

~ [CALENDAR ~ Summer 2020 ~ Thinking in Movement Studio On-line](#)

Pre-requisites: [STUDIO WAIVER](#) ~ [REGISTRATION FORM](#)

WEEKDAYS ONLY

* / Movement Explorations Feldenkrais®

Mondays Weekly 1:00 -1:45 pm Pacific time

1a/ Amherst Study ~ Feldenkrais® colleagues

Mondays Weekly 10:45 am-Noon Pacific time

1b/ Amherst Study ~ Feldenkrais® colleagues

Wednesdays Weekly 4:30 pm -5:45 pm Pacific time

1c/ Amherst Study ~ Feldenkrais® colleagues

Fridays Weekly 6:30-7:45 am Pacific time

2a/ Feldenkrais® & Taiji Tuesdays Weekly 7:00-7:45 am Pacific time

2b/ Feldenkrais® & Taiji Thursdays Weekly 7:00-7:45 am Pacific time

5/ Mindful Eating Wednesdays Weekly 6:30 -7:15 am Pacific time

* / Polyvagal Thursdays Weekly 3:30 -5:15 pm Pacific time

WEEKDAYS & WEEKENDS

2a/ Feldenkrais® ~ Social distancing & Relational intricacies

Tuesdays Weekly 11:15-Noon Pacific time

2b/ Feldenkrais® ~ Social distancing & Relational intricacies

Sundays Weekly 11:15-Noon Pacific time

4a/ Feldenkrais® & Movement Intelligence learning laboratory

Tuesdays Weekly 1:30--2:15 pm Pacific time

4b/ Feldenkrais® & Movement Intelligence learning laboratory

1st & 3rd Sat 3:00 -3:45 pm Pacific time

WEEKENDS ONLY

• / FMI Zoom Room 1st & 3rd Sat 11:00-11:30 Pacific time

6/ A Sounder World w/ Sounder Sleep™

2nd & 4th Sat 11:15-Noon Pacific time

7/ Ginsburg/Gendlin ~ Feldenkrais® & Focusing

2nd & 4th Sat 3:00 -3:45 pm Pacific time