

200904 Autumn Schedule Thinking In Movement

<https://thinkinginmovement.ca/contact/>

Feldenkrais® Awareness Through Movement®

Daily 1:00 - 1:45 pm (Pacific time)

Feldenkrais® Awareness Through Movement®

Sundays, Mondays, Wednesdays

Weekly 11:00 - 11:45 am (Pacific time)

Taiji

Tuesdays & Thursdays

Weekly 7:00 - 7:45 am (Pacific time)

Thinking at the Edge (TAE) Study Group

Tuesdays

Weekly 11:00-11:45 am

Mindful Eating

Wednesdays

Weekly 6:30 - 7:15 am (Pacific time)

Amherst Study Group for Feldenkrais® and Anat Baniel Method®
practitioners and trainees

Fridays

Weekly 6:30 - 7:45 am (Pacific time)

Amherst Study Group for Feldenkrais® and Anat Baniel Method®
practitioners and trainees

Fridays

Weekly 4:00 - 5:45 am (Pacific time)

/ FMI Zoom Room

1st & 3rd Saturdays each month

11:00 - 11:45 am (Pacific time)

A Sounder World w/ Sounder Sleep™

2nd & 4th Saturdays

11:00 - 11:45 am (Pacific time)

Ginsburg-Gendlin study group (Feldenkrais® & Focusing)

Weekly on Saturdays

3:00 - 3:45 pm (Pacific time)

GENERAL INTERESTS

Feldenkrais Method® Awareness Through Movement®

Feldenkrais Method® Functional Integration Lessons

Move Focus Prepare - Keeping Safe - Adapting to Change

Taijiquan

Movement Intelligence: Bones for Life®

Movement Intelligence: Chairs

Movement Intelligence: Mindful Eating

Movement Intelligence: Walk for Life

Movement Intelligence: Solutions for Optimum Mobility

Movement Intelligence: Teacher or Mentor Certification Training

Sounder Sleep System™

Meditative Listening

Wholebody Focusing

Focusing & Dreams

Focusing & Philosophy

Inner Relationship Focusing

Level One Focusing: Encountering the Inner Relationship

Level Two Focusing: Accompanying the Inner Relationship

Level Three Focusing: The Centre of the Maze

Level Four Focusing: Helping with Difficulties