

Quince, Pears & Dancing Clouds
Thinking in Movement Newsletter September 2021

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PROGRAMMES

EN ESPAÑOL

En Español Feldenkrais

* Sept 7, 14, 21, 28, 2021

° Tuesdays ° 3:30 pm Pacific * one hour

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

Page: [Método Feldenkrais En Español](#)

Reference: [Aprende a aprender de Moshé Feldenkrais](#)

En Español Focusing Leera Gendlin

* [En Español LeeraGendlin Invitacion \(Focusing continues learning Alfo Humano\)](#)

Posible remanso intelectual. Nuevos conceptos, para un nuevo cuerpo.

Actividades! Alfo, Sincronía es Propósito, Focusing Trainer.

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

FELDENKRAIS

AWARENESS THROUGH MOVEMENT® LESSON WITH RACHEL RUDANSKY

° Mondays ° 11:00 am Pacific *45-60 min

AWARENESS THROUGH MOVEMENT® ~ SELF IMAGE, BODY IMAGE, BODY SCHEMA

° Fridays ° 10:00 am Pacific *45-60 min with Yesim Alic & Katarina Halm

AMHERST STUDY GROUP

For Feldenkrais® practitioners and trainees ° October 2, 8, 26, 2, 29, 2020 ... continuing weekly Fridays ° 7:00 am Pacific *45-60 min

REFERENCES

[Learn to Learn by Moshe Feldenkrais](#)

[Aprende a aprender de Moshé Feldenkrais](#)

[Dianne Henneman Interview 2021](#)

[Feldenkrais® Awareness Through Movement®](#)

[Amherst Study Group](#)

“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

FOCUSING & PHILOSOPHY OF THE IMPLICIT

BASIC FOCUSING

° Saturdays ° 6:00 am Pacific *45-60 min

<https://thinkinginmovement.ca/focusing/>

EXPERIENTIAL PHILOSOPHY

* [Experiential Philosophy ~ Gendlin Reading Group](#)

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

° Thursdays ° 7:00 am Pacific *60 min

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

° 2nd Saturdays ° 4 pm Pacific*60 min

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

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

MOVEMENT INTELLIGENCE

BONES FOR LIFE® 3

continues to September 28, 2021

° Thursdays ° 10:30 am Pacific *60 min

BONES FOR LIFE 1

continues to September 18, 2021

° Saturdays ° 7:00 am Pacific *60 min

<https://thinkinginmovement.ca/bones-for-life/>

FMI ZOOM ROOM

° 1st & 3rd Saturdays ° 11:00 am Pacific *45 min

<https://thinkinginmovement.ca/fmi-zoom-rooms/>

<https://thinkinginmovement.ca/fmi-zoom-room-study/>

Contributions to the studio

Your contributions and work study help the studio projects to continue!

Testimonials and let us know your wishes ...

Tsippy Ganan, the chairperson of the Israeli Feldenkrais Guild, informal YouTube video following Moshé Feldenkrais's footsteps

from the time he arrived in Tel Aviv

Please give credit to the Israeli Guild when you share the link:

<https://youtu.be/L3tyFfZyoN0>

STUDIO FACEBOOK PAGES (URL)

Focusing at Thinking in Movement Studio

<https://www.facebook.com/Focusing-at-Thinking-in-Movement-Studio-197621400833684>

Movement Intelligence & Mindful Eating at Thinking in Movement Studio [https://](https://www.facebook.com/Mindful-Eating-at-Thinking-in-Movement-Studio-2090919200925808)

www.facebook.com/Mindful-Eating-at-Thinking-in-Movement-Studio-2090919200925808

Amherst Study Group for Feldenkrais® Practitioners and Trainees

<https://www.facebook.com/groups/426724554351739>

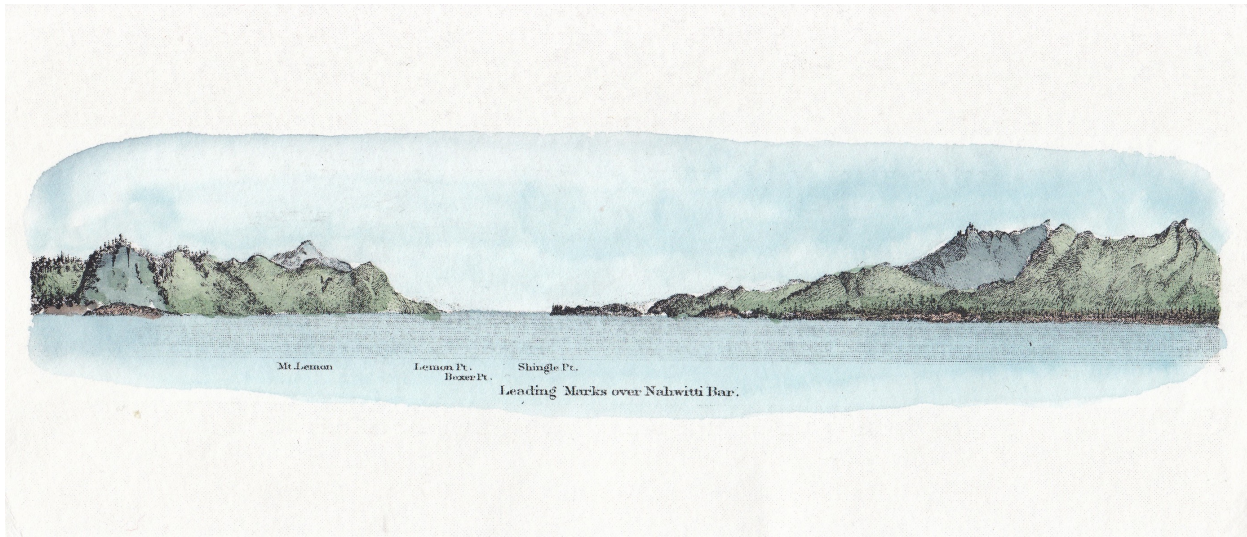
With all best wishes and devotion to learning.

Katarina Halm, M.A. * 1 604 263 9123 (Vancouver BC Canada)

Feldenkrais® GCFP * Focusing CFT, Movement Intelligence Trainer

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<https://thinkinginmovement.ca> and <https://coronaplaza.life/webinars/>



"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

CREDITS

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