

Bonnie Kissam, M.A. Feldenkrais® Practitioner,
Florida License Massage Therapist MA36256

5317 Fruitville Road #169, Sarasota, FL 34232
941.360.2248 bkfeldenkrais@gmail.com



Objective

To educate people of all ages and abilities to the hidden, powerful resources they have within when they learn to listen to their kinesthetic senses. This occurs through noticing habitual patterns and, sensing differences in how they move or from a touch that informs. Participants learn to search and sense subtle changes in their movements which then allows more efficient paths of action to evolve, enhancing their development, rehabilitation and potential.

Professional Experience

- 1980 – 2024 **Licensed Massage Therapist** [Florida MA36256 since 2002
1983 – 2024 **Practitioner: Feldenkrais® Method** for Children and Adults of all ages and conditions
2011 – 2024 **Practitioner: Anat Baniel® Method of NeuroMovement** for Children with Special Needs
2011 – 2024 **Professional Seminar Facilitator: TOUCH TO INFORM Seminars** for Massage Therapists
concepts from The *Feldenkrais Method®*
Florida Provider 2002-2018; NCBTMB Provider 2012 -2018
- 1989 – 2024 **Professional Seminar Facilitator:** for Educators, Medical Personal, and LMTs
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/Adapted Physical Educator:** Middle Schools in West Harford, CT

Education

Formal Education

- 2009 Master of Education 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

- 2009-2014 *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

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Other Education

- 1983 - 2024 The Feldenkrais Method®, and Anat Baniel Method/continuous advanced seminars
2002 - 2016 Toastmasters International
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 or therapist's ability to listen, self-observe, support and inform.
Support development of new patterns of action in oneself and in others through brain based learning.
Disengage excessively held patterns in the neuromuscular system through a touch that observes, supports and informs.
Support development with Children with Special Needs

Facilitator Presenter/Speaker

Lead 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.
Facilitate Therapists to develop the skill of a Touch that Observes, Supports and Informs the nervous system in order to produce easier and more efficient movement, enhancing development, rehabilitation as well as a step closer to one's full potential .

Innovative Programs and Products

- 2021 **The Lightness of Walking Program**, for Better Balance and a Pain Free Walk ONLINE Program
www.lightnessofwalking.com
- 2011 **TOUCH TO INFORM Seminars for Professionals** 90-hour Certification Program
www.touchtoinform.com
- 2008 **Classroom: Problem-Solving Warm-Ups or Movement Breaks** (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 each)
- 1993 **The Effortless Swing®** Approach for Optimal Golf
Teaching Program since 1993, Audio CD in 2003, MP3 in 2017, Full Audio program with individual zoom sessions 2023
www.effortlesswing.com