				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
SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of SUN May 30 - SAT June 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	Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmove ment.ca/contact/	A Sounder World with the Sounder Sleep System™ ~ Tuesdays May 25, June 1, 8, 2021 12:00 - 12:45 PM (Pacific time) ~ please click for your time 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		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/			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/
			ment.ca/contact/					
BFL NOTES	Sun Jun 6	Mon Jun 7	Tue Jun 8	Wed Jun 9	Thu Jun 10	Fri Jun 11	A Court de l'All de l	Sat Jun 12
JUNE WEEK 2 THURSDAY BFL 3 Class #1 SATURDAY BFL 1 Class #7 The week of SUN June 6 – SAT June 12	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	A Sounder World with the Sounder Sleep System™ ~ Tuesdays May 25, June 1, 8, 2021 12:00 - 12:45 PM (Pacific time) ~ please click for your time 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	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	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	BFL 1 Class #7 BFL #13 Tantrum No Tantrum Yes The joy of carefree body expression BFL #14 Fragmented Breathing Paradoxical improvement
JUNE WEEK 2 CONTINUED	Sun Jun 6	Mon Jun 7 Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9)	Tue Jun 8	Wed Jun 9	Thu Jun 10 Feldenkrais® Method Thursday. Katarina Halm . Yesim Alic 7:00 a.m. PT. (skip July 3, Aug 12, possibly Oct	Fri Jun 11	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	Sat Jun 12 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
		Register at https://thinkinginmove			7, Dec 9) Register at https://			
	Sun Jun 13	ment.ca/contact/	Tue Jun 15	Wed Jun 16	coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/	Fri Jun 18	Sat Jun 19	Sat Jun 19

	_	I				A Sounder World		
THURSDAY BFL 3 Class #2 1st & 3rd FRIDAY BFL 3 Class #3 SATURDAY BFL 1 Class #8 The week of SUN June 13 – SAT June 19	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/			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/	with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	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	BFL 1 Class #8 BFL #15 Roman Sandals The efficient focus of pressure in the foot BFL #16 Bicycle Stabilizing the hip joint
	Sun Jun 13	Mon Jun 14	Tue Jun 15	Wed Jun 16	Thu Jun 17	Fri Jun 18	Sat Jun 19	Sat Jun 19
	BFL 3 Class #2 BFL #63. Hip Joint Recoil: Increasing the Range of Step BFL #64. The Sphincters: The Integrative Network of the Anti-Gravity Lever	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™ ~ 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	BFL 3 Class #3 BFL #65. Bagel or Two Knots: Shortcut to Upright Standing BFL #66. Bridge of the Foot: The Zero Balance of the Lumbar in the Foot	1st & 3rd FRIDAY BFL 3 Class #4 BFL #67. Recovering Equilibrium: Gaining Stability by Risking It BFL #68. Water Carrier's Walk #3: Detachment of the Foot and the Economical Dynamics of Walking in Pendulum	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 Jun 20	Mon Jun 21	Tue Jun 22	Wed Jun 23	Thu Jun 24	Fri Jun 25	Sat Jun 26	
JUNE WEEK 4 The week of SUN June 20 – SAT June 26	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:// thinkinginmove ment.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:// thinkinginmove ment.ca/contact/					
		1		June into ~ JUL	Y 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	
		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		

JUNE WEEK 5 / JULY WEEK 1 SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of SUN June 27 – SAT July 3	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:// thinkinginmove ment.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:// thinkinginmove ment.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/
	Sun Jul 4	Mon Jul 5 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	Tue Jul 6	Wed Jul 7 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	Thu Jul 8	Fri Jul 9 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	Sat July 10	Sat Jul 10
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
JULY WEEK 2 continued	Sun Jul 4	Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmove ment.ca/contact/	Tue Jul 6 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/	Wed Jul 7	Thu Jul 8 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/	Fri Jul 9	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	Sat Jul 10
	Sun Jul 11	Mon Jul 12 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	Tue Jul 13	Wed Jul 14 A Sounder World with the Sounder Sleep System [™] ~ Link to Registration for all A Sounder World with Sounder Sleep System [™] classes and workshops	Thu Jul 15	Fri Jul 16 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	Sat Jul 17	Sat Jul 17

JULY WEEK 3 THURSDAY BFL 3 Class #7 1st & 3rd FRIDAY BFL 3 Class #8 SATURDAY BFL 1 Class #10 SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of SUN July 11 – SAT July 17	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/		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/		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 #10 BFL #19 Bouncing on the Heels in Rotation: Steering the spine from eyes or feet BFL #20 Water Carrier's Walk #1 Chest / lower back interaction
<u> </u>	Sun Jul 11	Mon Jul 12	Tue Jul 13	Wed Jul 14	Thu Jul 15	Fri Jul 16	Sat Jul 17	Sat Jul 17
JULY WEEK 3 continued 2nd SUNDAY BFL 3 Class #6	BFL 3 Class #6 Didactic BFL 3 61-70	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/		BFL 3 Class #7 BFL #71. Ankle in Kneeling: Reversing Roles of Center and Periphery BFL #72.Knee Relief: De- Programming Failure by Passive Mobilization	1st & 3rd FRIDAY BFL 3 Class #8 BFL #73. Shoulder Blades High and Low: Front / Back Interplay BFL #74. Squatting: Synchronized Surrender to Gravity	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 18	Mon Jul 19	Tue Jul 20	Wed Jul 21	Thu Jul 22	Fri Jul 23	Sat Jul 24	Sat Jul 24
JULY WEEK 4 THURSDAY	Reading Group: Eugene T. Gendlin Line by	A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops Amherst Study Group for Feldenkrais®	A Sounder World with the Sounder Sleep	A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	BFL 3 Class #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™ ~	BFL 1 Class #11
THURSDAY BFL 3 Class #9 SATURDAY BFL 1 Class #11 The week of SUN July 18 – SAT July 24	Gendlin Line by Line Commentary on Aristotle's De Anima ~10 am NY (7am PT) * one hour Sundays weekly beginning May 30 2021 Sun Jul 18	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)	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/ Tue Jul 20	Wed Jul 21	BFL #75. Tiger Walk: Crawling with Bending Elbows BFL #76. Sliding Pelvis from Side to Side: Bridging Pelvis, Spine, Head	Fri Jul 23	Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	BFL #21 Aligning the Neck in Resistance: Index finger between the teeth BFL #22 Aligning the Lumbar: Releasing the length of the back by shortening the front Sat Jul 24

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://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 25	Mon Jul 26	Tue Jul 27	Wed Jul 28	Thu Jul 29	Fri Jul 30	Sat Jul 31	Sat Jul 31
	54.1 541 £5	A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	7.40 OUI E1	A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	THE GUI EU	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	Reading Group:	Amherst Study	A Sounder	·	BFL 3	·	A Sounder World with the	BFL 1
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://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	
				AUGUST 20	21			
	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

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	A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder World with Sounder Sleep System™ classes and workshops 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:// 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	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	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 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:// 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://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	
AUG WEEK 2 SATURDAY BFL 1 Class #14 2nd SUNDAY BFL 3 Class #13 The week of SUN Aug 8 – SAT Aug 14	Sun Aug 8 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	Mon Aug 9	Tue Aug 10	Wed Aug 11	Thu Aug 12	Fri Aug 13	Sat Aug 14 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	Sat Aug 14 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	BFL 3 Class #13 2nd SUNDAY BFL #81. Morning Towel: Self-Adjustment BFL #82. Reaching Knees: Releasing Length of Spine	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 Aug 15	Mon Aug 16 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and	Tue Aug 17	Wed Aug 18 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and	Thu Aug 19	Fri Aug 20 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and	Sat Aug 21	Sat Aug 21
AUG WEEK 3 THURSDAY BFL 3 Class #14 1st & 3rd FRIDAY BFL 3 Class #15 SATURDAY BFL 1 Class #15 SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of SUN Aug 15 – SAT Aug 21	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/	workshops	BFL 3 Class #14 BFL #83. A Trunk of a Tree: Controlled Rotation around a Vertical Roller BFL #84. Heel to Ischium: Adjusting Spine to Accommodate Hip Joint	1st & 3rd FRIDAY BFL 3 Class #15 BFL #85. Short Back / Long Back: Shortcut to Upright Posture BFL #86. Releasing the Lower Back: Variations on Knee Circles	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 #15 BFL #29 The Wrap: A loan of integration in sideways walking BFL #30 Jumping in Wrap: "Ha*3" breathing Completion of BFL 1-30
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	

	Sup Aug 22	Man Aug 92	Tuo Aug 24	Wod Aug 25	Thu Aug 26	Eri Aug 27	Cot Aug 20	Cot Aug 20
	Sun Aug 22	Mon Aug 23 A Sounder World	Tue Aug 24	Wed Aug 25 A Sounder World	Thu Aug 26	Fri Aug 27 A Sounder World	Sat Aug 28	Sat Aug 28
		with the Sounder Sleep System™ ~		with the Sounder Sleep System™ ~		with the Sounder Sleep System™ ~		
		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
AUG WEEK 4	Reading Group:	Amherst Study	A Sounder	<u>workshops</u>	BFL 3	<u>workshops</u>	A Sounder World with the	BFL 1
	Eugene T. Gendlin Line by	Group for Feldenkrais®	World with the Sounder Sleep		Class #16		Sounder Sleep System™ ~	Class #16
BFL 3 Class #16	Line Commentary on Aristotle's De	and Anat Baniel Method® practitioners and	System™ ~ Tuesdays June 15, 2021		BFL #87. Yawning: Recovering		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	Didactic BFL 1-30
SATURDAY BFL 1 Didactic	Anima ~10 am NY (7am PT) * one hour	trainees POSSIBLY RESUMING	onwards 10:00 - 10:45 am (Pacific time) ~		Homeostasis BFL #88.			
END OF BFL 1	Sundays weekly beginning May 30 2021	Monday July 12th, 2021 Weekly 11:00	please click for your time		Reconciliation with Hope: The			
The week of SUN Aug 22 – SAT Aug 28		am (Pacific time) * one hour (skip Monday Aug 9)	Register at https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove		Renaissance Imagery			
continued		Feldenkrais®	ment.ca/contact/ Sabrina Castillo		Feldenkrais®		Study Group:	
		Method Monday.	Gallusser (Guatemala)		Method Thursday.		Ginsburg-Gendlin Crossings	
		Rachel Rudansky	Feldenkrais® Method Tuesday		Katarina Halm . Yesim Alic		(Feldenkrais® & Focusing) 6 pm NY (3	
		11:00 a.m. PT. (skip Monday	[5:00 p.m.		7:00 a.m. PT. (skip July 3, Aug		pm PT) Saturday, June 12, 19, July 10, 17, 24;	
		July 5, Aug 9) Register at	Arg.Tue 1pm PT or time		12, possibly Oct 7, Dec 9)		Aug 7, 14, 21, 28 2021	
		https:// thinkinginmove ment.ca/contact/	TBA] Part of our series with Alicia		Register at https://			
		ment.ca/contact/	Mas (Spain), Luis Flores		coronaplaza.life/ webinars/ OR			
			(Cuba - NY), Sabrina Castillo		https:// thinkinginmove			
			Gallusser (Guatemala)		ment.ca/contact/			
			More at our page					
			https:// thinkinginmove					
			ment.ca/ feldenkrais-en-					
			espanol/					
	Sun Aug 29	Mon Aug 30 A Sounder World	Tue Aug 31	A Sounder World		A Sounder World		
		with the Sounder Sleep System™ ~		with the Sounder Sleep System™ ~		with the Sounder Sleep System™ ~		
		Link to Registration for all A Sounder		Link to Registration for all A Sounder		Link to Registration for all A Sounder		
		World with Sounder Sleep System™ classes and workshops		World with Sounder Sleep System™ classes and workshops		World with Sounder Sleep System™ classes and workshops		
AUG WEEK 5 / SEPT WEEK 1	Reading Group: Eugene T.	Amherst Study Group for	A Sounder World with the					
	Gendlin Line by Line	Feldenkrais® and Anat Baniel	Sounder Sleep System™ ~					
The week of	Commentary on Aristotle's De	Method® practitioners and	Tuesdays June 15, 2021					
SAT Aug 31	Anima ~10 am NY (7am PT) *	trainees POSSIBLY	onwards 10:00 - 10:45 am					
	one hour Sundays weekly	RESUMING Monday July	(Pacific time) ~ please click for					
	beginning May 30 2021	12th, 2021 Weekly 11:00	your time					
		am (Pacific time) * one hour (skip	Register at https://					
		Monday Aug 9)	coronaplaza.life/ webinars/					
			OR https://					
			thinkinginmove ment.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	·		·	BFL 3	1st & 3rd	FMI Zoom Rooms				
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 —				Class #17 BFL #89. Bones for Life Hug: Mutual Empowering BFL #90. Jumping in a Circle: Collective Awareness	FRIDAY BFL 3 Class #18 Didactic BFL 3 81-90 1st FRIDAY Sept 3 BFL 3 Class #18 ~ COMPLETION OF BFL 3	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/				
SAT Sep 4										
Sun Sen 5	Feldenkrais® Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmove ment.ca/contact/	Mas (Spain), Luis Flores (Cuba - NY), Sabrina Castillo Gallusser (Guatemala) More at our page https:// thinkinginmove ment.ca/ feldenkrais-en- espanol/	Wed Son 9	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/	Eri San 10	Sat Sen 11				
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					

SEPT WEEK 2 The week of SUN Sep 5 – SAT Sep 11		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)	onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time				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		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/			
	Sun Sep 12	Mon Sep 13 A Sounder World	Tue Sep 14	Wed Sep 15 A Sounder World	Thu Sep 16	Fri Sep 17 A Sounder World	Sat Sep 18	
		with the Sounder Sleep System™ ~ Link to Registration		with the Sounder Sleep System™ ~ Link to Registration		with the Sounder Sleep System™ ~ Link to Registration		
		for all A Sounder World with Sounder Sleep System™ classes and workshops		for all A Sounder World with Sounder Sleep System™ classes and workshops		for all A Sounder World with Sounder Sleep System™ classes and workshops		

SEPT WEEK 3 1st & 3rd FRIDAY 2nd SUNDAY Sep 12 – SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of SUN Sep 12 – SAT Sep 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:// thinkinginmove ment.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/	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	2nd SUNDAY Sept 12 "BFL Autumn Didactic Class #1	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/		Thu Sept 16 ""BFL Autumn Didactic Class #2	3rd FRIDAY Sept 17 "BFL Autumn Didactic Class #3		
SEPT WEEK 4 The week of SUN Sep 19 – SAT Sep 25	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	Mon Sep 20 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder World with Sounder Sleep System™ classes and workshops 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/	Wed Sep 22 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	Thu Sept 23 ""BFL Autumn Didactic Class #4	Fri Sep 24 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	

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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:// 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 Sep 26	Mon Sep 27	Tue Sep 28	Wed Sep 29	Thu Sep 30			
	our dep 20	A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	Tue Gep 20	A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	тий бер бо	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:// thinkinginmove ment.ca/contact/	νοικοιομο	Thu Sept 30 ""BFL Autumn Didactic Class #5	ΨΟΓΝΟΙΙΟΡΟ		
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:// 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/			
				OCTOBER 20	021			
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	

			i					
		A Sounder World with the Sounder Sleep System™ ~		A Sounder World with the Sounder Sleep System™ ~		A Sounder World with the Sounder Sleep System™ ~		
		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
	`	`	•		`	Fri Oct 1	Sat Oct 2	
OCT WEEK 1 1st & 3rd FRIDAY SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of FRI Oct 1 –						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/	
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 The week of SUN Oct 3 – SAT Oct 9	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://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 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™ ~		A Sounder World with the Sounder Sleep System™ ~		A Sounder World with the Sounder Sleep System™ ~	
		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	
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™ ~ 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/		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:// 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/		
	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		A Sounder World with the Sounder Sleep System™ ~ Link to Registration		A Sounder World with the Sounder Sleep System™ ~ Link to Registration	
		for all A Sounder World with Sounder Sleep System™ classes and workshops		for all A Sounder World with Sounder Sleep System™ classes and workshops		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™ ~ 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/		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/		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:// 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/		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)	onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time		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	
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:// thinkinginmove ment.ca/ feldenkrais-en- espanol/					
	Sun Oct 31							

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	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://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/	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 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/	A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		
			feldenkrais-en- espanol/	NOVEMBER				
	_		_	NOVEMBER 2			2	
	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- 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:// 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://thinkinginmovement.ca/contact/			

NOV WEEK 1		Amherst Study	A Sounder				FMI Zoom Rooms	
SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of MON Nov 1 – SAT Nov 6		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)	World with the Sounder Sleep System™ ~ Tuesdays June				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:// thinkinginmove ment.ca/contact/						
	Sun Nov 7	Mon Nov 8	Tue Nov 9	Wed Nov 10	Thu Nov 11	Fri Nov 12	Sat Nov 13	
		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder		
		Sleep System™ classes and workshops		World with Sounder Sleep System™ classes and workshops		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 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:// thinkinginmove ment.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:// 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/			
	Sun Nov 21	Mon Nov 22	Tue Nov 23	Wed Nov 24	Thu Nov 25	Fri Nov 26	Sat Nov 27	

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		A Sounder World with the Sounder Sleep System™ ~		A Sounder World with the Sounder Sleep System™ ~		A Sounder World with the Sounder Sleep System™ ~		
		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops		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://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:// 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:// 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/			
				DECEMBER 2	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		<u>workshops</u>		<u>workshops</u>			FMI Zoom Rooms	
1st & 3rd FRIDAY SATURDAY FMI Zoom Rooms 1st & 3rd Saturdays The week of WED Dec 1 – SAT Dec 4						1st & 3rd FRIDAY	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)	onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time				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 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)	onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time			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:// 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/			
	Sun Dec 19	Mon Dec 20	Tue Dec 21	Wed Dec 22	Thu Dec 23	Fri Dec 24	Sat Dec 25	

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	A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops 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) Feldenkrais®	https:// coronaplaza.life/ webinars/ OR https:// thinkinginmove ment.ca/contact/ Sabrina Castillo	A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops	Feldenkrais®	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 Study Group:	
		Method Monday. Rachel Rudansky 11:00 a.m. PT. (skip Monday July 5, Aug 9) Register at https:// thinkinginmove ment.ca/contact/	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/		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/		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 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and	Tue Dec 28	Wed Dec 29 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and	Thu Dec 30	Fri Dec 31 A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and	Sat Jan 1	
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	workshops 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)	onwards 10:00 - 10:45 am (Pacific time) ~ please click for your time	workshops		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://thinkinginmovement.ca/contact/			
				JANUARY 20)22			
	Sun Jan 2	Mon Jan 3	Tue Jan 4	Wed Jan 5	Thu Jan 6	Fri Jan 7	Sat Jan 8	
JAN WEEK 1		A Sounder World with the Sounder Sleep System™ ~ Link to Registration for all A Sounder World with Sounder Sleep System™ classes and workshops Sounder Sleep		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	
JAN WEEK I		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					Sounder World with the Sounder Sleep System TM ~ Link to Registration for all A Sounder World with Sounder Sleep System TM 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:// 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	

continued	Feldenkrais		Feldenkrais®		
	Method	Gallusser	Method		
	Monday.	(Guatemala)	Thursday.		
	Rachel	Feldenkrais®	Katarina Halm.		
	Rudansky	Method Tuesday	Yesim Alic		
	11:00 a.m.		7:00 a.m. PT.		
	(skip Mond	ay [5:00 p.m.	(skip July 3, Aug		
	July 5, Aug		12, possibly Oct		
	Register at		7, Dec 9)		
	https://	TBA]	Register at		
	<u>thinkinginm</u>		https://		
	ment.ca/co		coronaplaza.life/		
		Mas (Spain),	webinars/		
		Luis Flores	OR		
		(Cuba - NY),	https://		
		Sabrina Castillo	thinkinginmove		
		Gallusser	ment.ca/contact/		
		(Guatemala)			
		More at our			
		page			
		https://			
		<u>thinkinginmove</u>			
		ment.ca/			
		feldenkrais-en-			
		espanol/			