

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

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 from 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

