

Suzanne Marshall  
Ohio Senate Health Committee  
June 1, 2022  
HB 81 - Proponent

Chairman Huffman, Vice Chair Antani, Ranking Member Antonio and members of the Senate Health Committee:

Thank you for the opportunity to submit testimony regarding Sub. House Bill 81.

My name is Suzanne Marshall, and I am a Guild Certified Feldenkrais Teacher® as of 2021. I support Sub House Bill 81, which includes an exemption for people who practice movement education and meet the training, competency, and ethical standards of their professional organization. This kind of exemption is in effect in most states that regulate the practice of massage therapy and is important to protect my right to practice the Feldenkrais Method® of somatic education (or movement education) in Ohio.

The Feldenkrais Method is an educational system for promoting self-organization and self-regulation, developing kinesthetic awareness, and improving the quality of movement in individuals of all ages and abilities. This work is exciting and empowering, as it utilizes the brain's built-in capacity for learning through sensorial experience and interaction with the environment. You can think of it as "learning from the inside out." Feldenkrais lessons offer better mobility and function for people of all ages with neurological disorders, developmental delays, chronic pain, and injuries including brain damage.

For survivors of child sexual abuse, like myself, the Feldenkrais Method can be an invaluable tool for the journey back to wholeness. Sexual abuse has a way of creating separation between a person's thoughts, feelings, memories, and their sense of themselves. It changes the way we experience our bodies. Somatic education offers us a way back into our bodies by expanding our awareness to include parts of ourselves that have been cast off from the whole.

To put it simply, this work has had an incredible impact on the way I experience life day to day. Through learning with the Feldenkrais Method, I now have a sense of safety, stability, and connectedness that I never imagined was possible for myself.

In the words of Moshe Feldenkrais: "Movement is life. Life is a process. Improve the quality of movement and we improve the quality of life itself."

Please report Sub HB 81 out of committee favorably, with the exemption for the practice of movement education.

Thank you for your time today.

Sincerely,

Suzanne Marshall  
Guild Certified Feldenkrais Teacher®