

Sounder Sleep System® Teacher Training  
Sat/Sun Mar 13-April 11, 2021  
15-hour first Module with Katarina Halm

## SYLLABUS

- ° Module 1 syllabus in a 15-hour format over 5 weekends.
- ° Ten 90-minute lessons on Zoom, google classroom for resources, homework, buddy system, collaborations.
- ° We will follow precisely the syllabus of Paris Kern <https://www.pariskern.com/sounder-sleep-teacher> including all materials and protocols as developed by Paris Kern.

## LOGISTICS

- ° A maximum of 16 participants.
- ° Registration is now open until Wednesday, March 10, 2021.

## TUITION FEE & REGISTRATION:

- \* \$200 USD 15 hr Full Participation ~ Click for your time and to register. <https://thinkinginmovement.as.me/schedule.php?appointmentType=20450910>
- \* \$100 USD 15 hr Auditor Full course or Partial Participation for those who have already completed a Module 1 or a full Sounder Sleep System® Teacher Training with any trainer ~ Click for your time and to register <https://thinkinginmovement.as.me/schedule.php?appointmentType=20452991>
- \* \$20 USD for Single 1.5 hr Class
- ° Partial refunds may be requested if you need to withdraw due to special circumstances.

## CREDIT TOWARDS COMPLETION OF SOUNDER SLEEP SYSTEM® TEACHER TRAINING

- ° Upon successful completion of Module 1, participants may be eligible to enroll in the next Modules to complete teacher training with Paris Kern or with Jeanine Holenstein or with Patricio Simon or other Sounder

Sleep System® Teacher Trainers who accept the first Module offered by Katarina Halm.

#### PARTICIPATION TO OBTAIN CREDIT FOR MODULE 1

- ° 15 hours class time.
- ° 3-hour practice evaluation during the last weekend of the course (included in the 15-hour program) or scheduled by special arrangement with Katarina.
- ° To receive credit for the course, up to 3 hours of class time may be missed and made-up by studying the recordings of classes missed and sending a written report to Katarina.

Light, easy, soft, slow (L.E.S.S.)  
Katarina

Katarina Halm, M.A.  
Sounder Sleep System® Trainer  
Feldenkrais® GCFP \* Focusing CFT  
Movement Intelligence Trainer  
<https://thinkinginmovement.ca/moments/>  
1-604-263-9123  
Vancouver BC, Canada & Online

#### MORE INFORMATION

More information with Q & A

<https://thinkinginmovement.ca/somatics/sounder-sleep/teacher-training/>