



Katarina Halm's Thinking in Movement Studio

~ A Community for Study & Practice ~

Bones for Life®, BFL®

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

Enjoy classes ~ Option to continue towards certification

Bones for Life Teacher



Kim Reda-Wilson

BFL®I 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.

MORE INFORMATION

**Feldenkrais
Practitioner &
Movement
Intelligence
Trainer**

**Feldenkrais®
Practitioner &
Movement Intelligence
Teacher**



Marie-Paule
Wiley

Moshé Feldenkrais inspired many of his students to create programs developing 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 Videos of Ruthy with Moshé and also her Bones for Life® and Movement Intelligence programs

Learning at Thinking in Movement Studio is enhanced by Bones for Life® in relation to Feldenkrais® and Focusing. Participants in the current BFL class include four Feldenkrais® Practitioners, four Focusing trainers, three Movement Intelligence teachers, and a Yoga Therapist, from Europe, South and North America.
We welcome you to join us!



Katarina Halm

Appreciation for Thinking in Movement Studio

"Feeling blessed to be introduced into the Bones for Life programme by Katharina, Kim and Marie-Paule. Their gentle but clear and structured way of teaching, their sensitivity and choice-full guidance is very supportive."

— Birgit Löwenbrück www.traumasensitives-yoga.de

"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

"The class was lovely. My neck feels looser, more aligned. I appreciated the space you allowed for creativity in finding ways to adapt the exercises to suit my body."

— Anna Willman, Writer, Focusing Trainer, Fulbright Scholar, The Confidence Clinic, <https://coronaplaza.life/people/anna-willman/>

"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

"The Neck is such an important part of the body. Hopefully we will include more for the neck in upcoming processes.. Kim is an excellent teacher with good pacing and a pleasant tone and quality of voice. It was very helpful to have Marie-Paule demonstrate where to put fingers and would have been helpful to see her on the floor too. I was not sure about being close enough with head to wall etc. this session definitely increased my awareness of my neck and its connections to other parts of the body. Like the reminders from Katarina to be spacious and slow with integration. Very helpful. Very much liked the whole class. This is from someone who has lived in her head and not body. Much gratitude and thanks to All! "

— Fanta Lemire, Focusing teacher <https://northwestfocusers.org/>

"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, Sounder Sleep System™ Teacher, Cordoba, Argentina
www.alfohumano.com.ar

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

— Yesim Alic, Actress, PhD Candidate, Feldenkrais Practitioner, Sounder Sleep System™ Teacher,

."The students are engaged and inspire me to continue learning and teaching.."

— Kim Reda-Wilson

Program & Tuition

PROGRAMME

BFL® 1 Bones for Life® 1–30

Jan 21 – May 20, 2022 (22.5 hours)

BFL® 2 Bones for Life® 31–60

May 27 – Sept 23, 2022 (22.5 hours)

BFL® 3 Bones for Life® 61–90

Sept 30 2022 – Jan 27, 2023 (22.5 hours)

Didactic Group (22.5 hours)

Didactic Practice (30 hours)

Water Carrier ~ When
The Moment Sings



The Muse Within 1996

TUITION

\$180 BFL 1 (Student's link)

\$180 BFL 1 (Sponsor's link)

\$180 BFL 2 (Student's link)

\$180 BFL 2 (Sponsor's link)

\$180 BFL 3 \$180 (Student's link)

\$180 BFL 3 (Sponsor's link)

\$15 Drop-in by prior arrangement

\$15 Drop-in (Sponsor's link)

** Work study scholarships*

** Sponsors provide scholarships*

** Refunds during the first three weeks of a segment*

** Ten sign-ups confirm a segment * Sponsors are much appreciated*

welcoming your questions or wishes

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

Ruthy Alon

Founder of Movement Intelligence

<http://movementintelligence.org/>

<https://www.movementintelligence.com/>

‘BIOLOGICAL
OPTIMISM’

‘MOVEMENT
AS NATURE MEANT’



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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