






## DC Somatic Practice Group Mailing List -- for New Members

### Subscribing by Email

If you wish to join the mailing list, have not received an invitation, and do not have a Google Account, you can subscribe entirely through email. Start by sending a blank email to: [dc-somatic-practice+subscribe@googlegroups.com](mailto:dc-somatic-practice+subscribe@googlegroups.com)

You should receive back a reply like this:

Join request for dc-somatic-practice [{EO3FjocFLQT\_dEJKPV  
Y0}]  Inbox x  

 **dc-somatic-practice** 7:01 PM (0 minutes ago) ☆    
to me 




We received your request to join [dc-somatic-practice](#).


dc-somatic-practice requires owner approval for join requests. If you would like to continue with your join request, reply to this email or click below:

[Join This Group](#)

 [Start your own group](#), [visit the help center](#), or [report abuse](#).

When you do, reply to it (you do not need to type anything) and click send. You should receive a reply back shortly that looks something like this:

Your join request for dc-somatic-practice has succeeded but is pending approval.  Inbox x  

 **dc-somatic-practice** 7:02 PM (0 minutes ago) ☆    
to me 

Your subscription request to [dc-somatic-practice](#) is pending.

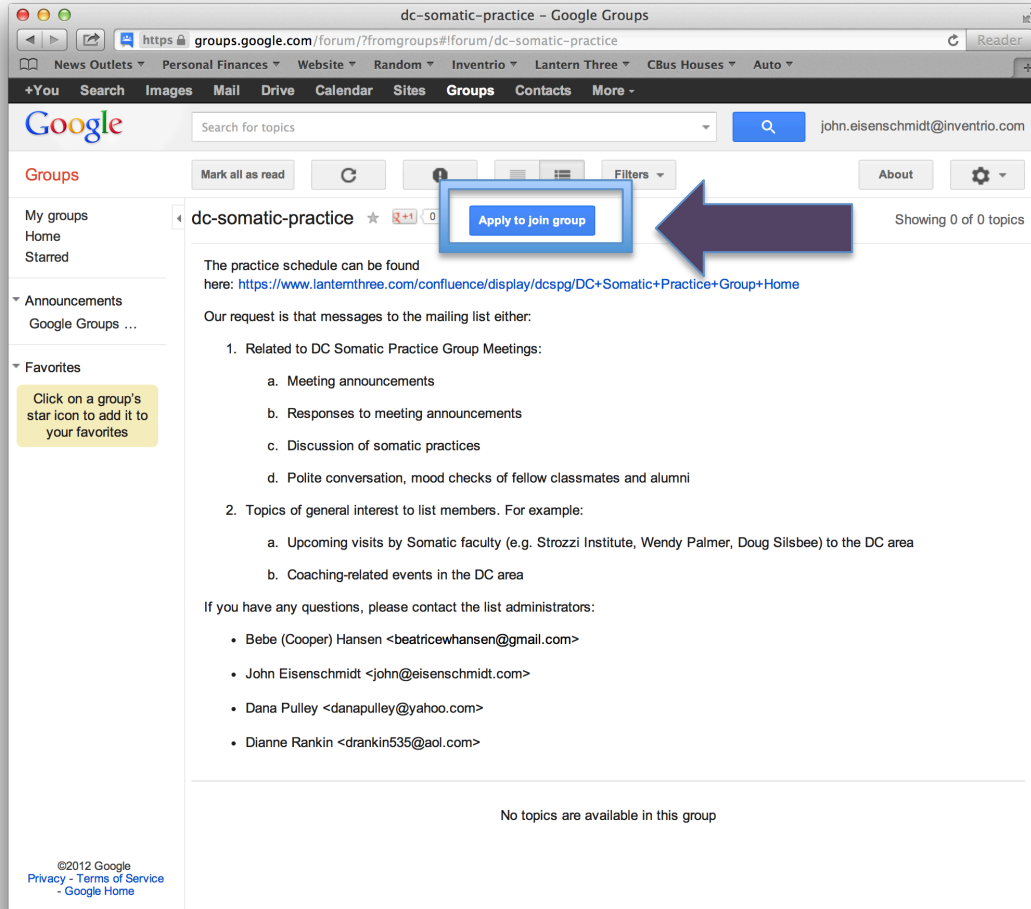
 [Start your own group](#), [visit the help center](#), or [report abuse](#).

Once you receive this, it's on the list administrators to approve your invitation. Forward this email to [john@eisenschmidt.com](mailto:john@eisenschmidt.com) for fastest approval.

## Subscribing through the Web

If you wish to use the web interface, and do not have a Google Account, please see this help article: <http://support.google.com/groups/answer/46438/?hl=en>

Use your favorite web browser to visit: <https://groups.google.com/group/dc-somatic-practice>



This page is publicly accessible. Click Apply to *join group* (next to purple arrow).

1. Sign in here with your Google email and password if you have one.

The screenshot shows the Google Groups interface for the 'dc-somatic-practice' group. The browser address bar shows the URL: <https://groups.google.com/group/dc-somatic-practice/subscribe?note=1&hl=en&noredirect=true>. The page title is 'dc-somatic-practice'. The user is logged in as 'john.eisenschmidt@inventrio.com'. The main content area is titled 'Join' and contains the following elements:

- Note:** You are joining an external group using an account that is managed by *inventrio.com*. Please think carefully before joining, since you will be participating in discussions that may be publicly visible.
- How do you want to read this group?**
  - No Email  
I will read this group on the web
  - Abridged Email (*Once per day or for every 100 messages*)  
Get a summary of new activity each day
  - Digest Email (*Approximately 1 email per day*)  
Get up to 25 full new messages bundled into a single email
  - Email (*Approximately 1 email per day*)  
Send each message to me as it arrives
- What nickname do you want people in this group to see?**  
John Eisenschmidt
- You can send additional information to the manager by filling in the text box below.**  
[Empty text box]
- 
- [Get email alerts of messages containing specific keywords.](#)

On the right side, there is a sidebar with the following links: Home, Discussions, About this group, and Apply for group membership. Below the sidebar, there is a description of the group: 'Description: DC-area Somatic Practice Group, including the methodologies of Strozzi Institute, Wendy Palmer, Doug Silsbee, Stuart Heller, Suzanne Scurlock-Durana, Gay and Katie Hendricks, and Polarity Therapy'. The group email is [dc-somatic-practice@googlegroups.com](mailto:dc-somatic-practice@googlegroups.com). At the bottom of the page, there are links for 'Create a group', 'Google Groups', 'Google Home', 'Terms of Service', and 'Privacy Policy', along with the copyright notice '©2013 Google' and a 'Switch to the new Groups' button.

2. Follow the prompts to set your preferences and complete your registration.

## Posting to the Mailing List

Once you've joined the group, you may either post new messages through the [website](#), or by emailing [dc-somatic-practice@googlegroups.com](mailto:dc-somatic-practice@googlegroups.com)

## Terms of Service

Our request is that messages to the mailing list either:

1. Related to DC Somatic Practice Group Meetings:
  - a. Meeting announcements
  - b. Responses to meeting announcements
  - c. Discussion of somatic practices
  - d. Polite conversation, mood checks of fellow classmates and alumni
2. Topics of general interest to list members. For example:
  - a. Upcoming visits by Somatic faculty (e.g. Strozzi Institute, Wendy Palmer, Doug Silsbee) to the DC area
  - b. Coaching-related events in the DC area

If you have any questions, please contact the list administrators:

- Bebe (Cooper) Hansen <[beatricewhansen@gmail.com](mailto:beatricewhansen@gmail.com)>
- John Eisenschmidt <[john@eisenschmidt.com](mailto:john@eisenschmidt.com)>
- Dana Pulley <[danapulley@yahoo.com](mailto:danapulley@yahoo.com)>
- Dianne Rankin <[drankin535@aol.com](mailto:drankin535@aol.com)>