

Bonnie Kissam, M.A.,

Feldenkrais® Practitioner

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BK

Objective

To promote the concept that attention to movement can expand thought as well as movement efficiency, at any age and ability, with new possibility.

Moshe Feldenkrais, D.Sc. (1904-1984) regarded 'movement with attention' an important healing art. The process works to support each person's learned pattern while demonstrating tools to interrupt patterns in a way that is in harmony with the natural, non-linear learning process used in early childhood development (sensing and problem solving).

Professional Experience

- 1983-2015 Clinical: Feldenkrais Practitioner** for Adults of all Ages and conditions
- 2012-2015 Clinical: Anat Baniel® Method of NeuroMovement** for Children with Special Needs
- 2009-2015 Professional Seminar Facilitator TOUCH TO INFORM Seminars** for Massage Therapists
using concepts from The *Feldenkrais Method*
Florida Provider 2002-2015
NCBTMB Provider 2012 -2015
1989 -2009 Professional Seminars for Educators, Medical Personal and LMTs

1985-1999 Hartford Conservatory and the Hartford Ballet
Instructor of Anatomy/Kinesiology for Dancers
Instructor of Movement Analysis
1969-1980 Physical Educator, Middle Schools in West Harford, CT

Education

Formal Education

- 2009 Masters Degree** in Special Education at U South Florida (in progress)
- 1973 Master of Arts** Degree in Physical Education /Dance, U of Michigan
- 1969 Bachelor of Science:** Health and Physical Ed. Miami U, OH

Informal Education

- 2011-2012 Anat Baniel Method** of NeuroMovement for Children with Special Needs,
- 1980-1983 Feldenkrais Professional Training** Program Hampshire College and Tel Aviv, Israel
- 1979-1980 Swedish Institute** for Massage Therapy New York

Other Education

- 2002-2015 Toastmasters International
- 1983-2015 The Feldenkrais Method: continuous advanced seminars
- 2003 Landmark Education: The Forum plus two seminars --.
- 1996 – 2005 Craniosacral Therapy Upledgers I, II, SER Î, II, VMIA, Assistant in I Human 1979. Functional Anatomy and Kinesiology
with Irene Dowd; based on Sweigard's Ideokinesis)



Skills

Clinical Movement Specialist

- Support client's ability to listen, self-observe,
- Support development of new patterns of action
- Disengage excessive holding in the neuromuscular system.
- Touch To Observe and Touch to Inform

Facilitator Presenter/Speaker

- Leads audience or participants to an understanding of unusual or new concepts
- Stimulates creative applications of concepts for best use in participant's life.
- Touch To Observe and Touch to Inform

Innovative Programs and Products

1993 - The Effortless Swing® approach for optimal golf
Teaching program since 1993 and an Audio CD made in 2003
www.effortlesswing.com

2008 Problem Solving Warm-Ups or Movement Breaks (NEW program proposal for classrooms)
Simple movement breaks that engage students in solving easy/complex movement problems through exploring and experiencing new strategies that are different than their automatic reactions/habits/patterns. (10-15 minutes)

2011 TOUCH TO INFORM Seminars for Professionals 90 hour Certification Program