

OCTOBER 2021

Thinking in Movement Newsletter October 2021

Thinking in Movement Calendar Oct-Dec 2021

~ [Registration](#) ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|--|---|
| Sun Oct 10 | Mon Oct 11 | Tue Oct 12 | Wed Oct 13 | Thu Oct 14 | Fri Oct 15 | Sat Oct 16 |
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ |
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | FMI Zoom Rooms 1st & 3rd 2021 [11 am pacific] https:// thinkinginmovement.c a/fmi-zoom-rooms/ |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | |
| Sun Oct 17 | Mon Oct 18 | Tue Oct 19 | Wed Oct 20 | Thu Oct 21 | Fri Oct 22 | Sat Oct 23 |
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ |

| | | | | | | |
|--|---|--|--|--|---|---|
| <p>9 am or 9:15am or 10 am or 11 am Pacific</p> | <p>Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min</p> | <p>A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u></p> | | | <p>Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific</p> | <p>Sounder Sleep System™ Teachers Gathering 2nd & 4th Saturday ° 11:00 am Pacific * * 45 minutes * Gathering - sign up for ZOOM Link: https://thinkinginmovement.as.me/schedule.php?appointmentType=27426103 * Directory https://thinkinginmovement.ca/somatics/sounder-sleep-system-teachers-directory-2/</p> |
| <p>4 pm Pacific</p> | <p>Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u></p> | | | | <p>Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u></p> | <p>Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 2nd & 4th Saturday ° 4 pm Pacific * 45 minutes https://thinkinginmovement.ca/ginsburg-study/</p> |
| Sun Oct 24 | Mon Oct 25 | Tue Oct 26 | Wed Oct 27 | Thu Oct 28 | Fri Oct 29 | Sat Oct 30 |
| <p>6 am or 6:30am 7am or 7:30am Pacific</p> | | | <p>Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https://thinkinginmovement.ca/focusing/ ~ https://thinkinginmovement.ca/focusing-levels-1-4/</p> | <p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays</p> | <p>Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u></p> | <p>Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https://thinkinginmovement.ca/focusing/ ~ https://thinkinginmovement.ca/focusing-levels-1-4/</p> |
| <p>9 am or 9:15am or 10 am or 11 am Pacific</p> | <p>Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min</p> | <p>A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u></p> | | | <p>Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific</p> | |
| <p>4 pm Pacific</p> | <p>Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u></p> | | | | <p>Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u></p> | |
| Sun Oct 31 | | | | | | |
| (6AM PACIFIC) | | | | | | |

| | | | | | | |
|---|--|---|---|---|--|---|
| (10AM PACIFIC) | | | | | | |
| (4PM PACIFIC) | | | | | | |
| NOVEMBER 2021 | | | | | | |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| ` | Mon Nov 1 | Tue Nov 2 | Wed Nov 3 | Thu Nov 4 | Fri Nov 5 | Sat Nov 6 |
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ |
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | FMI Zoom Rooms 1st & 3rd Saturday 11 am Pacific https:// thinkinginmovement.c a/fmi-zoom-rooms/ |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | |
| Sun Nov 7 | Mon Nov 8 | Tue Nov 9 | Wed Nov 10 | Thu Nov 11 | Fri Nov 12 | Sat Nov 13 |
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ |

| | | | | | | |
|---|--|---|---|---|--|---|
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | Sounder Sleep System™ Teachers Gathering 2nd & 4th Saturday ° 11:00 am Pacific * * 45 minutes Gathering - sign up for ZOOM Link: https://thinkinginmovement.as.me/schedule.php?appointmentType=27426103 * Directory https://thinkinginmovement.ca/somatics/sounder-sleep-system-teachers-directory-2/ |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 2nd & 4th Saturday ° 4 pm Pacific * 45 minutes https://thinkinginmovement.ca/ginsburg-study/ |
| Sun Nov 14 | Mon Nov 15 | Tue Nov 16 | Wed Nov 17 | Thu Nov 18 | Fri Nov 19 | Sat Nov 20 |
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https://thinkinginmovement.ca/focusing/ ~ https://thinkinginmovement.ca/focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https://thinkinginmovement.ca/focusing/ ~ https://thinkinginmovement.ca/focusing-levels-1-4/ |
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | FMI Zoom Rooms 1st & 3rd 2021 [11 am pacific] https://thinkinginmovement.ca/fmi-zoom-rooms/ |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | |
| Sun Nov 21 | Mon Nov 22 | Tue Nov 23 | Wed Nov 24 | Thu Nov 25 | Fri Nov 26 | Sat Nov 27 |

| | | | | | | |
|---|--|---|---|---|--|---|
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ |
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | Sounder Sleep System™ Teachers Gathering 2nd & 4th Saturday ° 11:00 am Pacific * * 45 minutes Gathering - sign up for ZOOM Link: https:// thinkinginmovement.as.me/ schedule.php? appointmentType=27426103 * Directory https:// |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 2nd & 4th Saturday ° 4 pm Pacific * 45 minutes https:// thinkinginmovement.c a/ginsburg-study/ |
| Sun Nov 28 | Mon Nov 29 | Tue Nov 30 | | | | |
| | | | | | | |
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | | |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | | |
| DECEMBER 2021 | | | | | | |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| ` | ` | ` | Wed Dec 1 | Thu Dec 2 | Fri Dec 3 | Sat Dec 4 |

| | | | | | | |
|---|--|---|---|---|--|--|
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ |
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | FMI Zoom Rooms 1st & 3rd 2021 [11 am pacific] https:// thinkinginmovement.c a/fmi-zoom-rooms/ |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | |
| Sat Dec 5 | Sat Dec 6 | Sat Dec 7 | Sat Dec 8 | Sat Dec 9 | Sat Dec 10 | Sat Dec 11 |
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ |
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | Sounder Sleep System™ Teachers Gathering 2nd & 4th Saturday ° 11:00 am Pacific * * 45 minutes Gathering - sign up for ZOOM Link: https:// thinkinginmovement.as.me/ schedule.php? appointmentType=27426103 * Directory https:// thinkinginmovement.ca/ somatics/sounder-sleep- system-teachers-directory-2/ |

| | | | | | | |
|---|--|---|---|---|--|---|
| | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 2nd & 4th Saturday ° 4 pm Pacific * 45 minutes https:// thinkinginmovement.c a/ginsburg-study/ |
| Sun Dec 12 | Mon Dec 13 | Tue Dec 14 | Wed Dec 15 | Thu Dec 16 | Fri Dec 17 | Sat Dec 18 |
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ |
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | FMI Zoom Rooms 1st & 3rd 2021 [11 am pacific] https:// thinkinginmovement.c a/fmi-zoom-rooms/ |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | |
| Sun Dec 19 | Mon Dec 20 | Tue Dec 21 | Wed Dec 22 | Thu Dec 23 | Fri Dec 24 | Sat Dec 25 |
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ |

| | | | | | | |
|---|--|---|---|--|--|---|
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | Sounder Sleep System™ Teachers Gathering 2nd & 4th Saturday ° 11:00 am Pacific * * 45 minutes Gathering - sign up for ZOOM Link: https://thinkinginmovement.as.me/schedule.php?appointmentType=27426103 * Directory https://thinkinginmovement.ca/somatics/sounder-sleep-system-teachers-directory-2/ |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 2nd & 4th Saturday ° 4 pm Pacific * 45 minutes https://thinkinginmovement.ca/ginsburg-study/ |
| Sun Dec 26 | Mon Dec 27 | Tue Dec 28 | Wed Dec 29 | Thu Dec 30 | Fri Dec 31 | Sat Jan 1 |
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https://thinkinginmovement.ca/focusing/ ~ https://thinkinginmovement.ca/focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https://thinkinginmovement.ca/focusing/ ~ https://thinkinginmovement.ca/focusing-levels-1-4/ |
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | FMI Zoom Rooms 1st & 3rd 2021 [11 am pacific] https://thinkinginmovement.ca/fmi-zoom-rooms/ |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees <u>Amherst Study Group</u> | |
| JANUARY 2022 | | | | | | |
| Sun Jan 2 | Mon Jan 3 | Tue Jan 4 | Wed Jan 5 | Thu Jan 6 | Fri Jan 7 | Sat Jan 8 |

| | | | | | | |
|---|--|---|---|--|---|--|
| 6 am or 6:30am 7am or 7:30am Pacific | | | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ | Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle’s De Anima ° 7am Pacific * one hour Thursdays | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees Amherst Study Group | Focusing / / Dream Appreciation * 6:00 am Pacific * 1.25 hour *75min Wednesdays & Saturdays : https:// thinkinginmovement.ca/ focusing/ ~ https:// thinkinginmovement.ca/ focusing-levels-1-4/ |
| 9 am or 9:15am or 10 am or 11 am Pacific | Awareness Through Movement® Rachel Rudansky ° Mondays 11:00 am Pacific *45-60 min | A Sounder World with the Sounder Sleep System™ <u>Tuesdays 9:15 - 10:00 am (Pacific)</u> | | | Awareness Through Movement® Theme: Self Image ~Body Image ~ Body Schema ° Fridays ° 11:00 am Pacific | Sounder Sleep System™ Teachers Gathering 2nd & 4th Saturday ° 11:00 am Pacific * * 45 minutes Gathering - sign up for ZOOM Link: https:// thinkinginmovement.as.me/ schedule.php? appointmentType=27426103 * Directory https:// thinkinginmovement.ca/ somatics/sounder-sleep- system-teachers-directory-2/ |
| 4 pm Pacific | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees Amherst Study Group | | | | Amherst Study Group *45-60 min Pacific time ° Monday ° 4:00 pm ° Friday ° 6:30am ° Friday ° 4:00 pm ~ Feldenkrais® practitioners and trainees Amherst Study Group | Ginsburg-Gendlin Crossings (Feldenkrais® & Focusing) 2nd & 4th Saturday ° 4 pm Pacific * 45 minutes https:// thinkinginmovement.c a/ginsburg-study/ |
| <p>PROSPECTUS</p> <p>Sounder Sleep System™ Possible (Introductory) Workshop Mondays</p> <p>7:00-am PT and 10:00-am PT (45 min)</p> <p>Mar 7 , 2022</p> <p>May 2 , 2022</p> <p>July 4 , 2022</p> | | | | | | |
| Link to Registration for all A Sounder World with Sounder Sleep System™ | Sharing our studio affiliate link may help to support the studio's outstanding bills, thank you. Feldenkrais® Awareness Summit October 25-30, 2021: Please click here to register for the free event (Thinking in Movement Studio Affiliate Link) | | | <p>... Your wishes, comments</p> <p>To CONTACT Katarina</p> <p>For EMAIL UPDATES</p> <p>To SIGN UP for LESSONS or CLASSES:</p> | | |
| <div>Thinking in Movement Newsletter October 2021</div> <div>Thinking in Movement Calendar Oct-Dec 2021.</div> | | | | | | |