



feldenkrais4life

# Somatic Methods in Health & Care Processes: Opportunities and Challenges.

## Lessons Learned from the Feldenkrais4Life Project

Third online pan-European meeting

**December 17th, 2025 from 12:30 - 14:00 (CET)**

### THE PROGRAMME

**Three main questions will be addressed:**

- How does the Feldenkrais Method fit into the world of somatic health disciplines?
- What are the opportunities and challenges for integrating somatic disciplines into the prevention and healthcare process?
- *What are the opportunities and challenges for integrating the Feldenkrais Method into the care of patients with fibromyalgia and chronic pain?*

**From 12:35 to 13:10**

***Feldenkrais in the world of somatic disciplines for health***

- **12:40-12:50**

Some results from the project survey: professionals and their associations

with **Lorenza Leita - *Feldenkrais4Life Project Manager***

- **12:50-13:05**

Feldenkrais Education Platform: making the method visible

- **13:05-13:10**

**Q&A**



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**From 12:35 to 13:55**

## ***The integrated care process: integrating somatic disciplines***

- **13:10-13:30**

**Joint training as a lever for integration: key opportunities and challenges form F4Life pilot courses.**

**with Sonia Farah- AISF (Italian Fibromyalgia Syndrome Association) partner in the F4LIFE project**

- **13:30-13:45**

**MIBES Academy: lifelong learning in integrated Health – Empowering professionals together**

**with Marco Chiera - Naturopath, MIBES Academy co-founder  
Nicola Barsotti, Osteopath and MIBES Academy co-founder**

**Global (one) Health and European policies: : the JRC Joint Research Centre perspective**

**with Sandra Coecke - JRC Joint Research Centre, Digital Health**

- **13:45-13:55**

**Feldenkrais as a field of research: the work of the IFF Research Group**

**with Cliff Smyth - Feldenkrais Research Group and Journal**

- **13:55-14:00**

**Q&A**

- **14:00**

**Closure and greetings**

REGISTRATION FORM

