	** 2020 Nov	V-DEC THINKING	IN MOVEMENT	STUDIO CALENI	DAR	
	~~ THINK	ING IN MOVEMEN	NT STUDIO <u>Cal</u>	<u>ENDAR</u> PAGE ~~	•	
		Novem	1BER 2020			
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nov 9 am	Nov 10 am	Nov 11 am	Nov 12 am	Nov 13 am	Nov 14 am	Nov 15 am
<u>Feldenkrais®</u>	<u>Feldenkrais®</u>	<u>Movement</u>	<u>Feldenkrais®</u>	<b>Amherst Study</b>	A Sounder World w/	<u>Feldenkrais®</u>
<u>Awareness</u>	<u>Awareness</u>	Intelligence ~	<u>Awareness</u>	Group for	Sounder Sleep	Awareness Through
Through Movement®	Through Movement®	Mindful Eating  °Wednesday	Through Movement®	Feldenkrais® practitioners	System™ ° Saturdays 5:00 -	Movement® ° Sundays 7:00 -
with Rachel	° Tuesdays &	6:30 - 7:15 am	° Tuesdays &	and trainees.	5:45 am (Pacific)	7:45 am (Pacific)
Rudansky	Thursdays	(Pacific)	Thursdays 7:00	° Weekly 6:30 -	(* 3.50 )	(* 6.6.1.1.6)
° 11:00 - 11:45	7:00 - 7:45	Please click to	- 7:45 am	7:45 am (Pacific)	Please click to	
am (Pacific)	am (Pacific)	Register	(Pacific)	Please click to	Register	
except Oct 19,	Please click		Please click to	Register and the		
Dec 14, 2020	to Register		Register	form will		
				translate to your local time!		

Mon Nov 9 PM	Tue Nov 10 PM	Wed Nov 11 PM	Thu Nov 12 PM	Fri Nov 13 PM	Sat Nov 14 PM	Sun Nov 15 PM
A Sounder World w/ Sounder Sleep System™  o Mondays 5:00  - 5:45 PM (Pacific)  Please click to Register	Movement Intelligence Bones for Life® *  ° 3:00-3:45 pm (Pacific) Please click to Register	Wednesdays		Amherst Study Group for Feldenkrais® practitioners and trainees.  ° Weekly 4:00 - 5:15 pm (Pacific) Please click to Register and the form will translate to your local time!	Ginsburg-Gendlin Study Group (Feldenkrais® & Focusing) ° 3:00 - 3:45 pm (Pacific) Weekly Please click to Register	

		A Sounder World w/ Sounder Sleep System <sup>TMo</sup> Wednesdays 5:00 - 5:45 PM (Pacific) Please click to Register ~ form will translate to your local time!				
		Novem	1BER 2020			
Mon Nov 16 PM	Tue Nov 17 PM	Wed Nov 18 PM	Thu Nov 19 PM	Fri Nov 20 PM	Sat Nov 21 PM	Sun Nov 22 PM

Feldenkrais® Awareness Through Movement® with Rachel Rudansky ° 11:00 - 11:45 am (Pacific) except Oct 19, Dec 14, 2020	Feldenkrais® Awareness Through Movement®  Tuesdays & Thursdays 7:00 - 7:45 am (Pacific) Please click to Register	Movement Intelligence ~ Mindful Eating °Wednesday 6:30 - 7:15 am (Pacific) Please click to Register	Feldenkrais® Awareness Through Movement®  Tuesdays & Thursdays 7:00  - 7:45 am (Pacific) Please click to Register	Amherst Study Group for Feldenkrais® practitioners and trainees.  O Weekly 6:30 - 7:45 am (Pacific) Please click to Register and the form will translate to your local time!	A Sounder World w/ Sounder Sleep System™  ° Saturdays 5:00 - 5:45 am (Pacific)  Please click to Register	Feldenkrais® Awareness Through Movement® Sundays 7:00 - 7:45 am (Pacific)

A Sounder World w/ Sounder Sleep System™  o Mondays 5:00  - 5:45 PM (Pacific)  Please click to Register	Movement Intelligence Bones for Life® *  ° 3:00-3:45 pm (Pacific) Please click to Register	A Sounder World w/ Sounder Sleep System™  o 1st & 3rd Wednesdays 5:00 - 5:45 PM Pacific Please Register at Corona Plaza Life	Amherst Study Group for Feldenkrais® practitioners and trainees.  O Weekly 4:00 - 5:15 pm (Pacific) Please click to Register and the form will translate to your local time!	FMI Zoom Room  o 1st & 3rd Saturdays  11:00 - 11:45 am  (Pacific)  You could click to  indicate your  participation, the form  will translate to your  local time	

		Noven	1BER 2020		Ginsburg-Gendlin Study Group (Feldenkrais® & Focusing) ° 3:00 - 3:45 pm (Pacific) Weekly Please click to Register	
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Nov 23 PM	Nov 24 PM	Nov 25 PM	Nov 26 PM	Nov 27 PM	Nov 28 PM	Nov 29 PM

**Feldenkrais®** Awareness Through **Movement®** with Rachel Rudansky ° 11:00 - 11:45 am (Pacific) except Oct 19, Dec 14, 2020

**Feldenkrais®** Awareness Through **Movement®** ° Tuesdays & Thursdays 7:00 - 7:45 am (Pacific) Please click to Register

Movement Intelligence ~ Mindful Eating °Wednesday 6:30 - 7:15 am (Pacific) Please click to Register

**Feldenkrais**® Awareness Through **Movement®** ° Tuesdays & Thursdays 7:00 - 7:45 am (Pacific) Please click to Register

**Amherst Study** Group for **Feldenkrais®** practitioners and trainees. ° Weekly 6:30 -7:45 am (Pacific) Please click to Register and the form will translate to your local time!

A Sounder World w/ Sounder Sleep Svstem™

° Saturdays 5:00 -5:45 am (Pacific)

Please click to Register

A Sounder World w/ **Sounder Sleep** System™ ° 2nd & 4th Saturdays

(Pacific) Please click to Register

**Feldenkrais® Awareness Through Movement®** ° Sundays 7:00 -

7:45 am (Pacific)

11:00 - 11:45 am











A Sounder World w/ Sounder Sleep System™  o Mondays 5:00  - 5:45 PM (Pacific)  Please click to Register	Movement Intelligence Bones for Life® * ° 3:00-3:45 pm (Pacific) Please click to Register	Feldenkrais® Awareness Through Movement® ° 2nd & 4th Wednesdays 11:00 - 11:45 am (Pacific) Please Register at Corona Plaza Life: https:// coronaplaza.life/ webinars/  Article: Feldenkr ais® Awareness Through Movement® at Corona Plaza Life	Amherst Study Group for Feldenkrais® practitioners and trainees.  ° Weekly 4:00 - 5:15 pm (Pacific) Please click to Register and the form will translate to your local time!	Ginsburg-Gendlin Study Group (Feldenkrais® & Focusing) ° 3:00 - 3:45 pm (Pacific) Weekly Please click to Register	

		A Sounder World w/ Sounder Sleep System™ Wednesdays 5:00 - 5:45 PM (Pacific) Please click to Register ~ form will translate to your local time!				
	N	OVEMBER &	DECEMBER	R 2020		
Mon Nov 30 PM	Tue DEC 1 PM	Wed DEC 2 PM	Thu DEC 3 PM	Fri DEC 4 PM	Sat DEC 5 PM	Sun DEC 6 PM

Feldenkrais® Awareness Through Movement® with Rachel Rudansky ° 11:00 - 11:45 am (Pacific) except Oct 19, Dec 14, 2020	Feldenkrais® Awareness Through Movement®	Movement Intelligence ~ Mindful Eating  *Wednesday 6:30 - 7:15 am (Pacific) Please click to Register	Feldenkrais® Awareness Through Movement®	Amherst Study Group for Feldenkrais® practitioners and trainees.  ° Weekly 6:30 - 7:45 am (Pacific) Please click to Register and the form will translate to your local time!	A Sounder World w/ Sounder Sleep System™  ° Saturdays 5:00 - 5:45 am (Pacific)  Please click to Register	Feldenkrais® Awareness Through Movement®  Sundays 7:00 - 7:45 am (Pacific)

A Sounder World w/ Sounder Sleep System™  o Mondays 5:00  - 5:45 PM (Pacific)  Please click to Register	Movement Intelligence Bones for Life® *  ° 3:00-3:45 pm (Pacific) Please click to Register	A Sounder World w/ Sounder Sleep System™  ° 1st & 3rd Wednesdays 5:00 - 5:45 PM Pacific Please Register at Corona Plaza Life	Amherst Study Group for Feldenkrais® practitioners and trainees.  O Weekly 4:00 - 5:15 pm (Pacific) Please click to Register and the form will translate to your local time!	FMI Zoom Room  o 1st & 3rd Saturdays 11:00 - 11:45 am (Pacific) You could click to indicate your participation, the form will translate to your local time	

					Ginsburg-Gendlin Study Group (Feldenkrais® & Focusing) ° 3:00 - 3:45 pm (Pacific) Weekly Please click to Register	
		DECEN	//BER 2020			
Mon Dec 7 PM	Tue DEC 8 PM	Wed DEC 9 PM	Thu DEC 10 PM	Fri DEC 11 PM	Sat DEC 12 PM	Sun DEC 13 PM

**Feldenkrais® Feldenkrais**® A Sounder World w/ **Feldenkrais®** Movement **Amherst Study Feldenkrais®** Intelligence ~ Group for Sounder Sleep **Awareness Through** Awareness Awareness Awareness Mindful Eating **Feldenkrais® Movement®** Through Through Through Svstem™ °Wednesday ° Saturdays 5:00 -° Sundays 7:00 -**Movement® Movement® Movement®** practitioners 6:30 - 7:15 am with Rachel ° Tuesdays & ° Tuesdays & 5:45 am (Pacific) 7:45 am (Pacific) and trainees. (Pacific) Rudansky Thursdays Thursdays 7:00 ° Weekly 6:30 -° 11:00 - 11:45 7:00 - 7:45 Please click to Please click to - 7:45 am 7:45 am (Pacific) Register Register am (Pacific) am (Pacific) (Pacific) Please click to Please click to except Oct 19, Please click Register and the Dec 14, 2020 to Register Register A Sounder World w/ form will translate to your **Sounder Sleep** local time! System™ ° 2nd & 4th Saturdays 11:00 - 11:45 am (Pacific) No class on October 24 Please click to Register

A Sounder World w/ Sounder Sleep System™  o Mondays 5:00  - 5:45 PM (Pacific)  Please click to Register	Movement Intelligence Bones for Life® *  ° 3:00-3:45 pm (Pacific) Please click to Register	Feldenkrais® Awareness Through Movement® ° 2nd & 4th Wednesdays 11:00 - 11:45 am (Pacific) Please Register at Corona Plaza Life: https:// coronaplaza.life/ webinars/  Article: Feldenkr ais® Awareness Through Movement® at Corona Plaza Life	Amherst Study Group for Feldenkrais® practitioners and trainees.  O Weekly 4:00 - 5:15 pm (Pacific) Please click to Register and the form will translate to your local time!	Ginsburg-Gendlin Study Group (Feldenkrais® & Focusing) ° 3:00 - 3:45 pm (Pacific) Weekly Please click to Register	

		A Sounder World w/ Sounder Sleep System <sup>TMO</sup> Wednesdays 5:00 - 5:45 PM (Pacific) Please click to Register ~ form will translate to your local time!				
		DECEM	1BER 2020			
Mon	Tue	Wed	Thu	Fri	Sat	Sun
DEC 14 PM	DEC 15 PM	DEC 16 PM	DEC 17 PM	DEC 18 PM	DEC 19 PM	DEC 20 PM

Feldenkrais® Awareness Through Movement®  Tuesdays & Thursdays 7:00 - 7:45 am (Pacific) Please click to Register	Movement Intelligence ~ Mindful Eating  *Wednesday 6:30 - 7:15 am (Pacific) Please click to Register	Feldenkrais® Awareness Through Movement®  Tuesdays & Thursdays 7:00  - 7:45 am (Pacific) Please click to Register	Amherst Study Group for Feldenkrais® practitioners and trainees.  ° Weekly 6:30 - 7:45 am (Pacific) Please click to Register and the form will translate to your local time!	A Sounder World w/ Sounder Sleep System™  ° Saturdays 5:00 - 5:45 am (Pacific)  Please click to Register	Feldenkrais® Awareness Through Movement® Sundays 7:00 - 7:45 am (Pacific)

A Sounder World w/ Sounder Sleep System™  o Mondays 5:00  - 5:45 PM (Pacific)  Please click to Register	Movement Intelligence Bones for Life® * ° 3:00-3:45 pm (Pacific) Please click to Register	A Sounder World w/ Sounder Sleep System™  ° 1st & 3rd Wednesdays 5:00 - 5:45 PM Pacific Please Register at Corona Plaza Life	Amherst Study Group for Feldenkrais® practitioners and trainees.  ° Weekly 4:00 - 5:15 pm (Pacific) Please click to Register and the form will translate to your local time!	FMI Zoom Room  o 1st & 3rd Saturdays 11:00 - 11:45 am (Pacific) You could click to indicate your participation, the form will translate to your local time	
				Ginsburg-Gendlin Study Group (Feldenkrais® & Focusing) ° 3:00 - 3:45 pm (Pacific) Weekly Please click to Register	

		DECEM	1BER 2020			
Mon	Tue	Wed	Thu	Fri	Sat	Sun
DEC 21 PM	DEC 22 PM	DEC 23 PM	DEC 24 PM	DEC 25 PM	DEC 26 PM	DEC 27 PM

Feldenkrais® Awareness Through Movement® with Rachel Rudansky ° 11:00 - 11:45 am (Pacific) except Oct 19, Dec 14, 2020	Feldenkrais® Awareness Through Movement®	Movement Intelligence ~ Mindful Eating  *Wednesday 6:30 - 7:15 am (Pacific) Please click to Register	Feldenkrais® Awareness Through Movement®  Tuesdays & Thursdays 7:00  7:45 am (Pacific) Please click to Register	Amherst Study Group for Feldenkrais® practitioners and trainees.  O Weekly 6:30 7:45 am (Pacific) Please click to Register and the form will translate to your local time!	A Sounder World w/ Sounder Sleep System™  ° Saturdays 5:00 - 5:45 am (Pacific)  Please click to Register  A Sounder World w/ Sounder Sleep System™  ° 2nd & 4th Saturdays 11:00 - 11:45 am (Pacific) No class on October 24 Please click to Register	Awareness Through Movement®  Sundays 7:00 - 7:45 am (Pacific)

A Sounder World w/ Sounder Sleep System™  o Mondays 5:00  - 5:45 PM (Pacific)  Please click to Register	Movement Intelligence Bones for Life® *  ° 3:00-3:45 pm (Pacific) Please click to Register	Feldenkrais® Awareness Through Movement® ° 2nd & 4th Wednesdays 11:00 - 11:45 am (Pacific) Please Register at Corona Plaza Life: https:// coronaplaza.life/ webinars/  Article: Feldenkr ais® Awareness Through Movement® at Corona Plaza Life	Amherst Study Group for Feldenkrais® practitioners and trainees.  O Weekly 4:00 - 5:15 pm (Pacific) Please click to Register and the form will translate to your local time!	Ginsburg-Gendlin Study Group (Feldenkrais® & Focusing) ° 3:00 - 3:45 pm (Pacific) Weekly Please click to Register	

		A Sounder World w/ Sounder Sleep System <sup>TMO</sup> Wednesdays 5:00 - 5:45 PM (Pacific) Please click to Register ~ form will translate to your local time!		
		DECEM	1BER 2020	
Mon Dec 28 PM	Tue DEC 29 PM	Wed DEC 30 PM	Thu DEC 31 PM	

Feldenkrais® Awareness Through Movement® with Rachel Rudansky ° 11:00 - 11:45 am (Pacific) except Oct 19, Dec 14, 2020	Awareness Through Movement®  Tuesdays & Thursdays 7:00 - 7:45 am (Pacific) Please click to Register	Movement Intelligence ~ Mindful Eating °Wednesday 6:30 - 7:15 am (Pacific) Please click to Register	Feldenkrais® Awareness Through Movement®		

A Sounder
World w/
<b>Sounder Sleep</b>
System™
<ul> <li>Mondays 5:00</li> </ul>

- 5:45 PM (Pacific)

Please click to Register

Movement Intelligence Bones for Life® \* (Pacific)

Register

A Sounder World w/ Sounder Sleep System™° ° 3:00-3:45 pm Wednesdays 5:00 - 5:45 PM Please click to (Pacific) Please click to Register ~ form will translate to your local time!

Protectress of the studio Sunny Dragon

Clay sculpture by Neil Darymple from Wales (http:// www.neildalrymple.com/)



