

*** [A Sounder World with Sounder Sleep System™](#)**

18 Lessons ~ Thinking in Movement Studio September to December, 2021~ [REGISTRATION](#) ~
Inspired by [The Insomnia Solution: The Natural, Drug-Free Way to a Good Night's Sleep](#)

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' L.E.S.S. is More ~ Light Easy Soft Slow '

~ Michael Krugman founder of the Sounder Sleep System™

INTRODUCTION: WHY AMERICA CAN'T SLEEP

CHAPTER 1 PROFILES IN SOUNDER SLEEP

CHAPTER 2 HOW TO USE THIS BOOK

CHAPTER 3 RELAX YOUR BODY

- * Relaxing Mini-Move #1: The Pelvic Rock ...
- * Relaxing Mini-Move #2: Unlocking Your Rib "Cage" ...
- * Relaxing Mini-Move #3: Lengthening One Side of Your Trunk ...
- * Relaxing Mini-Move #4: Slouch and Recover ...
- * Relaxing Mini-Move #5: Painting the Air (Freeing Your Arms for Action) ..
- * Relaxing Mini-Move #6: To Banish Neck and Shoulder Tension: Hang Loose!

CHAPTER 4 CALM YOUR MIND

- * Calming Mini-Move # 1: L.E.S.S. Is More
(For Deep Relaxation, Breathe Fully Rather than Deeply)
- * Calming Mini-Move #2: Making Room (For Fuller, Freer Breathing)
- * Calming Mini-Move #3: Things Are Looking Up!
- * Calming Mini-Move #4: Main Squeeze
- * Calming Mini-Move #5: A Twist of the Wrists
(Movement Meditation for Daytime Relaxation)
- * Calming Mini-Move #6: Touching Your Heart

CHAPTER 5 LULL YOURSELF TO SLEEP

- * Lulling Mini-Move #1: Breath Surfing 1
- * Lulling Mini-Move #2: Breath Surfing 2 (Going Deeper)
- * Lulling Mini-Move #3: Rocking the Cradle
- * Lulling Mini-Move #4: Tongue in Cheek
- * Lulling Mini-Move #5: The Ziggurat
- * Lulling Mini-Move #6: Welcoming Sleep with Open Arms (Instead of Pacing the Floor)

APPENDIX A: FOR FURTHER EXPLORATION

APPENDIX B: MINI-MOVES IN BRIEF

ABOUT THE AUTHOR

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

katarina@thinkinginmovement.ca and katarinalistens@gmail.com

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