

A Sounder World

with

Sounder Sleep System™



Light Easy Soft Slow:
L.E.S.S. is more
~ Michael Krugman



Katarina Halm brings decades of scholarship and teaching experience to these new programmes. As Assistant to Paris Kern, she is building on the work of Sounder Sleep System™ founder Michael Krugman.

TWO UPCOMING EVENTS

Free Mini Workshops
Mon July 5
45 min

- * Learn about the programme.
- * Experience a mini-lesson.
- * Meet others with similar interests.

[Register for 7:00-am PT](#)

[Register for 10:00-am PT](#)

Click to see in your time zone

[7:00-am PT](#)
[10:00-am PT](#)

15-hour Module 1

Monday -Thursday

August 9-12, 2021

HOURS: Four days ~ 15 hours total
teaching time (15 CEU**)

Four and a half hours each day including *
45-minute break

[6:00-10:30 am PT](#)

[Click for your local time](#)

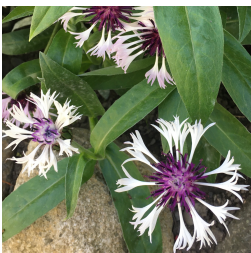
TUITION FEE:
\$225USD

[Register for Module 1](#)

CERTIFICATION:
Upon completion of this first module, further training may be completed with a certified Sounder Sleep System™ teacher trainer: [Janine Holenstein](#) or [Paris Kern](#).

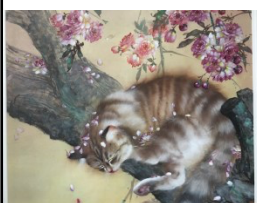
* Please see endnotes for provisional protocols of the course and certification.

Sounder Sleep System® is a service mark of Paris Kern



Learn to foster ease and sounder sleep for yourself and others

Cat sleeping
in plum tree



~
Nigel Szeto
painting

Neurophysiology and anthropology of sleep and activity/rest cycles,
PolyVagal perspectives, Practical tools inspired by the **Feldenkrais**
Method® of somatic education

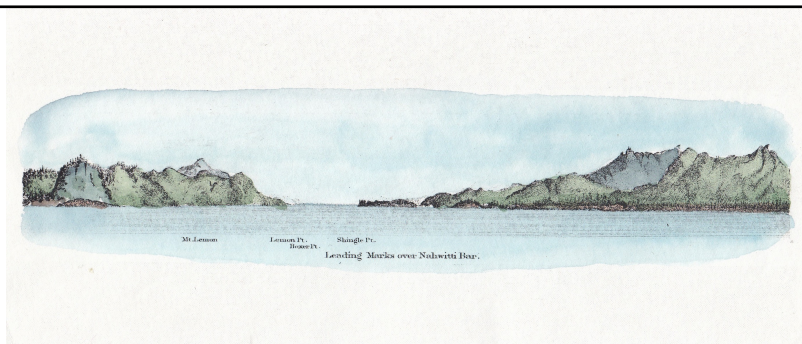
- 1) Guided Natural Breathing™
Restore breathing to its natural state: light, easy, slow and soft.
- 2) Sleep Yoga™ / 'Calming Movements'
Easy gentle movements in the rhythm of your leisurely breath.
- 3) DayTamers™ / Mini-Moves™
Practice to allow your nervous system to rest and restore itself.
Learn to work more productively and set the stage for the end of the day when Mini-Moves lull you into sleep.
- 4) Mini-Moves™ / NightTamers™
Short movement sequences, tailored to your ever-changing metabolic needs to relax your body, calm your mind, lull you to sleep.

~ [Our tribute page](#) ~ [Our facebook page](#) ~

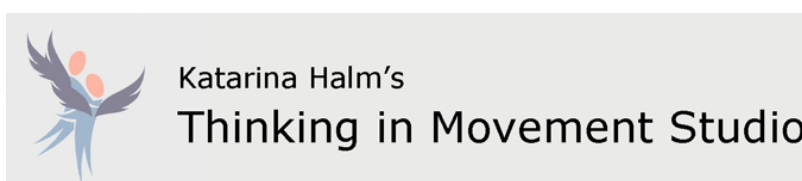
Appreciation for A Sounder World with the Sounder Sleep System™

"I am enjoying coming to Katarina's sessions very much. Her welcoming plant-filled space allows me to feel very comfortable and her gentle and perceptive comments and guidance are most helpful! Corona Plaza is a fun meeting space where I have met interesting people from all over the world. Thank you very much for providing this lovely learning space!"
— Sílvia, London, UK.

"Katarina's classes are full of deep educational aspects. Her pace makes practice easy. Having feedback from her gives safety."
— Student



Peaceful scene from 'Leading Marks over Nahwitti Bar' Inside Passage through British Columbia in 1883 / from an engraving adapted by George Dyson Dec 2018 for Thinking in Movement Studio



* Sounder Sleep System™ Teacher, * Feldenkrais® Practitioner,
* Movement Intelligence Trainer, * Focusing Trainer,
** Continuing education credits pending approval from:
* Canadian Counselling & Psychotherapy Association (CCPA)
* Professional Counsellors Association (CPCA)

CONTACT KATARINA HALM FOR INFORMATION
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1- 604.263.9123 PST

^a Notes regarding teacher certification protocols: 1/ ° **This first segment/module is** acknowledged as **provisional** towards credit in a **teacher training** programme until participants have presented [Janine Holenstein](#) and [Paris Kern](#). with a video recording of their teaching one Guided Natural Breathing GNB technique, both a Day- and NightTamer. and some of the theory behind the Sounder Sleep System, and until Janine and Paris approve of their presentation. 2/ ° Janine and Paris may access to our class meetings on zoom by attending the class unannounced at any time during the duration of the course.

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Sounder Sleep System™(in Canada) and Sounder Sleep System® (in the USA) are service marks of Paris Kern.
