

Movement Online Academy Free access v's MOA Members Hub

I'm thrilled to welcome you as a member of my lovingly built online community. This has been a passion project of mine since 2020, and I have thoroughly enjoyed creating this space for you, my new friend. Yes, I consider you a friend, and perhaps you are also my colleague.

We've kept the doors of our cozy café open for everyone, free of charge, because we want as many people as possible to savour the rich flavours of Somatics and discover its benefits. **Now, we're ready to brew up something special: the Members HUB with private podcast access.** More about what's included on the podcast below.

We understand that a small contribution is like adding a touch of cinnamon to your coffee – it enhances the experience and shows your appreciation for what we offer.

As social media becomes more saturated with sponsored content, we know that like-minded individuals who have discovered Feldenkrais and Somatics are looking for a space like this community to share their ideas, challenges, and stories.

We will always have the community discussion thread and short courses available for free. By contributing to the Members HUB with a small monthly or yearly investment, or by grabbing the lifetime access deal, you help support the ongoing running of this community. Your support is deeply appreciated and ensures that we can continue to provide a valuable space for everyone.

Practitioners can also claim this as a tax-deductible expense because it counts as continued learning. Additionally, those who join the Firestarter Mastermind will gain access during their time in the program.

If I were a millionaire, I would keep it all free. As a single mother raising a family, I understand the struggle, and I've set the cost as low as possible. Your contribution helps sustain this community and keeps it thriving. Thank you for being a part of this journey.

Our special Lifetime Access offer of \$338, is only available to the first 20 subscribers.

[SUBSCRIBE TO MEMBERS HUB WITH PODCAST ACCESS HERE](#)

1. Movement Online Academy Private Podcast.



Enjoy numerous free resources and exclusive members-only benefits by joining the Movement Online Academy.

Free in the Movement Online Academy:

- **Access to Short Programs:** Developed by our experts, with future programs from other practitioners.
- **Community Thread:** Participate in discussions and share your insights.
- **News Feed:** Stay updated with blog posts, podcasts, videos, and more about somatics.
- **One-Week Replay Access:** Replay our fireside chats for one week after they air.

Exclusive Benefits in the Members HUB:

- **Access to Previous Fireside Chats:** Listen to all our past fireside chats anytime.
- **Private Members HUB:** A dedicated space for learning and community engagement.
- **Feldenkrais Lessons:** Specialized lessons exclusive to members.
- **20-Minute Audio Series:** Awareness Through Movement Lessons, added every month.
- **Private Podcast:** Listen to exclusive content available on most major podcast apps.
- **Guides and Resources:** Additional resources and guides from qualified practitioners.
- **Special Offers:** Exclusive discounts and offers on workshops, programs, and retreats.
- **Free Pass to the Next Movement Online Festival:** Grab first seats at the next Movement Online Festival at no additional cost.
- **Lifetime Access:** For both the Members' HUB area (*Video Content and Resources*) and the Private Podcast.

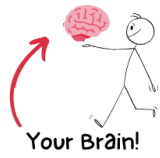
Special Limited-Time Offer:

- **Lifetime Access for \$338:** Available for the first 20 subscribers.
- **Post-Limited Offer:** Lifetime access will be priced at \$448.
- **Discount for Previous Festival Attendees:** Check your email for a discount code on lifetime access.

Our special Lifetime Access offer of \$338, is only available to the first 20 subscribers.

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2. Movement Online Academy Private Podcast.



Benefits

**Free in the Movement
Online Academy**

Exclusive in the Members Hub

Access to Short Programs



Community Thread



News Feed



**One-Week Replay Access
to Fireside Chats**



**Access to Previous
Fireside Chats**



Private Members Hub



Feldenkrais Lessons



20-Minute Audio Series



Private Podcast



Guides and Resources




Special Offers



**Free Pass to the Next
Festival (Sept. 2025?)**



Lifetime Access

 (Only if purchased at \$338 for the first 20 subscribers, post limited time offer)

3. Movement Online Academy Private Podcast.



Enhance Your Well-being with Somatics:

Research-Backed Benefits Private Podcast

Welcome to the Movement Online Academy exclusive private podcast and MOA Members Hub. Every episode is designed to enrich your life through the transformative power of Feldenkrais and Somatics.

This downloadable resource provides you with a brief overview of the research-backed benefits associated with each lesson and how they can support you in your everyday activities. Dive in and discover how these practices can enhance your physical and mental well-being!

Lessons and Research:

1. Finding Balance by Defining Your Midline with Sonja Johansson

- **Research:** Studies show that defining the midline and improving body awareness can significantly enhance balance and coordination (Shumway-Cook & Woollacott, 2016).
- **Everyday Benefits:** Improved balance can help you navigate uneven surfaces, carry groceries more steadily, and stand with better posture.

2. Wake Up Your Spine Daily Activation with Sarah McAllum

- **Research:** Daily spinal activation exercises have been shown to improve spinal flexibility and reduce chronic back pain (Rubinstein et al., 2011).
- **Everyday Benefits:** A flexible spine helps you bend and lift objects more easily, sit comfortably at your desk, and reduce the risk of back injuries.

3. Delicious Spine. Part 1 & 2 with Angela McMillan

- **Research:** Maintaining spinal flexibility and health is critical for overall mobility and pain prevention (Adams et al., 2002).

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- **Everyday Benefits:** These lessons can improve your ability to twist and turn, reach for items on high shelves, and maintain a healthy posture throughout the day.

4. **Soft Trunk and Long Spine** with DonnaRose McAneney

- **Research:** A soft thoracic spine can improve posture and reduce tension in the body (Kendall et al., 2005).
- **Everyday Benefits:** Better posture can alleviate neck and shoulder pain, make standing and walking less tiring, and enhance your overall presence and confidence.

5. **Connection from the Feet to the Spine** with Lisa Ponichter-Stanley

- **Research:** The connection between the feet and spine is vital for proper alignment and movement efficiency (McKeon et al., 2015).
- **Everyday Benefits:** Improved foot-to-spine connection can enhance your walking gait, make standing for long periods more comfortable, and improve your overall stability.

6. **Long, Open and Free** a lesson with Dorothy Henning

- **Research:** Lengthening and opening movements can enhance overall mobility and reduce stress (Hutchinson et al., 2013).
- **Everyday Benefits:** These movements can help you stretch more effectively, reduce tension from prolonged sitting, and promote a sense of freedom in your breathing and relaxation in your body.

7. **Floating Shoulders** with Dorothy Henning

- **Research:** Relaxed and properly aligned shoulders can prevent neck and upper back pain (Boren et al., 2011).
- **Everyday Benefits:** Proper shoulder alignment can make carrying bags easier, reduce strain from computer work, and prevent tension headaches.

8. **Magic Towel for the Neck** with Angela McMillan



- **Research:** Simple tools like a towel can aid in neck relaxation and pain relief (Gross et al., 2015).
- **Everyday Benefits:** This lesson can help you alleviate neck stiffness from long hours of driving, improve your range of motion, and reduce neck-related discomfort.

9. **Happy Hips** with Sue Vonthien

- **Research:** Hip mobility exercises can prevent injuries and improve overall movement (Freke et al., 2016).
- **Everyday Benefits:** Flexible hips can make activities like sitting cross-legged, climbing stairs, and walking more comfortable and pain-free.

10. **Runner's Tight Hip Release** lesson with Sarah McAllum

- **Research:** Releasing tight hips can enhance running performance and prevent injuries (Schache et al., 2000).
- **Everyday Benefits:** Mobility in the hips can improve your running stride, make sitting more comfortable, and reduce hip-related pain.

11. **Singers Jaw** with Patricia Zehentmayr

- **Research:** Jaw relaxation techniques can benefit vocal performance and reduce tension (Arjmand et al., 2012).
- **Everyday Benefits:** Relaxing your jaw can improve speech clarity, reduce jaw pain, and enhance your overall vocal presence.

12. **Pelvic Floor Breath** with Ralph Hadden

- **Research:** Proper breathing techniques can support pelvic floor health and overall well-being (Bø et al., 2015).
- **Everyday Benefits:** Integrating breath with pelvic floor exercises can improve core stability, support better posture, and enhance relaxation.

13. **Fabulous Feet** with Sue Vonthien



- **Research:** Foot exercises can improve balance and prevent injuries (Menz et al., 2008).
- **Everyday Benefits:** Strong and flexible feet can make standing and walking more stable, reduce foot pain, and improve your overall mobility.

14. Clarify Toes with Ralph Hadden

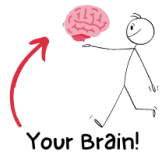
- **Research:** Toe exercises can enhance foot mechanics and overall posture (Fredericson et al., 2006).
- **Everyday Benefits:** Improved toe function can enhance your balance, make wearing shoes more comfortable, and prevent foot-related issues.

More lessons are added every month from different practitioners.

Supporting Fireside Chat Episodes

In addition to these transformative lessons, our private podcast features Fireside Chat episodes that provide valuable insights and practical strategies to support your Feldenkrais practice:

- **Unleash the Potential Within: Exploring the Fundamentals of the Feldenkrais Method**
- **Nervous System Regulation** with Sonja Johansson, Dorothy Henning, DonnaRose McAneney, and Patricia Zehentmayr
- **Beyond the Barbell: Active Recovery with Feldenkrais** with Angela McMillan, Sarah McAllum, and DonnaRose McAneney
- **Legacy of Ruthy Alon: A Feldenkrais Pioneer Remembered** with Anastasi Siotas, Ralph Hadden, and Sonja Johansson
- **Strength Training and Feldenkrais** with Sonja Johansson, Christine Germain, and Fariya Doctor



- **Moshe Feldenkrais Birthday Party: Awareness Through Movement Mash-Up Lesson**
- **Breathing to Enhance Performance** with Dorothy Henning and Sonja Johansson
- **Feldenkrais for Babies and Children** with DonnaRose McAneney, Erin Finkelstein, and Monja Boonzaier
- **Feldenkrais and Yoga** with Erifily Nikola, Barbara Anderson, Daniel Gelbum, and Ruth Polden
- **Ageing Well with Somatic** featuring Barbara Anderson, Deborah McCusker, and Madeleine Edgar
- **Feldenkrais for Her: Reframing Women's Well-being Through Movement and Awareness** with Angela McMillan, Dorothy Henning, and DonnaRose McAneney

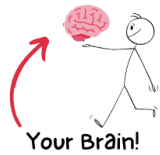
These episodes, led by highly qualified experts, offer you relatable topics and practical strategies that you can implement into your life straight away.

Starting in October, Fireside Chat replays inside the Movement Online Academy will be available for free in the community for only one week after the event.

By purchasing Lifetime Access to the private podcast, you will also gain permanent access to the replay videos within the MOA Members Hub.

Future Fireside Chats - Exciting new Fireside Chat episodes are coming soon, featuring guest experts on topics such as:

- **Mindfulness and Somatics: Enhancing Mental Clarity**
- **Feldenkrais and Somatics for Chronic Pain Relief**
- **The Role of Feldenkrais in Rehabilitation**
- **Integrating Feldenkrais with Other Movement Practices**



- **Feldenkrais for Stress Reduction and Relaxation**
- **ABN and Feldenkrais for Babies and Children**

These upcoming episodes are even more reason to grab the special Lifetime Access offer now. Support your practice with continuous, high-quality content and join our thriving Movement Online Academy community!

Transform your life with the power of Somatics!

Our exclusive private podcast offers a wealth of Awareness Through Movement lessons, designed to enhance your physical and mental well-being. Based on solid research and presented by expert practitioners, these lessons can help you achieve better balance, flexibility, and overall health — supporting you in everyday activities and improving your quality of life.

Ready to get started? Subscribe to our private podcast today and unlock the full potential of Feldenkrais! Join our Movement Online Academy community to continue the conversation with members. Share your experiences of the lessons.

[Subscribe Now](#)

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