

Thinking in Movement Calendar for Everyone 2021 (210611)

May into ~ JUNE 2021								
BFL NOTES	Sun May 30	Mon May 31	Tue Jun 1	Wed Jun 2	Thu Jun 3	Fri Jun 4	Sat Jun 5	Sat Jun 5
<p>JUNE WEEK 1</p> <p>SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays</p> <p>The week of SUN May 30 - SAT June 5</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/</p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays May 25, June 1, 8, 2021 12:00 - 12:45 PM (Pacific time) ~ please click for your time</u> <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u> Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>		<p>Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>			<p>FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https://thinkinginmovement.ca/fmi-zoom-rooms/</p>
BFL NOTES	Sun Jun 6	Mon Jun 7	Tue Jun 8	Wed Jun 9	Thu Jun 10	Fri Jun 11	Sat Jun 12	Sat Jun 12
<p>JUNE WEEK 2</p> <p>THURSDAY BFL 3 Class #1</p> <p>SATURDAY BFL 1 Class #7</p> <p>The week of SUN June 6 – SAT June 12</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</u></p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays May 25, June 1, 8, 2021 12:00 - 12:45 PM (Pacific time) ~ please click for your time</u> <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u> Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</u></p>	<p>BFL 3 Class #1 BFL #61. Bouncing on Elevation: Maneuvering the Surface to Effect Comfort in the Lumbar / Knees BFL #62. Foot Steps over Thigh / Finger along the Nose; Securing Continuity of Axis</p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</u></p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</u></p>	<p>BFL 1 Class #7 BFL #13 Tantrum No Tantrum Yes The joy of carefree body expression BFL #14 Fragmented Breathing Paradoxical improvement</p>
	Sun Jun 6	Mon Jun 7	Tue Jun 8	Wed Jun 9	Thu Jun 10	Fri Jun 11	Sat Jun 12	Sat Jun 12
JUNE WEEK 2 CONTINUED		<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/</p>			<p>Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>		<p>Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021</p>	<p>Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021</p>
	Sun Jun 13	Mon Jun 14	Tue Jun 15	Wed Jun 16	Thu Jun 17	Fri Jun 18	Sat Jun 19	Sat Jun 19

<p>JUNE WEEK 3</p> <p>THURSDAY BFL 3 Class #2</p> <p>1st & 3rd FRIDAY BFL 3 Class #3</p> <p>SATURDAY BFL 1 Class #8</p> <p>The week of SUN June 13 – SAT June 19</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/</p>			<p>Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>	<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	<p>Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021</p>	<p>BFL 1 Class #8</p> <p>BFL #15 Roman Sandals The efficient focus of pressure in the foot</p> <p>BFL #16 Bicycle Stabilizing the hip joint</p>
	Sun Jun 13	Mon Jun 14	Tue Jun 15	Wed Jun 16	Thu Jun 17	Fri Jun 18	Sat Jun 19	Sat Jun 19
	<p>BFL 3 Class #2</p> <p>BFL #63. Hip Joint Recoil: Increasing the Range of Step</p> <p>BFL #64. The Sphincters: The Integrative Network of the Anti-Gravity Lever</p>	<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	<p>A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</p> <p>Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>	<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	<p>BFL 3 Class #3</p> <p>BFL #65. Bagel or Two Knots: Shortcut to Upright Standing</p> <p>BFL #66. Bridge of the Foot: The Zero Balance of the Lumbar in the Foot</p>	<p>1st & 3rd FRIDAY BFL 3 Class #4</p> <p>BFL #67. Recovering Equilibrium: Gaining Stability by Risking It</p> <p>BFL #68. Water Carrier's Walk #3: Detachment of the Foot and the Economical Dynamics of Walking in Pendulum</p>	<p>FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https://thinkinginmovement.ca/fmi-zoom-rooms/</p>	
	Sun Jun 20	Mon Jun 21	Tue Jun 22	Wed Jun 23	Thu Jun 24	Fri Jun 25	Sat Jun 26	
<p>JUNE WEEK 4</p> <p>The week of SUN June 20 – SAT June 26</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/</p>	<p>A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</p> <p>Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>					
June into ~ JULY 2021								
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	Sun Jun 27	Mon Jun 28	Tue Jun 29	Wed Jun 30	Thu Jul 1	Fri Jul 2	Sat Jul 3	
		<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>		<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>		<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>		

JUNE WEEK 5 / JULY WEEK 1	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/					FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi-zoom-rooms/
SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of SUN June 27 – SAT July 3								
	Sun Jul 4	Mon Jul 5	Tue Jul 6	Wed Jul 7	Thu Jul 8	Fri Jul 9	Sat July 10	Sat Jul 10
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
JULY WEEK 2 THURSDAY BFL 3 Class #5 SATURDAY BFL 1 Class #9 The week of SUN July 4 – SAT July 10	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021		A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time		BFL 3 Class #5 BFL #69. The Function of Creeping: Leg Pulls aLeg BFL #70. Bouncing on One Foot: Neurological Diplomacy		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	BFL 1 Class #9 BFL #17 Red and Pink Visualization: Oxygen to the lungs, food for the bone BFL #18 Inside / Outside Edges of the Feet: Lateral flexion near a wall
	Sun Jul 4	Mon Jul 5	Tue Jul 6	Wed Jul 7	Thu Jul 8	Fri Jul 9		Sat Jul 10
JULY WEEK 2 continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Jul 11	Mon Jul 12	Tue Jul 13	Wed Jul 14	Thu Jul 15	Fri Jul 16	Sat Jul 17	Sat Jul 17
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		

<p>JULY WEEK 3</p> <p>THURSDAY BFL 3 Class #7 1st & 3rd FRIDAY BFL 3 Class #8</p> <p>SATURDAY BFL 1 Class #10</p> <p>SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays</p> <p>The week of SUN July 11 – SAT July 17</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)</p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u></p> <p>Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/</p>		<p>Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/</p>		<p>FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi-zoom-rooms/</p>	<p>BFL 1 Class #10</p> <p>BFL #19 Bouncing on the Heels in Rotation: Steering the spine from eyes or feet</p> <p>BFL #20 Water Carrier's Walk #1 Chest / lower back interaction</p>
<p>JULY WEEK 3 continued</p> <p>2nd SUNDAY BFL 3 Class #6</p>	<p>BFL 3 Class #6</p> <p>Didactic BFL 3 61-70</p>	<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/</p>	<p>Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmovement.ca/feldenkrais-en-espanol/</p>		<p>BFL 3 Class #7</p> <p>BFL #71. Ankle in Kneeling: Reversing Roles of Center and Periphery</p> <p>BFL #72.Knee Relief: De-Programming Failure by Passive Mobilization</p>	<p>1st & 3rd FRIDAY</p> <p>BFL 3 Class #8</p> <p>BFL #73. Shoulder Blades High and Low: Front / Back Interplay</p> <p>BFL #74. Squatting: Synchronized Surrender to Gravity</p>	<p>Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021</p>	
<p>JULY WEEK 4</p> <p>THURSDAY BFL 3 Class #9</p> <p>SATURDAY BFL 1 Class #11</p> <p>The week of SUN July 18 – SAT July 24</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)</p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u></p> <p>Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/</p>		<p>BFL 3 Class #9</p> <p>BFL #75. Tiger Walk: Crawling with Bending Elbows</p> <p>BFL #76. Sliding Pelvis from Side to Side: Bridging Pelvis, Spine, Head</p>		<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	<p>BFL 1 Class #11</p> <p>BFL #21 Aligning the Neck in Resistance: Index finger between the teeth</p> <p>BFL #22 Aligning the Lumbar: Releasing the length of the back by shortening the front</p>

JULY WEEK 4 continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmove ment.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmove ment.ca/ feldenkrais-en- espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Jul 25	Mon Jul 26	Tue Jul 27	Wed Jul 28	Thu Jul 29	Fri Jul 30	Sat Jul 31	Sat Jul 31
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
JULY WEEK 5 THURSDAY BFL 3 Class #10 FRIDAY BFL 3 Class #11 SATURDAY BFL 1 Class #12 The week of SUN July 25 – SAT July 31	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/		BFL 3 Class #10 BFL #77. Rocking from Sitting to Lying: Preparation and Momentum Stages BFL #78. From Standing to Lying: Overcoming Fear of Falling		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	BFL 1 Class #12 BFL #23 Narrow Pelvis: Aligning the wheels BFL #24 Knee Bends a Knee: Spontaneous springiness
JULY WEEK 5 continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmove ment.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmove ment.ca/ feldenkrais-en- espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
AUGUST 2021								
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sat
	Sun Aug 1	Mon Aug 2	Tue Aug 3	Wed Aug 4	Thu Aug 5	Fri Aug 6	Sat Aug 7	Sat Aug 7

		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
AUG WEEK 1 THURSDAY BFL 3 Class #11 1st & 3rd FRIDAY BFL 3 Class #12 SATURDAY BFL 1 Class #13 SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of SUN Aug 1 – SAT Aug 7	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time SKIP AUG 10th Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmovement.ca/contact/		BFL 3 Class #11 BFL #79. Falling Down without Injury: Acquiring a Model of Safety BFL #80. Up and Down a Slope / Stairs: Adjusting Posture to Function	1st & 3rd FRIDAY BFL 3 Class #12 Didactic BFL 3 71-80	FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/ fmi-zoom-rooms/	BFL 1 Class #13 BFL #25 Silken Scarf along a Roller: Synchronized proportional fl excitability BFL #26 The Function of Creeping: Sweeping the head from side to side
continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmovement.ca/ feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmovement.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Aug 8	Mon Aug 9	Tue Aug 10	Wed Aug 11	Thu Aug 12	Fri Aug 13	Sat Aug 14	Sat Aug 14
AUG WEEK 2 SATURDAY BFL 1 Class #14 2nd SUNDAY BFL 3 Class #13 The week of SUN Aug 8 – SAT Aug 14	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021						A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	BFL 1 Class #14 BFL #27 From Sitting to Standing : Consistent pace of spiralling Sitting Down on the Floor: Surrendering to gravity BFL #28 Knot on the Wall : Weight-bearing posture from A to Z

continued	<p>BFL 3 Class #13 2nd SUNDAY</p> <p>BFL #81. Morning Towel: Self-Adjustment</p> <p>BFL #82. Reaching Knees: Releasing Length of Spine</p>	<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/</p>	<p>Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/</p>		<p>Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>		<p>Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021</p>	
	Sun Aug 15	Mon Aug 16	Tue Aug 17	Wed Aug 18	Thu Aug 19	Fri Aug 20	Sat Aug 21	Sat Aug 21
		<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>		<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>		<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>		
<p>AUG WEEK 3</p> <p>THURSDAY BFL 3 Class #14</p> <p>1st & 3rd FRIDAY BFL 3 Class #15</p> <p>SATURDAY BFL 1 Class #15</p> <p>SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays</p> <p>The week of SUN Aug 15 – SAT Aug 21</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)</p>	<p>A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</p> <p>Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>		<p>BFL 3 Class #14</p> <p>BFL #83. A Trunk of a Tree: Controlled Rotation around a Vertical Roller</p> <p>BFL #84. Heel to Ischium: Adjusting Spine to Accommodate Hip Joint</p>	<p>1st & 3rd FRIDAY BFL 3 Class #15</p> <p>BFL #85. Short Back / Long Back: Shortcut to Upright Posture</p> <p>BFL #86. Releasing the Lower Back: Variations on Knee Circles</p>	<p>FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https://thinkinginmovement.ca/fmi-zoom-rooms/</p>	<p>BFL 1 Class #15</p> <p>BFL #29 The Wrap: A loan of integration in sideways walking</p> <p>BFL #30 Jumping in Wrap: "Ha*3" breathing</p> <p>Completion of BFL 1-30</p>
continued		<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/</p>	<p>Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/</p>		<p>Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>		<p>Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021</p>	

	Sun Aug 22	Mon Aug 23	Tue Aug 24	Wed Aug 25	Thu Aug 26	Fri Aug 27	Sat Aug 28	Sat Aug 28
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
AUG WEEK 4 THURSDAY BFL 3 Class #16 SATURDAY BFL 1 Didactic END OF BFL 1 The week of SUN Aug 22 – SAT Aug 28	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u> Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/		BFL 3 Class #16 BFL #87. Yawning: Recovering Homeostasis BFL #88. Reconciliation with Hope: The Renaissance Imagery		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	BFL 1 Class #16 Didactic BFL 1-30
continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg. Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Aug 29	Mon Aug 30	Tue Aug 31					
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
AUG WEEK 5 / SEPT WEEK 1 The week of SUN Aug 29 – SAT Aug 31	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u> Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/					

SEPTEMBER 2021							
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Wed Sep 1	Thu Sep 2	Fri Sep 3	Sat Sep 4
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	
SEPT WEEK 1 THURSDAY BFL 3 Class #17 1st & 3rd FRIDAY BFL 3 Class #18 [+ Didactic] COMPLETION OF BFL 3 SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of SUN Sep 1 – SAT Sep 4					BFL 3 Class #17 BFL #89. Bones for Life Hug: Mutual Empowering BFL #90. Jumping in a Circle: Collective Awareness	1st & 3rd FRIDAY BFL 3 Class #18 Didactic BFL 3 81-90 1st FRIDAY Sept 3 BFL 3 Class #18 ~ COMPLETION OF BFL 3	FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/ fmi-zoom-rooms/
continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmovement.ca/ feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmovement.ca/contact/		
	Sun Sep 5	Mon Sep 6	Tue Sep 7	Wed Sep 8	Thu Sep 9	Fri Sep 10	Sat Sep 11
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	

<p>SEPT WEEK 2</p> <p>The week of SUN Sep 5 – SAT Sep 11</p>		<p>Sounder Sleep System™ Possible (Introductory) Workshop Mondays 7:00-am PT and 10:00-am PT (45 min) July 5 , 2021 Sep 6 , 2021 Nov 1, 2021 Jan 3, 2022 Mar 7 , 2022 May 2 , 2022 July 4 , 2022</p>					<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	
<p>continued</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)</p>	<p>A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</p> <p>Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/</p>				<p>Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021</p>	
<p>continued</p>		<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmove ment.ca/contact/</p>	<p>Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmove ment.ca/ feldenkrais-en-espanol/</p>		<p>Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/</p>			
	<p>Sun Sep 12</p>	<p>Mon Sep 13</p> <p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	<p>Tue Sep 14</p>	<p>Wed Sep 15</p> <p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	<p>Thu Sep 16</p>	<p>Fri Sep 17</p> <p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	<p>Sat Sep 18</p>	

<p>SEPT WEEK 3</p> <p>1st & 3rd FRIDAY</p> <p>2nd SUNDAY Sep 12 –</p> <p>SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays</p> <p>The week of SUN Sep 12 – SAT Sep 18</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)</p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u></p> <p>Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/</p>		<p>Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/</p>	<p>1st & 3rd FRIDAY</p>	<p>FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi-zoom-rooms/</p>	
<p>continued</p>	<p>2nd SUNDAY Sept 12 "BFL Autumn Didactic Class #1</p>	<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/</p>	<p>Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmovement.ca/feldenkrais-en-espanol/</p>		<p>Thu Sept 16 "BFL Autumn Didactic Class #2</p>	<p>3rd FRIDAY Sept 17 "BFL Autumn Didactic Class #3</p>		
	<p>Sun Sep 19</p>	<p>Mon Sep 20</p> <p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	<p>Tue Sep 21</p>	<p>Wed Sep 22</p> <p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	<p>Thu Sep 23</p>	<p>Fri Sep 24</p> <p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	<p>Sat Sep 25</p>	
<p>SEPT WEEK 4</p> <p>The week of SUN Sep 19 – SAT Sep 25</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)</p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u></p> <p>Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/</p>		<p>Thu Sept 23 "BFL Autumn Didactic Class #4</p>		<p>A Sounder World with the Sounder Sleep System™ ~</p> <p>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</p>	

continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Sep 26	Mon Sep 27	Tue Sep 28	Wed Sep 29	Thu Sep 30			
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
SEPT WEEK 5 The week of SUN Sep 26 – SAT Sep 30	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/		Thu Sept 30 "BFL Autumn Didactic Class #5			
continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/			
	OCTOBER 2021							
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	

		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
OCT WEEK 1						Fri Oct 1	Sat Oct 2	
1st & 3rd FRIDAY						1st & 3rd FRIDAY 1st FRIDAY Oct 1 "BFL Autumn Didactic Class #6	FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/ fmi-zoom-rooms/	
SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays								
The week of FRI Oct 1 – SAT Oct 2								
	Sun Oct 3	Mon Oct 4	Tue Oct 5	Wed Oct 6	Thu Oct 7	Fri Oct 8	Sat Oct 9	
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
OCT WEEK 2	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/				A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	
The week of SUN Oct 3 – SAT Oct 9								
continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmove ment.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg. Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmove ment.ca/ feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Oct 10	Mon Oct 11	Tue Oct 12	Wed Oct 13	Thu Oct 14	Fri Oct 15	Sat Oct 16	

		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
OCT WEEK 3 2nd SUNDAY Oct 12 1st & 3rd FRIDAY SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of SUN Oct 10 – SAT Oct 16	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u> Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/		Thu Oct 14 "BFL Autumn Didactic Class #8	1st & 3rd FRIDAY 3rd FRIDAY Oct 15 "BFL Autumn Didactic Class #9	FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi-zoom-rooms/	
continued	2nd SUNDAY Oct 10 "BFL Autumn Didactic Class #7	Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday [5:00 p.m. Arg. Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/			
	Sun Oct 17	Mon Oct 18	Tue Oct 19	Wed Oct 20	Thu Oct 21	Fri Oct 22	Sat Oct 23	
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
OCT WEEK 4	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u> Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	

		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/		Thu Oct 21 ""BFL Autumn Didactic Class #10		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Oct 24	Mon Oct 25	Tue Oct 26	Wed Oct 27	Thu Oct 28	Fri Oct 29	Sat Oct 30	
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
OCT WEEK 5	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday	
continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/					
	Sun Oct 31							

		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
Oct WEEK 6 / NOV WEEK 1	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/			
NOVEMBER 2021								
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		Mon Nov 1	Tue Nov 2	Wed Nov 3	Thu Nov 4	Fri Nov 5	Sat Nov 6	
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
1st & 3rd FRIDAY		Sounder Sleep System™ Possible (Introductory) Workshop Mondays 7:00-10:00-am PT and 10:00-am PT (45 min) July 5 , 2021 Sep 6 , 2021 Nov 1, 2021 Jan 3, 2022 Mar 7 , 2022 May 2 , 2022 July 4 , 2022	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/			

<p>NOV WEEK 1</p> <p>SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays</p> <p>The week of MON Nov 1 – SAT Nov 6</p>		<p>Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)</p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u></p> <p>Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/</p>				<p>FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi-zoom-rooms/</p>	
<p>continued</p>		<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/</p>						
	<p>Sun Nov 7</p>	<p>Mon Nov 8</p>	<p>Tue Nov 9</p>	<p>Wed Nov 10</p>	<p>Thu Nov 11</p>	<p>Fri Nov 12</p>	<p>Sat Nov 13</p>	
		<p>A Sounder World with the Sounder Sleep System™ ~ <u>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</u></p>		<p>A Sounder World with the Sounder Sleep System™ ~ <u>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</u></p>		<p>A Sounder World with the Sounder Sleep System™ ~ <u>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</u></p>		
<p>NOV WEEK 2</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021</p>	<p>Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)</p>	<p>A Sounder World with the Sounder Sleep System™ ~ <u>Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time</u></p> <p>Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/</p>				<p>A Sounder World with the Sounder Sleep System™ ~ <u>Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops</u></p>	

continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Nov 14	Mon Nov 15	Tue Nov 16	Wed Nov 17	Thu Nov 18	Fri Nov 19	Sat Nov 20	
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
NOV WEEK 3 1st & 3rd FRIDAY SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of SUN Nov 14 – SAT Nov 20	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/			1st & 3rd FRIDAY	FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https://thinkinginmovement.ca/fmi-zoom-rooms/	
continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/			
	Sun Nov 21	Mon Nov 22	Tue Nov 23	Wed Nov 24	Thu Nov 25	Fri Nov 26	Sat Nov 27	

		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
NOV WEEK 4	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/				A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	
continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmove ment.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg. Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmove ment.ca/ feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Nov 28	Mon Nov 29	Tue Nov 30					
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
NOV WEEK 5	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/					

continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/			
-----------	--	--	--	--	---	--	--	--

DECEMBER 2021

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Wed Dec 1	Thu Dec 2	Fri Dec 3	Sat Dec 4
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	
DEC WEEK 1 1st & 3rd FRIDAY SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of WED Dec 1 – SAT Dec 4						1st & 3rd FRIDAY	FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https://thinkinginmovement.ca/fmi-zoom-rooms/
	Sun Dec 5	Mon Dec 6	Tue Dec 7	Wed Dec 8	Thu Dec 9	Fri Dec 10	Sat Dec 11
DEC WEEK 2	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/				A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops

continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Dec 12	Mon Dec 13	Tue Dec 14	Wed Dec 15	Thu Dec 16	Fri Dec 17	Sat Dec 18	
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
DEC WEEK 3 1st & 3rd FRIDAY SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of WED Dec 12 – SAT Dec 18	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/			1st & 3rd FRIDAY	FMI Zoom Rooms 1st & 3rd 2021 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi-zoom-rooms/	
continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/webinars/ OR https:// thinkinginmovement.ca/contact/			
	Sun Dec 19	Mon Dec 20	Tue Dec 21	Wed Dec 22	Thu Dec 23	Fri Dec 24	Sat Dec 25	

		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
DEC WEEK 4	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/				A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	
continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmove ment.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg. Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmove ment.ca/ feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/		Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	
	Sun Dec 26	Mon Dec 27	Tue Dec 28	Wed Dec 29	Thu Dec 30	Fri Dec 31	Sat Jan 1	
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
DEC WEEK 5 / JAN WEEK 1	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/					

continued		Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/	Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/		Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/			
-----------	--	--	--	--	---	--	--	--

JANUARY 2022

	Sun Jan 2	Mon Jan 3	Tue Jan 4	Wed Jan 5	Thu Jan 6	Fri Jan 7	Sat Jan 8	
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
JAN WEEK 1		Sounder Sleep System™ Possible (Introductory) Workshop Mondays 7:00-am PT and 10:00-am PT (45 min) July 5 , 2021 Sep 6 , 2021 Nov 1, 2021 Jan 3, 2022 Mar 7 , 2022 May 2 , 2022 July 4 , 2022					A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	
continued	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021	Amherst Study Group for Feldenkrais® and Anat Baniel Method® practitioners and trainees POSSIBLY RESUMING Monday July 12th, 2021 Weekly 11:00 am (Pacific time) * one hour (skip Monday Aug 9)	A Sounder World with the Sounder Sleep System™ ~ Tuesdays June 15, 2021 onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/				Study Group: Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 6 pm NY (3 pm PT) Saturday, June 12, 19, July 10, 17, 24; Aug 7, 14, 21, 28 2021	

continued		<p>Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https://thinkinginmovement.ca/contact/</p>	<p>Sabrina Castillo Gallusser (Guatemala) Feldenkrais® Method Tuesday . [5:00 p.m. Arg.Tue 1pm PT or time TBA] Part of our series with Alicia Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https://thinkinginmovement.ca/feldenkrais-en-espanol/</p>		<p>Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct 7, Dec 9) Register at https://coronaplaza.life/webinars/ OR https://thinkinginmovement.ca/contact/</p>				
-----------	--	---	---	--	--	--	--	--	--