

A Sounder World

with the

Sounder Sleep System™

- ✧ Cultivate balance and ease in your patterns of waking and sleeping
 - ✧ Enhance your professional practice as a therapist or teacher
- ✧ Continuing Education Credits (CEC) and Professional Development Hours (PDH)
 - ✧ *L.E.S.S. light, easy, soft, slow: Less is more* — Michael Krugman

✧ Tuition Options

- ✧ **Donations** to the Studio appreciated
- ✧ Work-study scholarships

✧ **REQUEST ADDITIONAL DAYS AND TIMES**

- ✧ Questions, additional times, Zoom link:
contact **Katarina Halm**

REQUIRED REGISTRATION LINKS

Waiver ~ Register for Classes (Links in your time zone) ~ Studio Registration Form

TUESDAYS 10:30 AM PT • 45 MINS

WEDNESDAYS 5:00 PM PT • 45 MINS

- Free or by small donation to **CoronaPlaza.Life**
- *CoronaPlaza.Life is an online learning space created by Focusing Initiatives International dedicated to social and community support and wellness in the COVID-19 pandemic.*
 - **Create an Account - CoronaPlaza.Life**
 - **Informal Details about CoronaPlaza**

MONDAYS & WEDNESDAYS

6:00 PM PT • 45 MINS

FRIDAYS

5:00 PM PT • 45 MINS

SATURDAYS

10:00 AM PT • 45 MINS

Sounder Sleep System® Teacher Training with Paris Kern

Thinking in Movement Studio



Sounder Sleep System™

