

# Advanced Trainings for teachers of the Sounder Sleep System™

With Sounder Sleep System Assistant Trainer Katarina Halm

✧ Contributions  
to Thinking in  
Movement  
Studio

✧ Collaborations ✧ Balance and Ease with Teaching ✧

✧ Questions  
/ Request  
additional  
times

- ✧ Cultivate balance and ease in your patterns of waking and sleeping
- ✧ Enhance your professional practice as a therapist or teacher
- ✧ Continuing Education Credits (CEC) and Professional Development Hours (PDH)

**L.E.S.S. LIGHT, EASY, SOFT, SLOW... LESS IS MORE — MICHAEL KRUGMAN**

✧ "Katarina's skills in listening, supporting and encouraging colleagues are a great talent. I applaud her dedication to furthering both Feldenkrais® and Sounder Sleep System™"

— Paris Kern December 2021

Sounder Sleep System® Teacher Training with Paris Kern  
Sounder Sleep System™ with Thinking in Movement Studio

Invitation developed by Katarina Halm, designed by Rosie Casciero 2021. Sounder Sleep System™ Founder:  
Michael Krugman, M.A., Feldenkrais Teacher, Copyright© Paris Kern, Feldenkrais Trainer

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