



Katarina Halm's Thinking in Movement Studio

~ A Community for Study & Practice ~

Bones for Life®

Katarina Halm, Kim Reda-Wilson,
Marie-Paule Wiley

Enjoy classes ~ Option to continue towards certification

Bones for Life Teacher



Kim Reda-Wilson

January 21-May 20, 2022
9:45 am - 11:00 am Pacific Fridays
(Make up classes some Mondays)

A learning circle, sharing ranges of experience.
Current students and those beginning their BFL journey.

REGISTRATION

MORE INFORMATION

Feldenkrais
Practitioner &
Movement
Intelligence
Trainer



Katarina Halm

Feldenkrais®
Practitioner &
Movement Intelligence
Teacher



Marie-Paule
Wiley

Moshé Feldenkrais inspired many of his students to create
programs generated from his teaching.

Ruthy Alon began her training with Moshé in Tel Aviv, Israel in
1958. She went on to become a Feldenkrais Method® trainer
in Europe, America, Australia, Israel. Here are Ruthy Alon Videos
showing her work with Moshé and her development of the
Bones for Life® program based on the Feldenkrais Method®.

Appreciation for Thinking in Movement Studio

"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

"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. 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

"It was so nice to attend your session this morning, I enjoyed spending time with the group and it was the first time I experienced your teaching style, it is perfect for me, the pace and the repetition meet me right where I am." — Jenna Blaustein, Feldenkrais® GCFP jennaroseblaustein.com

"Katarina's classes are full of deep educational aspects. Her pace makes practice easy. Having feedback from her gives safety." — Student

welcoming your questions or wishes

<https://thinkinginmovement.ca/contact/> katarina@thinkinginmovement.ca



RUTHY ALON

Founder of Movement Intelligence®

“Movement as nature meant.”

“Biological optimism.”

Foundation of Movement Intelligence (FMI) • 2021 FMI Membership Directory • Bones for Life®

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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](mailto:info@movementintelligence.org)