

Bonnie Kissam, M.A.,

Feldenkrais® Practitioner

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BK

Objective

To foster each person's human development through 'attention to movement' (verbally and non-verbally) as a way to expand thought, movement efficiency, and 'sense of self', at any age and ability. Clients/students 're-experience' the natural, non-linear learning process of sensing and problem solving, as they reawaken a personal interest in observing options to their learned patterns and recreate optimal actions for the present.

Professional Experience

- 1983 – 2020 **Practitioner: Feldenkrais® Method** for Adults of all ages and conditions
2012 – 2020 **Practitioner: Anat Baniel® Method of NeuroMovement** for Children with Special Needs
1989 – 2020 **Professional Seminar Facilitator:** for Educators, Medical Personal, and LMTs
2009 – 2020 **Professional Seminar Facilitator: TOUCH TO INFORM Seminars** for Massage Therapists
Providing concepts from The *Feldenkrais Method®*
Florida Provider 2002-2018; NCBTMB Provider 2012 -2018
- 1996 - 2009 **Assistant Trainer: Feldenkrais®** Professional Training Programs
1985 – 1999 **Instructor:** Anatomy/Kinesiology for Dancers
Instructor: Movement Analysis Hartford Conservatory and the Hartford Ballet
1969 – 1980 **Physical Educator:** Middle Schools in West Hartford, CT

Education

Formal Education

2009 Masters Degree, Exceptional Student Education, University of South Florida, FL

1973 Master of Arts Degree, Physical Education/Dance, University of Michigan, MI

1969 Bachelor of Science, Health and Physical Education, Miami University, OH

Informal Education

2011-2012 Anat Baniel Method of NeuroMovement for Children with Special Needs,

1980-1983 Feldenkrais® Professional Training Program, Hampshire College, Amherst, MA and Tel Aviv, Israel

1979-1980 Swedish Institute for Massage Therapy, New York City, NY

Other Education

2002 - 2016 Toastmasters International

1983 - 2018 The Feldenkrais Method®, continuous advanced seminars

1996 – 2005 Craniosacral Therapy Upledgers I, II, SER Î, II, VMIA

1980 - 1981 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

- Lead audience or participants to an understanding of a new way of thinking and doing
- Stimulate creative applications of concepts for best use in participant's professional and personal life
- Touch To Observe and Touch to Inform*

Innovative Programs and Products

2011 - 2020 TOUCH TO INFORM Seminars for Professionals

90-hour Certification Program

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, by exploring and experiencing new strategies that are different than automatic reactions/habits/patterns. (10-15 minutes)

1993 The Effortless Swing® Approach for Optimal Golf

Teaching Program since 1993, Audio CD in 2003, MP3 in 2017

www.effortlesswing.com