

Thinking in Movement Calendar February 2022 (to January 2023)

Weekly pattern in the coloured section at the top / Bones for Life® & Movement Intelligence & Advanced Training for Teachers of the Sounder Sleep System™ are also listed in the Yearly Calendar below

for wishes, questions: <https://thinkinginmovement.ca/contact/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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://</p>	<p>Awareness Through Movement® Rachel Rudansky *45-60 min Pacific time ° Mondays 11:00 am</p>	<p>Awareness Through Movement® *45-60 min Pacific time ° Tues 6:30 am</p>	<p>Awareness Through Movement® *45-60 min Pacific time ° Wed 6:30 am</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Pacific time ° Thursdays 7am</p>	<p>^a BFL I ~ Fri Jan 21 to May 20, 2022 ^a BFL II ~ Fri May 27 to Sep 23, 2022 ^a BFL III ~ Fri Sep 30, 2022 to Jan 27 2022 *75 min Pacific time ° Fri 9:45 am // Make up classes by request on Mondays ...</p>	<p>FMI Zoom Rooms 45-60 Min 11 am Pacific then 1st & 3rd Saturday <i>Feb 5. 19, Mar 5. 19, Apr 3, 16, 2022</i> ...</p>

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Feldenkrais® practitioners / trainees <u>Amherst Study Group</u> *45-60 min Pacific time ° Mon ° 4:00 pm ° Fri ° 6:30 am ° Fri ° 5:00 pm	Advanced Training for Teachers of the Sounder Sleep System™ 45-60 min 11:00 am Pacific Tuesdays	Sounder Sleep System® classes with Alfo Palombo Wednesday 5 -12-19-26 January 2022 18:30 hs Arg *90 min	Advanced Training for Teachers of the Sounder Sleep System™ 45-60 min 11:00 am Pacific Tues Feb -May / Tues & Thurs June -July/ Tues Aug-Dec / also 4th Saturdays	Feldenkrais® practitioners / trainees <u>Amherst Study Group</u> *45-60 min Pacific time ° Mon ° 4:00 pm ° Fri ° 6:30 am ° Fri ° 5:00 pm	Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min 4th Saturday <i>in the Calendar below</i> <i>Jan 29, Feb 26, Mar 26, Apr 23, 2022 ...</i>
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Advanced Trainings for Sounder Sleep System™ Teachers in the Calendar below
Tues Feb -May / Tues & Thurs June -July/ Tues Aug-Dec / also 4th Saturdays 11:00 am Pacific 45-60 Min
* A Sounder World with Sounder Sleep System™ : 18 Lessons inspired by Michael Krugman

More about Bones for Life® & Movement Intelligence / Fridays
BFL I ~ Fri Jan 21 to May 20, 2022
BFL II ~ Fri May 27 to Sep 23, 2022
BFL III ~ Fri Sep 30, 2022 to Jan 27 2022

FEBRUARY
2022

XX	XX	Tue Feb 1	Wed Feb 2	Thu Feb 3	Fri Feb 4	Sat Feb 5
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Fourth lesson of each chapter * Lulling Mini-Move #4: Tongue in Cheek			BFL 1 Class #3 BFL BFL #5 Axis Response: Moving in one unit BFL #6 <u>Levels of Pressure:</u> Levels of Pressure 20% optimal force	
Sun Feb 6	Mon Feb 7	Tue Feb 8	Wed Feb 9	Thu Feb 10	Fri Feb 11	Sat Feb 12

	<p>BFL 1 MAKE UP Class #1</p> <p>BFL #1 Introduction: The program for stimulating bone strength through natural movement and weight-bearing posture</p> <p>BFL #2 Bouncing on the Heels: Pulsations of pressure build strength</p>	<p>Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Fifth lesson of each chapter * Relaxing Mini-Move #5: Painting the Air (Freeing Your Arms for Action)</p>			<p>BFL 1 Class #4</p> <p>BFL #7 <u>Stimulating the Roots of the Teeth:</u> Jawbone determines tooth health</p> <p>BFL #8 Tapping Head/ Chest/ Kidneys: Kidneys Pressure confirms alignment</p>	
Sun Feb 13	Mon Feb 14	Tue Feb 15	Wed Feb 16	Thu Feb 17	Fri Feb 18	Sat Feb 19

	<p>BFL 1 MAKE UP Class #2</p> <p>BFL #3 <u>Aligning the Neck:</u> Spreading fingers</p> <p>BFL #4 <u>Wave Response:</u> <u>Counter-</u> undulation of the curves</p>	<p>Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Fifth lesson of each chapter * Calming Mini-Move #5: A Twist of the Wrists (Movement Meditation for Daytime Relaxation)</p>			<p>BFL 1 Class #5</p> <p>BFL #9 Aligning the Lumbar: Spreading fingers</p> <p>BFL #10 Tapping the Pelvis: Bridging the line of strength</p>	
Sun Feb 20	Mon Feb 21	Tue Feb 22	Wed Feb 23	Thu Feb 24	Fri Feb 25	Sat Feb 26

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45 - 60 Min Fifth lesson of each chapter * Lulling Mini-Move #5: The Ziggurat			Didactic Class #6 BFL 1-10	Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Sixth lesson of each chapter * Relaxing Mini-Move #6: To Banish Neck and Shoulder Tension: Hang Loose!
Sun Feb 27	Mon Feb 28					

					<p>BFL 1 Class #7</p> <p>BFL #11 Hand Pushes a Wall Spiraling the Spine: Safe arch in elongation</p> <p>BFL #12 Crossed Arms: Bridging the line of strength</p>	
			MARCH 2022			
XX	XX	Tue Mar 1	Wed Mar 2	Thu Mar 3	Fri Mar 4	Sat Mar 5

		<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p> <p>Sixth lesson of each chapter</p> <p>* Calming Mini-Move #6: Touching Your Heart</p>		BFL-2 2	<p>BFL 1 Class #8</p> <p>BFL #15 Roman Sandals</p> <p>The efficient focus of pressure in the foot</p> <p>BFL #16 Bicycle</p> <p>Stabilizing the hip joint</p>	
Sun Mar 6	Mon Mar 7	Tue Mar 8	Wed Mar 9	Thu Mar 10	Fri Mar 11	Sat Mar 12

		<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p> <p>Sixth lesson of each chapter</p> <p>* Lulling Mini-Move #6: Welcoming Sleep with Open Arms Instead of Pacing the Floor</p>		BFL-2 3	<p>BFL 1 Class #9</p> <p>BFL #17 Red and Pink Visualization: Oxygen to the lungs, food for the bone</p> <p>BFL #18 Inside / Outside Edges of the Feet: Lateral flexion near a wall</p>	
Sun Mar 13	Mon Mar 14	Tue Mar 15	Wed Mar 16	Thu Mar 17	Fri Mar 18	Sat Mar 19

		<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p> <p>.....</p> <p>Introduction: Why America Can't Sleep 1 (4)</p> <p>On the Brighter Side 4 (4)</p> <p>Stress: The Principal Cause of Insomnia 8 (4)</p>		BFL-2 4	<p>BFL 1 Class #10</p> <p>BFL #17 Red and Pink Visualization: Oxygen to the lungs, food for the bone</p> <p>BFL #18 Inside / Outside Edges of the Feet: Lateral flexion near a wall</p>	
Sun Mar 20	Mon Mar 21	Tue Mar 22	Wed Mar 23	Thu Mar 24	Fri Mar 25	Sat Mar 26

		<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45 - 60 Min</p> <p>.....</p> <p>Introduction: Why America Can't Sleep 1</p> <p>The Big Question: How Much Sleep Do You Need? 12 (2)</p> <p>The Other Big Question: How Many Hours Should You Spend in Bed? 14 (1)</p> <p>Sleep Medication: Cold Comfort 15 (3)</p> <p>The "Sleep Switch" and How to Flip It 18 (3)</p>		<p>BFL-2 5</p>	<p>BFL 1 Class #11</p> <p>BFL #19 Bouncing on the Heels in Rotation: Steering the spine from eyes or feet</p> <p>BFL #20 Water Carrier's Walk #1 Chest / lower back interaction</p>	<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p> <p>.....</p> <p>Chapter 1 Profiles in Sounder Sleep 21 (3)</p> <p>The Eternal Quest: Self-Healing Then and Now 24 (3)</p> <p>The Spirit of Self-Healing 27 (2)</p> <p>My Quest for Sounder Sleep 29 (2)</p>
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Sun Mar 27	Mon Mar 28	Tue Mar 29	Wed Mar 30	Thu Mar 31		
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Chapter 1 Profiles in Sounder Sleep Questioning 31 (4) The Breath Connection 35 (2) first Results 37 (2) A Second Stream 39 (6)				
			APRIL 2022			
XX	XX	XX	XX	XX	Fri Apr 1	Sat Apr 2

					BFL 1 Class #12 Didactic BFL 11-20	
Sun Apr 3	Mon Apr 4	Tue Apr 5	Wed Apr 6	Thu Apr 7	Fri Apr 8	Sat Apr 9
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Chapter 1 Profiles in Sounder Sleep Secrets of Sounder Sleep 45 (1) Synergy 45 (3) A "Sleep Soiree" 48 (4) Word Spreads 52 (1)		BFL-2 7	BFL 1 Class #13 BFL #21 Aligning the Neck in Resistance: Index finger between the teeth BFL #22 Aligning the Lumbar: Releasing the length of the back by shortening the front	
Sun Apr 10	Mon Apr 11	Tue Apr 12	Wed Apr 13	Thu Apr 14	Fri Apr 15	Sat Apr 16

		<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p> <p>.....</p> <p>Chapter 1 Profiles in Sounder Sleep Teachers in Training 53 (2)</p> <p>Healing Sleep 55 (8)</p> <p>The Circle Widens 63 (4)</p>		-	<p>BFL 1 Class #14</p> <p>BFL #23 Narrow Pelvis: Aligning the wheels</p> <p>BFL #24 Knee Bends a Knee: Spontaneous springiness</p>	
Sun Apr 17	Mon Apr 18	Tue Apr 19	Wed Apr 20	Thu Apr 21	Fri Apr 22	Sat Apr 23

		<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p> <p>Chapter 2 How to Use This Book 67 (1)</p> <p>Learning the Mini-Moves 68 (2)</p> <p>Three Types of Mini-Moves: Relax, Calm, and Lull 70 (1)</p> <p>Tense? 71 (4)</p> <p>Nervous? 75 (5)</p>		-	<p>BFL 1 Class #15</p> <p>BFL #25 Silken Scarf along a Roller: Synchronized proportional fl excitability</p> <p>BFL #26 The Function of Creeping: Sweeping the head from side to side</p>	<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p> <p>Chapter 2 How to Use This Book</p> <p>Just Plain Sleepless? 80 (1)</p> <p>The Basic Program 81 (4)</p> <p>Further Advice and Guidance 85 (2)</p> <p>General Tips for Sounder Sleep 87 (4)</p>
Sun Apr 24	Mon Apr 25	Tue Apr 26	Wed Apr 27	Thu Apr 28	Fri Apr 29	Sat Apr 30

					<p>BFL 1 Class #16</p> <p>BFL #27 From Sitting to Standing: Consistent pace of spiralling Sitting Down on the Floor: Surrendering to gravity</p> <p>BFL #28 Knot on the Wall: Weight-bearing posture from A to Z</p>	
			MAY 2022			
Sun May 1	Mon May 2	Tue May 3	Wed May 4	Thu May 5	Fri May 6	Sat May 7

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Chapter 3 Relax Your Body 91 (1) A Path to Meaningful Change 92 (6) Variety and Spontaneity 98 (2) Guidelines for Practice of Relaxing Mini- Moves 100 (2)			BFL 1 Class #17 BFL #29 The Wrap: A loan of integration in sideways walking BFL #30 Jumping in Wrap: "Ha*3" breathing	
Sun May 8	Mon May 9	Tue May 10	Wed May 11	Thu May 12	Fri May 13	Sat May 14
					Didactic Class #18 BFL 1-30	
Sun May 15	Mon May 16	Tue May 17	Wed May 18	Thu May 19	Fri May 20	Sat May 21

		<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p> <p>Chapter 4 Calm Your Mind 159 (1)</p> <p>Why Daytime? 160 (4)</p> <p>Why Meditation? 164 (5)</p> <p>Movement Meditation: Easy, Effective, Pleasurable 169 (5)</p>			<p>Didactic Class #18</p> <p>BFL 1-30b,</p> <p>BFL I ~ Fri Jan 21 to May 20, 2022</p> <p>BFL II ~ Fri May 27 to Sep 23, 2022</p> <p>BFL III ~ Fri Sep 30, 2022 to Jan 27 2022</p>	
<p>BFL II ~ Fri May 27 to Sep 23, 2022</p> <p>BFL III ~ Fri Sep 30, 2022 to Jan 27 2022</p>						
Sun May 22	Mon May 23	Tue May 24	Wed May 25	Thu May 26	Fri May 27	Sat May 28

		<p>Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Chapter 4 Calm Your Mind Freeing Your Natural Breath 174 (4)</p> <p>Full Breathing or Deep Breathing? 178 (3)</p> <p>Breathing and Movement: Natural Partners 181 (1)</p> <p>Principles of Natural Breath 182 (1)</p> <p>Achieving a More Relaxed</p>			<p>BFL II ~ Fri May 27 to Sep 23, 2022 BFL III ~ Fri Sep 30, 2022 to Jan 27 2022</p> <p>BFL 2 Class #1</p> <p>BFL #31 Twisted Arms: Shifting the Differentiation to the Stiff Vertebrae of the Spine</p> <p>BFL #32 Hand on Head / Hand on Wall: the Head to the Chain of the Posture</p>	<p>Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Chapter 5 Lull Yourself to Sleep 232 (11)</p> <p>...</p> <p>The Rush to Sleep (and a few other ideas on this topic) 289 (11)</p>
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Sun May 29	Mon May 30	Tue May 31				
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Appendix A For Further Exploration 299-300 (2)			BFL 2 Class #2 BFL #33 Ribs Around the Steering; From Rib Cage to Rib Basket BFL #34 The Hip Joint / Bow and Arrow: Asymmetry in the Height of the Sides	
			JUNE 2022			
XX	XX	XX	Wed Jun 1	Thu Jun 2	Fri Jun 3	Sat Jun 4

				<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min Review</p>	<p>BFL 2 Class #3</p> <p>BFL #35 The Function of Pulling: Strengthening By Controlled Resistance</p> <p>BFL #36 The Function of Horizontal-Climbing: Reversing Proximal and Distal in Anti-Gravity Challenge</p>	
Sun Jun 5	Mon Jun 6	Tue Jun 7	Wed Jun 8	Thu Jun 9	Fri Jun 10	Sat Jun 11

		<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p> <p>Appendix B Mini-Moves in Brief 301-315 (15)</p> <p>About the Author 316 (1)</p>		<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p> <p>Review</p>	<p>BFL 2 Class #4</p> <p>BFL #37. Stomach Lift: Revitalization</p> <p>BFL #38. Jaw: Releasing Tension by Integrating the Pelvis</p>	
Sun Jun 12	Mon Jun 13	Tue Jun 14	Wed Jun 15	Thu Jun 16	Fri Jun 17	Sat Jun 18

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 Min First lesson of each chapter Relaxing Mini-Move #1: The Pelvic Rock		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 Min First lesson of each chapter * Calming Mini-Move # 1: L.E.S.S. Is More	BFL 2 Class #5 BFL #39. Creeping- Head under the Elbow: Loading the Skeleton from the Arm BFL #40. Rocking in One Unit: Readjusting the Spine	
Sun Jun 19	Mon Jun 20	Tue Jun 21	Wed Jun 22	Thu Jun 23	Fri Jun 24	Sat Jun 25

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 Min First lesson of each chapter * Lulling Mini-Move #1: Breath Surfing 1		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 Min Second lesson of each chapter * Relaxing Mini-Move #2: Unlocking Your Rib "Cage"	BFL 2 Class #6 Didactic BFL 31-40	Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 Min Second lesson of each chapter * Calming Mini-Move #2: Making Room (For Fuller, Freer Breathing)
Sun Jun 26	Mon Jun 27	Tue Jun 28	Wed Jun 29	Thu Jun 30		

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 Min Second lesson of each chapter * Lulling Mini-Move #2: Breath Surfing 2 (Going Deeper)		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Third lesson of each chapter * Relaxing Mini-Move #3: Lengthening One Side of Your Trunk		
			JULY 2022			
XX	XX	XX	XX	XX	Fri Jul 1	Sat Jul 2

					<p>BFL 2 Class #7</p> <p>BFL #41. Distance Between Heels Determines Stability: Charlie Chaplin Vs. Parallel Feet</p> <p>BFL #42. Goat Skipping: The Challenge of Rhythmic Anti-Gravity Motion</p>	
Sun Jul 3	Mon Jul 4	Tue Jul 5	Wed Jul 6	Thu Jul 7	Fri Jul 8	Sat Jul 9

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Third lesson of each chapter * Calming Mini-Move #3: Things Are Looking Up!		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45 - 60 Min Third lesson of each chapter * Lulling Mini-Move #3: Rocking the Cradle	BFL 2 Class #8 BFL #43. Functional Reflexology: Neurological Response: Heel / Lower Back BFL #44. Whipping a Fall into the Wall: The Power in the Wave	
Sun Jul 10	Mon Jul 11	Tue Jul 12	Wed Jul 13	Thu Jul 14	Fri Jul 15	Sat Jul 16

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Fourth lesson of each chapter * Relaxing Mini-Move #4: Slouch and Recover		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Fourth lesson of each chapter * Calming Mini-Move #4: Main Squeeze	BFL 2 Class #9 BFL #45. Frontal Rising from Lying to Sitting: Strengthening the Back Vs. the Stomach BFL #46. Weights on Ankles: Upgrading Equilibrium	
Sun Jul 17	Mon Jul 18	Tue Jul 19	Wed Jul 20	Thu Jul 21	Fri Jul 22	Sat Jul 23

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Review	BFL 2 Class #10 BFL #47. Lifting Weights- Safety First: Padded Lumbar Leans on a Wall/ Proportional Engagement of the Spine by the Trajectory of the Spiral BFL #48. Handcuffs: Closed Cycle of Isometric Resistance	Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min
Sun Jul 24	Mon Jul 25	Tue Jul 26	Wed Jul 27	Thu Jul 28	Fri Jul 29	Sat Jul 30

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Review		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min Review	BFL 2 Class #10 BFL #47. Lifting Weights- Safety First: Padded Lumbar Leans on a Wall/ Proportional Engagement of the Spine by the Trajectory of the Spiral BFL #48. Handcuffs: Closed Cycle of Isometric Resistance	
Sun Jul 31						
			AUGUST 2022			
XX	Mon Aug 1	Tue Aug 2	Wed Aug 3	Thu Aug 4	Fri Aug 5	Sat Aug 6

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 2 Class #12 Didactic BFL 2 41-50	
Sun Aug 7	Mon Aug 8	Tue Aug 9	Wed Aug 10	Thu Aug 11	Fri Aug 12	Sat Aug 13
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 2 Class #13 BFL #51. Water Carrier's Walk # 2: Coordinating Arm and Leg BFL #52. Rumba in the Strip: Proportional FlexibilitY	
Sun Aug 14	Mon Aug 15	Tue Aug 16	Wed Aug 17	Thu Aug 18	Fri Aug 19	Sat Aug 20

		<p>Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min</p>			<p>BFL 2 Class #14</p> <p>BFL #53. Narrow / Wide Shoulder Blades: The Width Axis of the Posture</p> <p>BFL #54. Hand on Hand in the Strip: Redesigning Uprightness</p>	
Sun Aug 21	Mon Aug 22	Tue Aug 23	Wed Aug 24	Thu Aug 25	Fri Aug 26	Sat Aug 27

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 2 Class #15 BFL #55. Step Up / Step Down: Proximal Mobilization BFL #56. Combing the Hair: Passive Elongating of the Neck	Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min
Sun Aug 28	Mon Aug 29	Tue Aug 30	Wed Aug 31			
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min				
			SEPTEMBER 2022			
XX	XX	XX	XX	Thu Sep 1	Fri Sep 2	Sat Sep 3

					<p>BFL 2 Class #16</p> <p>BFL #57. Getting Up by Dragging: Airplane Vs. Helicopter</p> <p>BFL #58. Running with Inclined Head: Continuity Determines Posture</p>	
Sun Sep 4	Mon Sep 5	Tue Sep 6	Wed Sep 7	Thu Sep 8	Fri Sep 9	Sat Sep 10

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 2 Class #17 BFL #59. Pillows in the Curves: Support Neutralizes Vulnerability BFL #60. Ha+3 / Ha+4 Choir in Stamping: Rhythm Stimulates Dynamic Motion	
Sun Sep 11	Mon Sep 12	Tue Sep 13	Wed Sep 14	Thu Sep 15	Fri Sep 16	Sat Sep 17
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 2 Class #18 Didactic BFL 51-60	
Sun Sep 18	Mon Sep 19	Tue Sep 20	Wed Sep 21	Thu Sep 22	Fri Sep 23	Sat Sep 24

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min				Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min
BFL III ~ Fri Sep 30, 2022 to Jan 30 2022						
Sun Sep 25	Mon Sep 26	Tue Sep 27	Wed Sep 28	Thu Sep 29	Fri Sep 30	

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #1 BFL #61. Bouncing on Elevation: Maneuvering the Surface to Effect Comfort in the Lumbar / Knees BFL #62. Foot Steps over Thigh / Finger along the Nose; Securing Continuity of Axis	
			OCTOBER 2022			
XX	XX	XX	XX	XX	XX	Sat Oct 1
Sun Oct 2	Mon Oct 3	Tue Oct 4	Wed Oct 5	Thu Oct 6	Fri Oct 7	Sat Oct 8

		<p>Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min</p>			<p>BFL 3 Class #2</p> <p>BFL #63. Hip Joint Recoil: Increasing the Range of Step</p> <p>BFL #64. The Sphincters: The Integrative Network of the Anti-Gravity Lever</p>	
Sun Oct 9	Mon Oct 10	Tue Oct 11	Wed Oct 12	Thu Oct 13	Fri Oct 14	Sat Oct 15

		<p>Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min</p>			<p>BFL 3 Class #3</p> <p>BFL #65. Bagel or Two Knots: Shortcut to Upright Standing</p> <p>BFL #66. Bridge of the Foot: The Zero Balance of the Lumbar in the Foot</p>	
Sun Oct 16	Mon Oct 17	Tue Oct 18	Wed Oct 19	Thu Oct 20	Fri Oct 21	Sat Oct 22

		<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p>			<p>BFL 3 Class #4</p> <p>BFL #67. Recovering Equilibrium: Gaining Stability by Risking It</p> <p>BFL #68. Water Carrier's Walk #3: Detachment of the Foot and the Economical Dynamics of Walking in Pendulum</p>	<p>Advanced Training for Teachers of the Sounder Sleep System™</p> <p>11:00 am Pacific</p> <p>45-60 min</p>
Sun Oct 23	Mon Oct 24	Tue Oct 25	Wed Oct 26	Thu Oct 27	Fri Oct 28	Sat Oct 29

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #5 BFL #69. The Function of Creeping: Leg Pulls aLeg BFL #70. Bouncing on One Foot: Neurological Diplomacy	
Sun Oct 30	Mon Oct 31					
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min				
			NOVEMBER 2022			
XX	XX	Tue Nov 1	Wed Nov 2	Thu Nov 3	Fri Nov 4	Sat Nov 5

					BFL 3 Class #6 Didactic BFL 3 61-70	
Sun Nov 6	Mon Nov 7	Tue Nov 8	Wed Nov 9	Thu Nov 10	Fri Nov 11	Sat Nov 12
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #7 BFL #71. Ankle in Kneeling: Reversing Roles of Center and Periphery BFL #72.Knee Relief: De- Programming Failure by Passive Mobilization	
Sun Nov 13	Mon Nov 14	Tue Nov 15	Wed Nov 16	Thu Nov 17	Fri Nov 18	Sat Nov 19

		<p>Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min</p>			<p>BFL 3 Class #8</p> <p>BFL #73. Shoulder Blades High and Low: Front / Back Interplay</p> <p>BFL #74. Squatting: Synchronized Surrender to Gravity</p>	
Sun Nov 20	Mon Nov 21	Tue Nov 22	Wed Nov 23	Thu Nov 24	Fri Nov 25	Sat Nov 26

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #9 BFL #75. Tiger Walk: Crawling with Bending Elbows BFL #76. Sliding Pelvis from Side to Side: Bridging Pelvis, Spine, Head	Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min
Sun Nov 27	Mon Nov 28	Tue Nov 29	Wed Nov 30			
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min				
			DECEMBER 2022			

XX	XX	XX	XX	Thu Dec 1	Fri Dec 2	Sat Dec 3
					<p>BFL 3 Class #10</p> <p>BFL #77. Rocking from Sitting to Lying: Preparation and Momentum Stages</p> <p>BFL #78. From Standing to Lying: Overcoming Fear of Falling</p>	
Sun Dec 4	Mon Dec 5	Tue Dec 6	Wed Dec 7	Thu Dec 8	Fri Dec 9	Sat Dec 10

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #11 BFL #79. Falling Down without Injury: Acquiring a Model of Safety BFL #80. Up and Down a Slope / Stairs: Adjusting Posture to Function	
Sun Dec 11	Mon Dec 12	Tue Dec 13	Wed Dec 14	Thu Dec 15	Fri Dec 16	Sat Dec 17
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #12 Didactic BFL 3 71-80	
Sun Dec 18	Mon Dec 19	Tue Dec 20	Wed Dec 21	Thu Dec 22	Fri Dec 23	Sat Dec 24

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #13 BFL #81. Morning Towel: Self- Adjustment BFL #82. Reaching Knees: Releasing Length of Spine	Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min
Sun Dec 25	Mon Dec 26	Tue Dec 27	Wed Dec 28	Thu Dec 29	Fri Dec 30	Sat Dec 31

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #14 BFL #83. A Trunk of a Tree: Controlled Rotation around a Vertical Roller BFL #84. Heel to Ischium: Adjusting Spine to Accommodate Hip Joint	
		Year 2023				
Sun Jan 1	Mon Jan 2	Tue Jan 3	Wed Jan 4	Thu Jan 5	Fri Jan 6	Sat Jan 7

		<p>Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min</p>			<p>BFL 3 Class #15</p> <p>BFL #85. Short Back / Long Back: Shortcut to Upright Posture</p> <p>BFL #86. Releasing the Lower Back: Variations on Knee Circles</p>	
Sun Jan 8	Mon Jan 9	Tue Jan 10	Wed Jan 11	Thu Jan 12	Fri Jan 13	Sat Jan 14

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #16 BFL #87. Yawning: Recovering Homeostasis BFL #88. Reconciliation with Hope: The Renaissance Imagery	
Sun Jan 15	Mon Jan 16	Tue Jan 17	Wed Jan 18	Thu Jan 19	Fri Jan 20	Sat Jan 21

		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #17 BFL #89. Bones for Life Hug: Mutual Empowering BFL #90. Jumping in a Circle: Collective Awareness	
Sun Jan 22	Mon Jan 23	Tue Jan 24	Wed Jan 25	Thu Jan 26	Fri Jan 27	Sat Jan 28
		Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min			BFL 3 Class #18 Didactic BFL 3 81-90	Advanced Training for Teachers of the Sounder Sleep System™ 11:00 am Pacific 45-60 min