldenkrais Method – Challenges and Impediments**

Using the answer of the member organizations facilitators will then identify the major issues and challenges member organizations are dealing with. They will be in the focus of a round of working group (max. 7 members) discussions. The working groups will be addressing the question what needs to be done to achieve the "the full potential" of the Feldenkrais Method and what hampers our efforts. All working groups are discussing the same question.

### **3. Cooperation of member organisations and the International Feldenkrais Federation**

Short reports from the working groups will be heard in a plenary session. With the help of the facilitators first conclusions might be drawn on how the member organizations might cooperate more purposefully and how the IFF might become even more functional in fulfilling the full potential of the Feldenkrais Method.

Zuerich, Muenchen, December 2004