

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](#)

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

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](#).

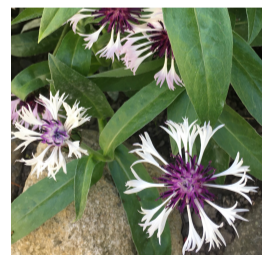
Sounder Sleep System® is a service mark of Paris Kern

Show the times in your time zone

[7:00-am PT](#)

[10:00-am PT](#)

[Register for Module 1](#)



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

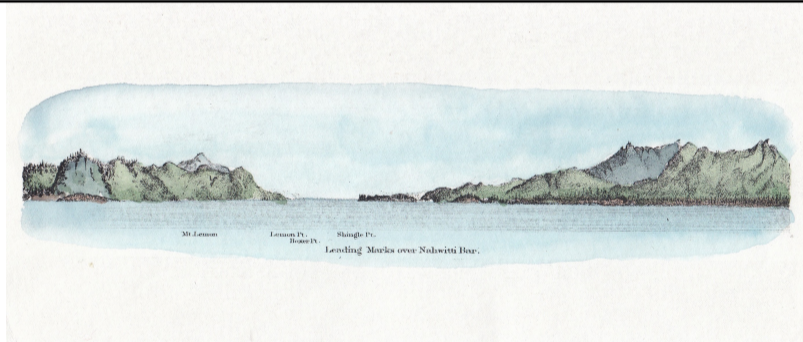
- 1) Guided Natural Breathing™
Restore breathing to its natural state: light, easy, slow and soft.
- 2) Sleep Yoga™ / 'Calming Movements'
Easy gentle movements in the rhythm of your leisurely breath.
- 3) DayTamers™ / Mini-Moves™
Practice to allow your nervous system to rest and restore itself.
Learn 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
katarina@thinkingmovement.ca
1- 604.263.9123 PST

The following are service marks, trademarks, or certification marks of the Feldenkrais Guild® of North America: Feldenkrais®, Feldenkrais Method®, Functional Integration®, Awareness Through Movement®, ATM®, FI®, CFATMT(CM), GCFP(CM), Guild Certified Feldenkrais Teacher®, Guild Certified Feldenkrais Practitioner(CM), and Certified Feldenkrais Awareness Through Movement Teacher(CM).

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