

## 200904 Autumn Schedule Thinking In Movement

REGISTRATION <https://thinkinginmovement.ca/registration-2/>CONTACT <https://thinkinginmovement.ca/contact/>

## Feldenkrais® Awareness Through Movement®

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

## Feldenkrais® Awareness Through Movement®

Weekly on Sundays, Mondays, Wednesdays

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

## A Sounder World w/ Sounder Sleep System™

Weekly on Mondays

5:00 - 5:45 pm (Pacific time)

Also note: A Sounder World w/ Sounder Sleep System™

2nd &amp; 4th Saturdays

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

## Taiji

Weekly on Tuesdays &amp; Thursdays

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

## Thinking at the Edge (TAE) Study Group

Weekly on Tuesdays

11:00-11:45 am

## Mindful Eating

Weekly on Wednesdays

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

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

Weekly on Fridays

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

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

Weekly on Fridays

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

/ FMI Zoom Room

1st & 3rd Saturdays of each month

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

A Sounder World w/ Sounder Sleep System™

2nd & 4th Saturdays

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

Also note: A Sounder World w/ Sounder Sleep System™

Weekly on Mondays

5:00 - 5:45 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