

A Sounder World

with

Sounder Sleep System™




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




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

TWO UPCOMING EVENTS

<p>Free Mini Workshops Mondays July 19, 26, Aug 2, 2021 * 45 min</p> <p>* Learn about the program * Experience a mini-lesson. * Meet others with similar interests.</p> <p>Click for your local time 7:00-am PT</p>	<p>15-hour Module 1 Monday -Thursday August 9-12, 2021</p> <p>HOURS: Four days ~ 15 hours total teaching time (15 CEU**) Four and a half hours each day including * 45-minute break</p> <p>6:00-10:30 am PT</p> <p>Click for your local time</p> <p>TUITION FEE: \$225USD</p>	<p>CERTIFICATION: Upon completion of this first module, further training may be completed with a certified Sounder Sleep System™ teacher trainer:</p> <p>Janine Holenstein or Paris Kern.</p> <p>* Please see endnotes for provisional protocols of the course and certification.</p> <p>Sounder Sleep System® is a service mark of Paris Kern</p>
<p>Register for Mondays 7:00-am PT</p>	<p>Register for Module 1</p>	

Learn to foster ease and sounder sleep for yourself and others

<p>Cat sleeping in plum tree</p>  <p>~ Nigel Szeto painting</p>	<p>Neurophysiology and anthropology of sleep and activity/rest cycles, PolyVagal perspectives, Practical tools inspired by the Feldenkrais Method® of somatic education</p> <ul style="list-style-type: none">1) Guided Natural Breathing™ Restore breathing to its natural state: light, easy, slow and soft.2) Sleep Yoga™ / ‘Calming Movements’ Easy gentle movements in the rhythm of your leisurely breath.3) DayTamers™ / Mini-Moves™ Practice to allow your nervous system to rest and restore itself. Learn to work more productively and set the stage for the end of the day when Mini-Moves lull you into sleep.4) Mini-Moves™ / NightTamers™ Short movement sequences, tailored to your ever-changing metabolic needs to relax your body, calm your mind, lull you to sleep.
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Appreciation for A Sounder World with the Sounder Sleep System™

Notes from Participants in the upcoming 15- hour Module 1 Monday-Thursday August 9-12, 2021

* a provisional course towards certification – upon completion of this first module, further training may be completed with a certified Sounder Sleep System™ teacher trainer.

In both of my recent Sounder Sleep classes with Katarina, I've had profound experiences. With the mini-movies processes, her gentle manner and soothing voice have helped to guide me into a very deep, quiet, and peaceful place within. I am looking forward to being a part of her August Sounder Sleep training!

— Yonah Gershator, Mezzo-soprano, Feldenkrais® Practitioner, NYC

I have been studying “Focusing” and “Bones for life” with Katarina since 2018. Her classes, tutorials, and practice sessions enhance my ability to listen well, both through words and kinaesthetically through my hands, eyes, ears, and intuition. Katarina's teaching led me to become a better hands-on practitioner. I highly recommend working with Katarina. She has an innate ability to help practitioners cue into our own nervous systems, teaching us to give space and time for listening to ourselves and others using our kinaesthetic senses.

— Minal S. Feldenkrais Practitioner, USA

Notes from other participants in Sounder Sleep System™ with Katarina Halm:

All mini-moves proposed (and softly guided) in the classes resulted not only in relaxation also in learning how to be “coming home”. Invaluable!

— Alfo Humano, Sincronía es Propósito, Focusing Trainer, Sounder Sleep System™ Teacher, www.alfohumano.com.ar

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

— Sílvia, London, Feldenkrais Practitioner, Bones for Life Teacher, Sounder Sleep System™ Teacher, UK, June 2021

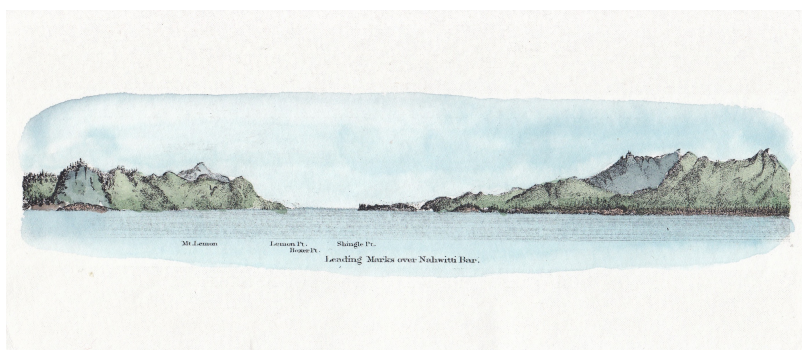
Katarina's classes are full of deep educational aspects. Her pace makes practice easy. Having feedback from her gives safety.

— Yesim Alic, PhD Candidate, Feldenkrais Practitioner, Sounder Sleep System™ Teacher, May 2021

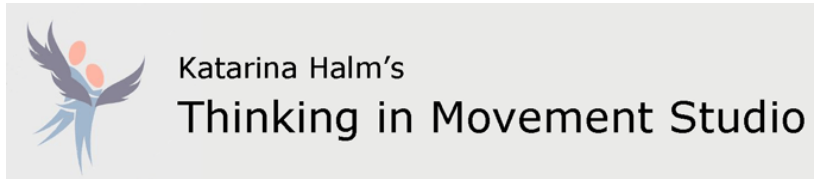
I find the Sounder Sleep exercises very relaxing, especially as introduced by Katarina Halm.

— Participant May 2021

* More at <https://thinkinginmovement.ca/testimonials/>



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



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

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

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