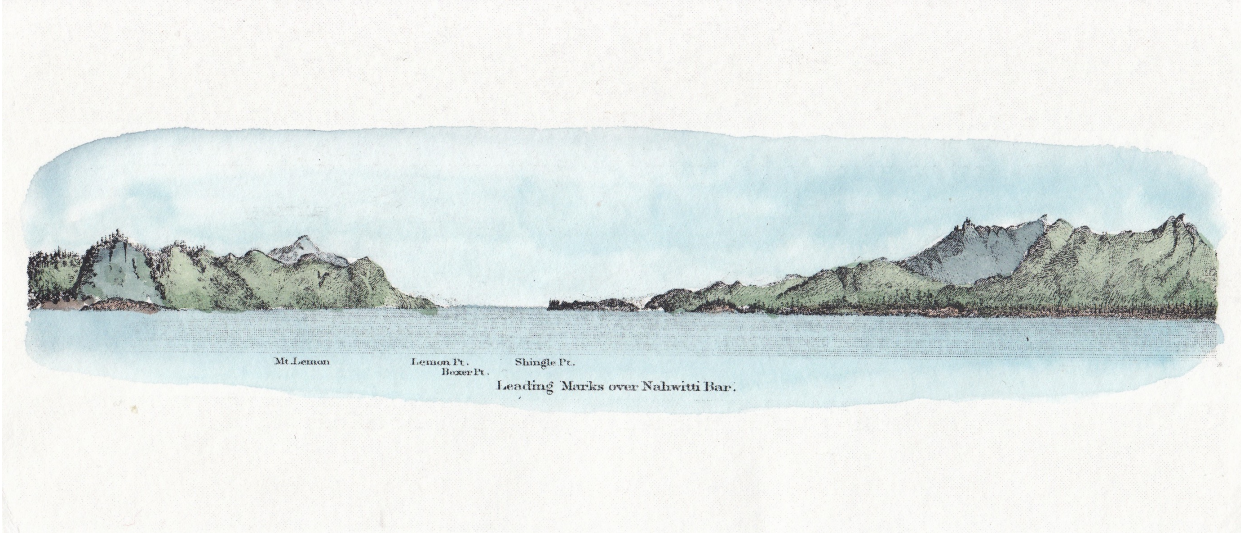




Thinking in Movement Studio Newsletter ~ July 14, 2021

A note about the image: "This view, Leading Marks over Nahwitti Bar, was engraved after a sketch taken during the survey of Queen Charlotte Sound by H.M.S. Plumper & Hecate in 1860 to 1863 and published in the Second Edition of the Alaska Coast Pilot (including sailing directions for the Inside Passage through British Columbia) in 1883."
— George Dyson

The current studio listings are below. Meanwhile a short audio from me, a video story of Moshé Feldenkrais from Tsippy Ganan, an article about sleep sent by Tracy Mulligan, and notes for a timely series by Neil Dunaetz on Climate Change & Gendlin's Philosophy.

* Touching Your Heart Calming Mini-Move #6- page 227 The Insomnia Solution
© 2005 by Michael Krugman, Katarina Halm AUDIO

* Tsippy Ganan, the chairperson of the Israeli Feldenkrais Guild, Created an informal YouTube video following Moshé Feldenkrais's footsteps from the time he arrived in Tel Aviv ~ <https://www.youtube.com/watch?v=L3tyFfZyoN0>

* The Lie We Tell Ourselves About Going to Bed Early

To get better sleep, stop treating it like a chore. (with appreciation to Tracy Mulligan GFCP who sent the article)

Read in The Atlantic: https://apple.news/A9y8l2fHAS1Og_qFFNXqBrQ

Neil Dunaetz ~ Climate Change & Gendlin's Philosophy

* Initial series four Tuesdays, beginning July 20, 2021

12pm-1pm New York, 9am-10am San Francisco, 18:00-19:00 Rome.

PDF [Neil Dunaetz Climate Change & Gendlin's Philosophy](#)

Register with Neil Dunaetz, Tucson AZ USA, neilr@sonic.net. 707 478-6787

Feldenkrais En Español

* Sept 7, 14, 21, 28, 2021

~ 3:30 pm Pacific *one hour Tuesdays

PDF PROGRAMME NOTES:

[Sabrina Castillo Gallusser \(Guatemala\) Método Feldenkrais, lecciones de Conciencia a través del movimiento PDF](#)

PAGE [Método Feldenkrais En Español](#)

Register at <https://thinkinginmovement.as.me/?appointmentType=...>

or <https://thinkinginmovement.ca/contact/>

* *ALSO NOTING: Posible remanso intelectual. Nuevos conceptos, para un nuevo cuerpo. Actividades! (Possible intellectual backwater. New concepts, for a new body. Activities!) Alfo, Sincronía es Propósito, Focusing Trainer.*

www.alfohumano.com.ar

Experiential Philosophy

PAGES/REFERENCES

[Experiential Philosophy ~ Gendlin Reading Group](#)

* 7 am Pacific * 60 min Thursday

Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima

Register at <https://thinkinginmovement.as.me/?appointmentType=...>

or <https://thinkinginmovement.ca/contact/>

* 4 pm Pacific * 2nd Saturdays

Aug 14, Sept 11, Oct 9, Nov 13, Dec 11, 2020

[Ginsburg reading group, The Intelligence of Moving Bodies:](#)

Register at <https://thinkinginmovement.ca/contact/>

Feldenkrais® & Focusing

* 9:00 am Pacific *75 min Saturday

ATM® lesson and discussion Katarina Halm and Yesim Alic
current theme Self Image, Body Image, Body Schema

Register at <https://thinkinginmovement.ca/contact/>

or <https://thinkinginmovement.ca/contact/>

Feldenkrais®

PAGES/REFERENCES

[Feldenkrais® Awareness Through Movement®](#)

[Learn to Learn by Moshe Feldenkrais](#)

[Aprende a aprender de Moshé Feldenkrais](#)

[Dianne Henneman Interview 2021](#)

[Amherst Study Group](#)

* 11:00 am Pacific *one hour Mondays

Awareness through movement® lesson Rachel Rudnasky

Register at <https://thinkinginmovement.ca/contact/>

* 10 00 am Pacific * *45 min Fridays

Awareness through movement® lesson Yesim Alic & Katarina Halm

Register <https://thinkinginmovement.as.me/?appointmentType=...>

or <https://thinkinginmovement.ca/contact/>

* **9:00 am Pacific *75 min Saturdays at Corona Plaza Life**

ATM® lesson theme Self Image, Body Image, Body Schema

Register at <https://coronaplaza.life/webinars/>

or <https://thinkinginmovement.ca/contact/>

* 7:00 am Pacific *one-hour Fridays

Amherst Study Group for Feldenkrais® practitioners and trainees

Register at <https://thinkinginmovement.ca/amherst-study-group/>

or <https://thinkinginmovement.ca/contact/>

A Sounder World w/ Sounder Sleep System™

PDF PROGRAMME NOTES:

[A Sounder World with the Sounder Sleep System™ Free Introductory mini-wprkshops weekly on Mondays / Module 1 August 9-12, 2021](#)

PAGES :

[A Sounder World w/ Sounder Sleep System™](#)

[Sounder Sleep System™ Teachers Directory](#)

Honouring Michael Krugman founder of the *Sounder Sleep System™*

REGISTER FOR ALL SOUNDER SLEEP SYSTEM™ WITH THE STUDIO AT

<https://thinkinginmovement.as.me/soundersleep>

or <https://thinkinginmovement.ca/contact/>

* 5:00 pm Pacific *45 minutes Mondays & Fridays

* Free Mini-Workshops Mondays July 5, 12, 19, 26, Aug 2, 2021, *45-60 min 7:00 am Pacific Mondays

* 15-hour Module 1 Aug 9-12, 2021 6:00-10:30 am Pacific Mon -Thus

*** 8:00 am Pacific *45 minutes Tuesdays at Corona Plaza Life**

Register at <https://coronaplaza.life/webinars/>

or <https://thinkinginmovement.ca/contact/>

Bones for Life® 3 to September 28, 2021

* 10:30 am Pacific *90 minutes Thursdays

Register at

or <https://thinkinginmovement.ca/contact/>

Bones for Life 1 to August 28, 2021

* 7:00 am Pacific *90 minutes Saturdays

Register at <https://thinkinginmovement.as.me/?appointmentType=...>

or <https://thinkinginmovement.ca/contact/>

Mindful Eating

* 6:30 - 7:15 am (Pacific time) Wednesdays

Register at <https://thinkinginmovement.ca/contact/>

Taiji

* 7:00 - 7:45 am (Pacific time) Tuesdays

Register at <https://thinkinginmovement.ca/contact/>

Contributions to the studio

Your contributions and work study are appreciated so that the studio may continue.

Perhaps you may like to add to our Testimonials for the Studio ...here is the form <https://forms.gle/Xw3TUoXoyzBTJoe58>

“I find the minimal movements during the lessons evoke meaningful learning. I am more aware of that moment when my system is clear and open. I experience an instantaneous felt-sense of curiosity. I can breathe more freely and see that situations are progressing, so I find a more positive view of life. I am more and more aware of my learning as I continue the lessons with Katarina and Thinking in Movement teachers at Corona Plaza Life. I am supported in translating the lessons into a rhythm for myself. Thus I find ways to be conscientious – I find the best place for my energy and endeavours to land each day, each week, and for each project.”

— Alfo Humano, Focusing trainer, Cordoba, Argentina www.alfohumano.com.ar

“These Feldenkrais classes have really helped me get in touch with my body, learn what it needs, how to calm my nervous system, and to ignite my innate energy. Thank you so much for all the presence, attention, and teaching you have done. I really appreciate it.”

— Laurie Brill, New Mexico

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

— Sílvia, London, UK, June 2021

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

— Student, June 2021

With all best wishes, and devotion to learning,
Katarina

Katarina Halm, M.A.

Feldenkrais® GCFP * Focusing CFT

A Sounder World with the Sounder Sleep System™

Movement Intelligence Trainer

katarina@thinkinginmovement.ca

* 1 604 263 9123 (Vancouver BC Canada)

<https://thinkinginmovement.ca>

<https://coronaplaza.life/webinars/>



Katarina Halm's

Thinking in Movement Studio

~ A Community for Study & Practice ~