*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

Copyright © 2005 by Michael Krugman MA. GCFP

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

~ Michael Krugman founder of the Sounder Sleep System™

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/