

Quince, Pears & Dancing Clouds

Thinking in Movement Newsletter October 2021

Thinking in Movement Calendar Oct-Dec 2021

FELDENKRAIS®

- * Katarina Halm, Luis Flores, Minal S, Marie-Paule Wiley, Rachel Rudansky, Yesim Alic, Kan Nishioka

A SOUNDER WORLD WITH SOUNDER SLEEP SYSTEM™

- * Katarina Halm, Marie-Paule Wiley, Rita Dost, Yesim Alic

EN ESPAÑOL

- * Alfo Humano ~ Leera Gendlin En Español
- * Alicia Mas ~ Feldenkrais En Español
- * Luis Flores ~ Feldenkrais En Español
- * Sabrina Castillo Gallusser ~ Feldenkrais En Español

MOVEMENT INTELLIGENCE

- * Bones for Life®
Trainees: Luis Flores, Minal S. Rachel Rudansky, Rita Dost, Yesim Alic
Teachers: Marie-Paule Wiley, Katarina Halm
- * FMI Zoom Room

FOCUSING & PHILOSOPHY OF THE IMPLICIT

- * Basic Focusing / NVC / Experiential Philosophy / Dream Appreciation:
- * Gendlin Line by Line Commentary ~ Aristotle's De Anima
- * Science, Gendlin's Process Model, Climate Change: Neil Dunaetz

STUDIO LINKS * [CONTRIBUTIONS TO THE STUDIO](#)

- * [Your wishes, what works well, suggest improvements](#)

STUDIO FACEBOOK PAGES

- * [Amherst Study Group for Feldenkrais® Practitioners and Trainees](#)
- * [Focusing at Thinking in Movement Studio](#)
- * [Movement Intelligence & Mindful Eating at Thinking in Movement Studio](#)
- * [A Sounder World with Sounder Sleep System™](#)

~ [REGISTRATION](#) ~

Feldenkrais® Awareness Summit October 25-30, 2021:

[Please click here to register for the free event \(Thinking in Movement Studio Affiliate Link\)](#)

MOSHÉ FELDENKRAIS'S FOOTSTEPS FROM THE TIME HE ARRIVED IN TEL AVIV
An informal video by Tsippy Ganan, the chairperson of the Israeli Feldenkrais Guild
Please give credit the Israeli Guild when you share the link:
<https://youtu.be/L3tyFfZyoN0>

FELDENKRAIS® PROGRAMMES

FOUNDER: MOSHÉ FELDENKRAIS

AWARENESS THROUGH MOVEMENT®

Rachel Rudansky

° Mondays ° 11:00 am Pacific

*45-60 min



AWARENESS THROUGH MOVEMENT® ~ KATARINA HALM

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

Reference page: ~ [Self Image ~ Body Image ~ Body Schema](#)

GINSBURG READING GROUP, THE INTELLIGENCE OF MOVING BODIES ~ KATARINA HALM

° 2nd & 4th Saturdays ° 4 pm Pacific *45-60 min Oct 24, Nov 13, 27, Dec 11, 25, 2021

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

AMHERST STUDY GROUP ~ KATARINA HALM

° [Mon & Fri weekly ° 4:00 pm Pacific *45-60 min](#)

° [Friday ° 6:30am Pacific ~ please click for your time](#)

For Feldenkrais® practitioners and trainees Reference page [Amherst Study Group](#)

FELDENKRAIS IN JAPANESE / 日本語で with Kan Nishioka

° A. Advanced class : Mondays 20:00

° B. Regular class : Tuesdays 9:00 & 20:00 / Saturdays 9:00

https://somatic-education.com/index.php?インターネットでATM#content_1_0

ADDITIONAL FELDENKRAIS 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

Feldenkrais Competencies

FGNA Competency Profile <https://www.feldenkraisguild.com/iff-competency-profile>

FGNA competency cards -. <https://www.feldenkraisguild.com/competency-cards>

Color coded, formatted to print, cut, and turn into a deck of cards. You can print them for free if an FGNA member

IFF Competency Profile <https://feldenkrais-method.org/iff/competency-profile/>

IFF Competency Cards https://feldenkrais-method.org/wp-content/uploads/180-Cards_12-Attitudes-Values.pdf

IFF workbook – How to use https://www.feldenkraisguild.com/Files/download/resources/IFF_Comp_Profile_Workbook.pdf

A SOUNDER WORLD WITH SOUNDER SLEEP SYSTEM™

FOUNDER: MICHAEL KRUGMAN, M.A., FELDENKRAIS TEACHER

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Sounder Sleep System® Teachers Directory

Welcoming all Sounder Sleep System® Teachers!

Sign up ~ Sounder Sleep System™ Teachers Gathering

2nd & 4th Saturday ° 11:00 am Pacific * 45 minutes

A SOUNDER WORLD WITH SOUNDER SLEEP SYSTEM™ WEEKLY CLASS & PRACTICE

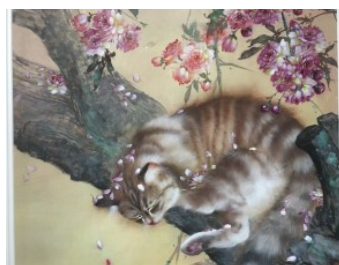
° Tuesdays ° 9:15 am Pacific *45-60 min

° Please click to sign up [A Sounder World with Sounder Sleep System™ classes and workshops](#)

* Reference page <https://thinkinginmovement.ca/somatics/sounder-sleep/>

* [A Sounder World with Sounder Sleep System™ : 18 Lessons inspired by Michael Krugman](#)

* [Michael Krugman tribute page.](#)



“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

FOCUSING & PHILOSOPHY OF THE IMPLICIT

FOUNDER EUGENE GENDLIN PhD

BASIC FOCUSING / DREAM APPRECIATION

*** 6:00 AM PACIFIC TIME * 1.25 HOUR * 75MIN**

Wednesdays & Saturdays

join us one or two times per week ~ syllabus begins on Wed each week

° Please click to sign up

* Reference page: <https://thinkinginmovement.ca/focusing/>

* Reference page: <https://thinkinginmovement.ca/focusing-levels-1-4/>

Level One – Encountering the Inner Relationship

Six Meetings with practice in between

Wed Oct 20 - Sat Nov 27, 2021

Level Two Accompanying the Inner Relationship

Six Meetings with practice in between

Wed Dec 1, 2021 - Sat Jan 22, 2022

Level Three – The Guide's Journey

Eight Meetings with practice in between

Wed Jan 26 - Sat Mar 19, 2022

Level Four – The Center of the Maze

Eight Meetings with practice in between

Wed Mar 23 - Sat May 14, 2022

EXPERIENTIAL PHILOSOPHY

EUGENE T. GENDLIN LINE BY LINE COMMENTARY ON ARISTOTLE'S DE ANIMA

° Please click to sign up

° Thursdays ° 7:00 am Pacific *60 min

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

“Dreams can be an amazing resource in our lives, and are well worth learning about. In addition, Gendlin's writing on dreams is an excellent bridge into the Philosophy of the Implicit; and Katarina is an excellent teacher, who approaches her subject with wonderful energy, sensitivity, and intelligence.”

— Rob Parker, Focusing Oriented Therapist, Author, leader of seminars on Gendlin's major work: A Process Model

MOVEMENT INTELLIGENCE

FOUNDER: RUTHY ALON FELDENKRAIS TRAINER

COMPLETING BONES FOR LIFE® 3

° Please click to sign up

° Thursdays Dec 2, 9, 2021 10:30 am Pacific *one hour

NEW SERIES, DIDACTIC

° Day TBA ° New Series and Didactic to begin into the New Year

FMI ZOOM ROOM

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

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

MOVEMENT INTELLIGENCE REFERENCES

Movement Intelligence

[Bones For Life®](#) [Chairs](#) [Walk for Life](#) [Mindful Eating](#)
[Solutions for Optimum Mobility](#)



” Water Carriers from “When The Moment Sings The Muse Within 1996”

At 12:20 minutes– YouTube https://www.youtube.com/watch?v=WMT5_bnLKU4

“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

EN ESPAÑOL

- * [En Español LeeraGendlin Invitacion \(Focusing continues learning Alfo Humano\)](#)
remanso intelectual. Nuevos conceptos, para un nuevo cuerpo. Actividades! Alfo, Sincronía es Propósito, Focusing Trainer.
- * Método Feldenkrais: , Alicia Mas, Luis Flores, Sabrina Castillo Gallusser
<https://thinkinginmovement.ca/feldenkrais-en-espanol/>
- * Reference: [Aprende a aprender de Moshé Feldenkrais](#)

HONOURING A RECENT SERIES ~ SABRINA CASTILLO GALLUSSER (GUATEMALA)

Muy buenas noches, éxitos y bendiciones en todo.

Primero quiero agradecer la oportunidad de recibir este tan enriquecedor taller.

Soy de Guatemala y he tenido, gracias a Maestra Sabrina, un pequeño acercamiento con la técnica Feldenkrais.

Pero este taller fue algo increíble, no había distancia ni tiempo, una vez mas pudimos comprobar que cuando nosotros escuchamos lo que el cuerpo quiere decir no hay límites en la experimentación.

Si algo le debemos agradecer a esta situación mundial, es que rompió las fronteras, físicas, generacionales y creativas.

Estábamos tan lejos pero conectados, ni los problemas de conectividad fueron excusa para poder conocernos, experimentar y re aprender, pues una voz nos guiaba pero no hicimos...

dejamos que el cuerpo hiciera, no le impusimos patrones.

Una vez mas gracias maestros Alfo y Sabrina por trascender en el crecimiento de las personas y el arte.

—Hanah Yong

STUDIO FACEBOOK PAGES (URL)

A Sounder World with Sounder Sleep System™

<https://www.facebook.com/A-Sounder-World-with-Sounder-Sleep-System-904367763061450>

Amherst Study Group for Feldenkrais® Practitioners and Trainees

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

Focusing at Thinking in Movement Studio

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

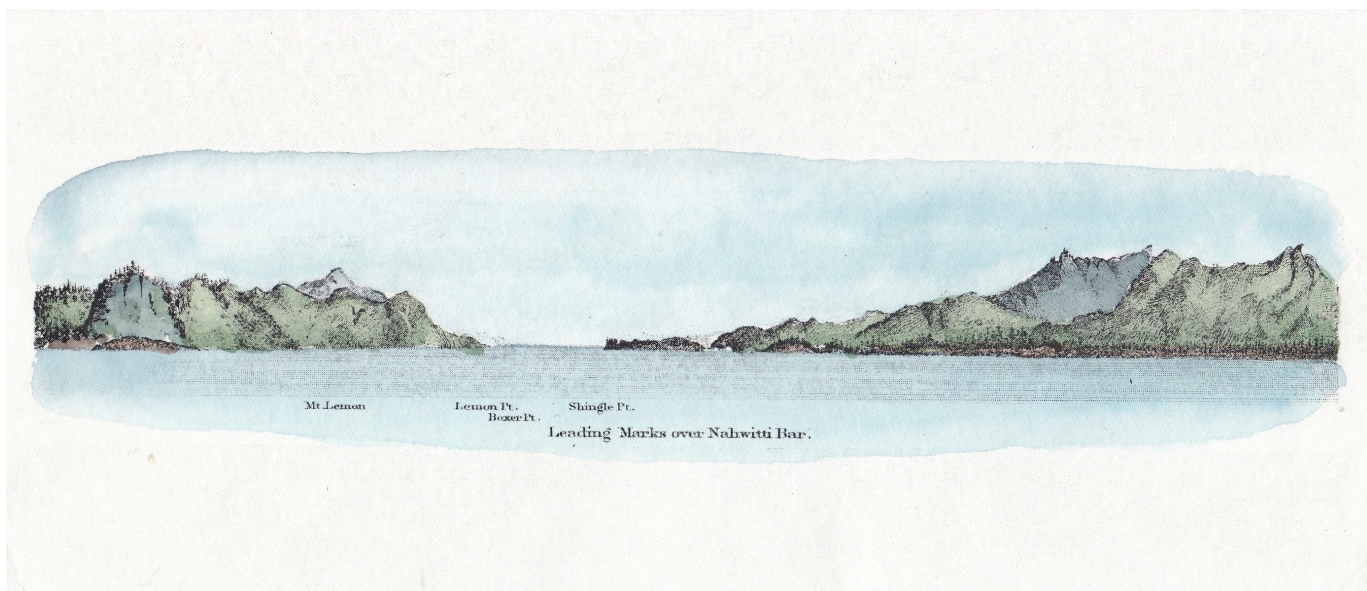
Movement Intelligence & Mindful Eating at Thinking in Movement Studio [https://](https://www.facebook.com/Mindful-Eating-at-Thinking-in-Movement-Studio-2090919200925808)

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

[Contributions to the studio](#)

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

[Testimonials and let us know your wishes](#)



"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

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>

CREDITS

The following are service marks, trademarks, or certification marks of the Feldenkrais Guild® of North America: Feldenkrais®, Feldenkrais Method®, Functional Integration®, Awareness Through Movement®, ATM®, FI®, CFATMT (CM), GCFP (CM), Guild Certified Feldenkrais Teacher®, Guild Certified Feldenkrais Practitioner (CM), and Certified Feldenkrais Awareness Through Movement Teacher (CM).

The following are service marks, trademarks, collective, or certification marks and information from the Foundation for Movement Intelligence: The Movement Intelligence Programs Bones for Life®, Walk for Life, Chairs, Mindful Eating and Solutions are the intellectual property of Ruthy Alon, Ph.D. Bones for Life® is a registered mark of Ruthy Alon, Ph.D FMI is a 501(c)(3) founded in the state of Maine in 2007 operating with tax exempt EIN 14-1996888 under the IRS category "E50" — Rehabilitative Medical Services. We support the growth of Movement Intelligence in North America, including Bones for Life® — a program created by Ruthy Alon and trademarked in the US in August 2004 under patent #2,874,949 as "Health-related movement classes for achieving improved flexibility and bone strength." In Canada the registered trademark [Sept. 2006] is No. 672,566. FMI's mailing address: 22 Monument Square, Suite 501, Portland, ME 04101 | Telephone: (207) 239-0260 | Email: info@movementintelligence.org

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