December 2021

Dear IPNFA® Members,

I hope this message finds you all healthy and safe with your families and friends.

After almost two years living with this pandemic, we have developed many skills to deal with this completely new situation in our lives. Masks, desinfectant and social distancing have became a habit to most of us all over. For the second year, since 1990, we couldn`t have our traditional AGM. Nevertheless, with the experience of last year we were able to improve our possibilities even more.

We had our second Online Congress, which was again a great success, with more than 6.000 participants from 54 different countries. We must thank our speakers of this year for the great work done! Dear Marcel, Leandro, Agnieszka, Shin and Susanne, we really appreciate all your commitment in participating with us on this new project!

We definitely realized that this online event is one of the best ways to spread our concept around the world. Keeping most of the lectures on our Youtube channel, we continue to increase the number of views on our lectures daily. This year we also have subtitles in Portuguese, Japanese and Korean, which helped to reach even more people. Now, we have already started the plans for the next Congress.

Regarding our Business Day, we had again votes for our proposals and elections done via emails. We decided to include a collection of comments from the members and a Zoom Meeting, before the final voting, in order to give us a broader perspective of the proposals. It was a great opportunity to see each other, at least for a couple of hours. The german group was even luckier, because they had the chance to meet in Frankfurt for a couple of days just before our Zoom Meeting. We could see them all together on our computers and I can bet all the other members were envious of them. I was… How we miss being together!!!

This year we also had a big loss in our Association. Our dear Sue Adler passed away last July. Sue was such a special person for all of us. She started her PNF education in Vallejo in 1962 and has taught with Maggie Knott for many year. Besides being one of the authors of our main PNF book, she was also a mentor for the PNF career of many of our IPNFA® instructors. We will miss her forever but she is part of our IPNFA® history and she will never be forgotten. In response to family wishes, the IPNFA contributed to the planting of trees in Sue´s memory.

Some of our special instructors from Vallejo retired also this year. First, our dear Senior Instructor Tim Josten , who was the Director of the Vallejo Program since Hink`s retirement in 1998. We must thank Tim for all those years of dedication to PNF and to the IPNFA®. It was always a great pleasure working with you, Tim!

Also retiring this year from the Vallejo team we have our dear instructors Mary Jue, Chris Pappas and Mark Zaitzew. We must also thank them for all these years of teaching PNF with passion. Many of us, who had the opportunity to be taught by them, will never forget their dedication.

Dear Tim, Mary, Chris and Mark, we hope to have the pleasure of continuing to work with you all in our IPNFA® !!!!!

I truly hope and wish that we will be able to be together in Okinawa next year!!!!

I am really looking forward to being with all of you!!



Mônica Cilento

IPNFA® President