













** 2020 NOV-DEC THINKING IN MOVEMENT STUDIO CALENDAR

~~ THINKING IN MOVEMENT STUDIO CALENDAR PAGE ~~

NOVEMBER 2020

MON Nov 9 am	Tue Nov 10 am	Wed Nov 11 am	Thu Nov 12 am	Fri Nov 13 am	Sat Nov 14 am	Sun Nov 15 am
						
<p>Feldenkrais® Awareness Through Movement® with Rachel Rudansky ° 11:00 - 11:45 am (Pacific) except Oct 19, Dec 14, 2020</p>	<p>Feldenkrais® Awareness Through Movement® ° Tuesdays & Thursdays 7:00 - 7:45 am (Pacific) Please click to Register</p>	<p>Movement Intelligence ~ Mindful Eating ° Wednesday 6:30 - 7:15 am (Pacific) Please click to Register</p>	<p>Feldenkrais® Awareness Through Movement® ° Tuesdays & Thursdays 7:00 - 7:45 am (Pacific) Please click to Register</p>	<p>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!</p>	<p>A Sounder World w/ Sounder Sleep System™ ° Saturdays 5:00 - 5:45 am (Pacific) Please click to Register</p>	<p>Feldenkrais® Awareness Through Movement® ° Sundays 7:00 - 7:45 am (Pacific)</p>

<p>MON Nov 9 PM</p>	<p>Tue Nov 10 PM</p>	<p>Wed Nov 11 PM</p>	<p>Thu Nov 12 PM</p>	<p>Fri Nov 13 PM</p>	<p>Sat Nov 14 PM</p>	<p>Sun Nov 15 PM</p>
						
<p><u>A Sounder World w/ Sounder Sleep System™</u> ° Mondays 5:00 - 5:45 PM (Pacific) Please click to Register</p>	<p><u>Movement Intelligence Bones for Life® *</u> ° 3:00-3:45 pm (Pacific) Please click to Register</p>	<p><u>Feldenkrais® Awareness Through Movement®</u> ° 2nd & 4th Wednesdays 11:00 - 11:45 am (Pacific) Please Register at Corona Plaza Life: https://coronaplaza.life/webinars/</p>		<p><u>Amherst Study Group for Feldenkrais® practitioners and trainees.</u> ° Weekly 4:00 - 5:15 pm (Pacific) Please click to Register and the form will translate to your local time!</p>	<p><u>Ginsburg-Gendlin Study Group</u> (Feldenkrais® & Focusing) ° 3:00 - 3:45 pm (Pacific) Weekly Please click to Register</p>	



**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!](#)**

NOVEMBER 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**















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Ginsburg-Gendlin
Study Group
 (Feldenkrais® &
 Focusing)
 ° 3:00 - 3:45 pm
 (Pacific) Weekly
[Please click to](#)
[Register](#)

NOVEMBER 2020

<p>MON Nov 23 PM</p>	<p>Tue Nov 24 PM</p>	<p>Wed Nov 25 PM</p>	<p>Thu Nov 26 PM</p>	<p>Fri Nov 27 PM</p>	<p>Sat Nov 28 PM</p>	<p>Sun Nov 29 PM</p>
						

<p><u>Feldenkrais® Awareness Through Movement®</u> with Rachel Rudansky ° 11:00 - 11:45 am (Pacific) except Oct 19, Dec 14, 2020</p>	<p><u>Feldenkrais® Awareness Through Movement®</u> ° Tuesdays & Thursdays 7:00 - 7:45 am (Pacific) Please click to Register</p>	<p><u>Movement Intelligence ~ Mindful Eating</u> °Wednesday 6:30 - 7:15 am (Pacific) Please click to Register</p>	<p><u>Feldenkrais® Awareness Through Movement®</u> ° Tuesdays & Thursdays 7:00 - 7:45 am (Pacific) Please click to Register</p>	<p><u>Amherst Study Group for Feldenkrais® practitioners and trainees.</u> ° Weekly 6:30 - 7:45 am (Pacific) Please click to Register and the form will translate to your local time!</p>	<p><u>A Sounder World w/ Sounder Sleep System™</u> ° Saturdays 5:00 - 5:45 am (Pacific) Please click to Register</p> <p><u>A Sounder World w/ Sounder Sleep System™</u> ° 2nd & 4th Saturdays 11:00 - 11:45 am (Pacific) Please click to Register</p>	<p><u>Feldenkrais® Awareness Through Movement®</u> ° Sundays 7:00 - 7:45 am (Pacific)</p>
						

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NOVEMBER & DECEMBER 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



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

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DECEMBER 2020

**MON
DEC 7 PM**

**Tue
DEC 8 PM**

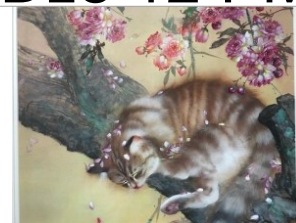
**Wed
DEC 9 PM**






**Thu
DEC 10 PM**


**Fri
DEC 11 PM**

**Sat
DEC 12 PM**

**Sun
DEC 13 PM**



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DECEMBER 2020

MON
DEC 14 PM

Tue
DEC 15 PM

Wed
DEC 16 PM





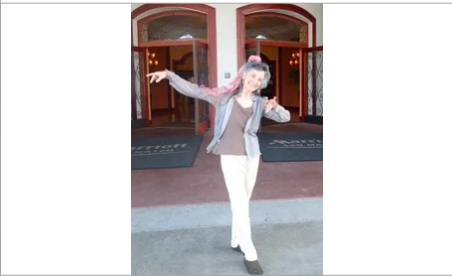
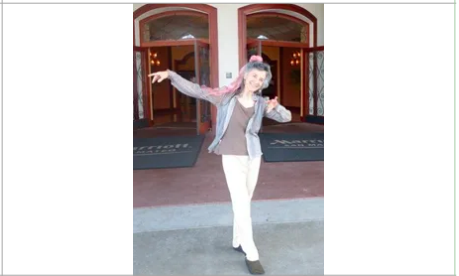
Thu
DEC 17 PM

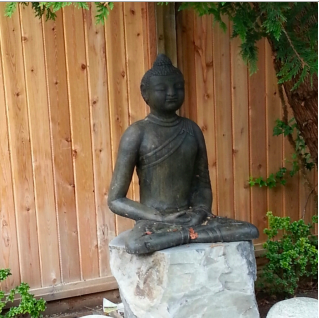
Fri
DEC 18 PM

Sat
DEC 19 PM








Sun
DEC 20 PM









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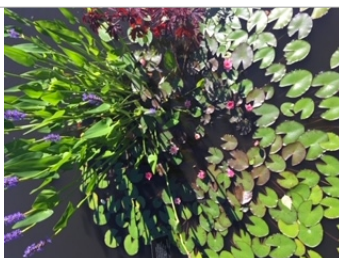
DECEMBER 2020




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DEC 28 PM**

**Tue
DEC 29 PM**

**Wed
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**Thu
DEC 31 PM**



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**A Sounder
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° 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](#)

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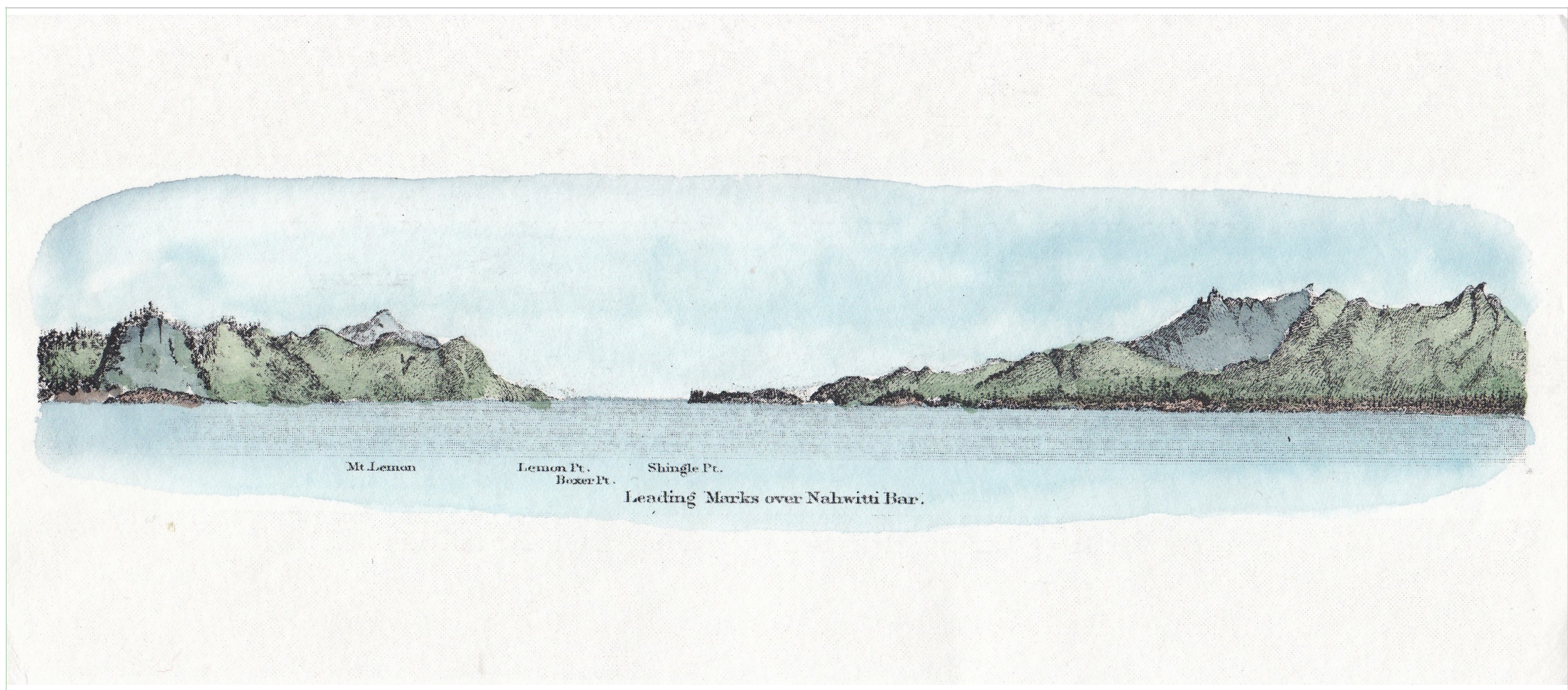
° Wednesdays
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Protectress of the
studio
Sunny Dragon

Clay sculpture by Neil
Darymple from Wales
([http://
www.neildarymple.com/](http://www.neildarymple.com/))





Leading Marks over Nahwitti Bar' Inside Passage through British Columbia in 1883
George Dyson Dec 2018