

Calendar May 17, 2022 Thinking in Movement Studio <u>Website/Contact</u> <u>Ask questions, Choose themes and times</u> Click on a teacher's name or title of the class to sign up ~ We hope to see you soon ~ Make up classes by request							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<u>Feldenkrais</u> <u>in Japanese /</u> <u>日本語で</u> <u>with Kan</u> <u>Nishioka</u> ° A. Advanced class : Mondays 20:00 ° B. Regular class : Tuesdays 9:00 & 20:00 / Saturdays 9:00	Awareness Through Movement® <u>Rachel</u> <u>Rudansky</u> °Mon 11:00 am (Pacific)	Awareness Through Movement® <u>Katarina Halm</u> Tues & Sat 7:00 am (Pacific) *30 min	<u>Sounder Sleep</u> <u>System™</u> *45-60 min Wednesday 7 am (Pacific) *45 min	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min ° Thurs 7:00 am (Pacific)	^a BFL I ~ Fri Jan 21 - May 27 * <u>BFL II ~ Fri</u> <u>Jun 3 to Sep</u> <u>30, 2022</u> * <u>BFL III ~ Fri</u> <u>Oct 7, 2022</u> <u>to Feb 3 2023</u> * <u>Bones for</u> <u>Life® Drop-in</u> <u>by prior</u> <u>arrangement</u> *75 min ° Fri 9:45 am (Pacific) Make up classes by request ...	Awareness Through Movement® <u>Katarina Halm</u> Tues & Sat 7:00 am (Pacific) *45 min	

	<u>Focusing & Dream Appreciation</u> ° Tuesday May 24 & Saturday May 28, weekly to Aug 30 9:45 am (Pacific) * 45-60 min				<u>Focusing & Dream Appreciation</u> ° Tuesday May 24 & Saturday May 28, weekly to Aug 30 9:45 am (Pacific) * 45-60 min	
Feldenkrais® practitioners / trainees Amherst Study Group *45-60 min Pacific time ° Mon 4:00 pm ° Fri 6:30 am ° Fri 5:00 pm	<u>Sounder Sleep System™</u> Tuesday May 31, June 7. 14. 21.28. 2022 ... 4:45 pm (Pacific) *45 min		<u>Sounder Sleep System™</u> Thursday May 19, 26 2022 ... 4:45 pm (Pacific) *45 min	Feldenkrais® practitioners / trainees Amherst Study Group *45-60 min Pacific time ° Mon 4:00 pm ° Fri 6:30 am ° Fri 5:00 pm	* <u>FMI Zoom Rooms</u> * 45-60 Min 11 am Pacific 1st & 3rd Saturday...	

Website/Contact:

Ask questions, Choose themes and times

Feldenkrais® Inclusion Initiative ~ Calendar of Classes May-June, 2022 PDF

Please click on a teacher's name below to sign up for a class ~ we hope to see you soon!

[Feldenkrais® Inclusion Initiative](#) Reaching Out to More Communities

Mon	Tue	Wed	Thu	Fri	Sat		
	Katarina Halm Tues & Sat 7:00 am Pacific	Fritha Pengelly Wednesdays 6am Pacific,	Fritha Pengelly Thursdays 7:30am Pacific		Katarina Halm Tues & Sat 7:00 am Pacific		
Alice Friedman Mon 9 am Pacific				Liza Weaver Brickey Fridays tba 9 am Pacific	Peggi Honig Sat 9 am Pacific		
Dianna Dryden Mon 9 am Pacific		Jeff Haller Wed 10 am Pacific			Bobbie Ueunten Sat 10 am Pacific		
Rachel Rudansky Mon 11 am Pacific							
Bobbie Ueunten Mon & Wed 1 pm Pacific	Fritha Pengelly Tuesdays 2:15pm Pacific	Bobbie Ueunten Mon & Wed 1 pm Pacific					

		<u>Alice Friedman</u> Wed 5pm Pacific	<u>Jeff Haller</u> Thur 7 pm Pacific				
* <u>A Sounder World with Sounder Sleep System™ : 18 Lessons inspired by The Insomnia Solution © 2005 Michael Krugman M.A, GCFP / Tuesdays 4:45pm</u>							
More about <u>Bones for Life® & Movement Intelligence / Fridays</u> BFL I ~ Fri Jan 21 to May 27, 2022 * <u>BFL II ~ Fri Jun 3 to Sep 30, 2022</u> * <u>BFL III ~ Fri Oct 7, 2022 to Feb 3 2023</u> * <u>Bones for Life® Drop-in by prior arrangement</u>							
			MAY 2022				
Sun May 15	Mon May 16	Tue May 17	Wed May 18	Thu May 19	Fri May 20	Sat May 21	

			<u>Sounder Sleep System™</u> *45-60 min Wednesday 7 am (Pacific)	<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Thursday 4:45pm Chapter 4 Calm Your Mind 159 (1) Why Daytime? 160 (4) Why Meditation? 164 (5) Movement Meditation: Easy, Effective, Pleasurable 169 (5)	Didactic Class #18 BFL 1-30, BFL #19 Bouncing on the heels in rotation *75 min ° Fri 9:45 am (Pacific) Our Dates! BFL I ~ Fri Jan 21 to May 27, 2022 BFL II ~ Fri June 3 to Sep 23, 2022 BFL III ~ Fri Sep 30, 2022 to Jan 27 2022		
Sun May 22	Mon May 23	Tue May 24	Wed May 25	Thu May 26	Fri May 27	Sat May 28	

<u>Katarina</u> <u>teaching for</u> <u>Daily</u> <u>Improvement</u> <u>Collective</u> May 22, 2022 45 min ° Sunday, 10:00am (Pacific) "The wheelbarrow Lesson" inspired by Perception, Filters and Reality with Candy Conino & Jenni Evans		<u>Focusing &</u> <u>Dream</u> <u>Appreciation</u> ° Tuesday May 24 & Saturday May 28, weekly to Aug 30 9:45 am (Pacific) * 45-60 min	<u>Sounder Sleep</u> <u>System™</u> *45-60 min Wednesday 7 am (Pacific)	<u>Sounder Sleep</u> <u>System™</u> 45-60 min Pacific time: ° Thursday 4:45pm Chapter 4 Calm Your Mind Freeing Your Natural Breath 174 (4) Full Breathing or Deep Breathing? 178 (3) Breathing and Movement: Natural Partners 181 (1) Principles of Natural Breath 182 (1) Achieving a More Balanced Life 183 (1) Some Thoughts		<u>Focusing &</u> <u>Dream</u> <u>Appreciation</u> ° Tuesday May 24 & Saturday May 28, weekly to Aug 30 9:45 am (Pacific) * 45-60 min	
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Sun May 29	Mon May 30	Tue May 31	XX	XX	XX	XX	
<u>Souder Sleep System™</u> *45-60 min Sunday May 29 7 am (Pacific)		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm Appendix A For Further Exploration 299-300 (2)					
			JUNE 2022				
More about <u>Bones for Life® & Movement Intelligence / Fridays</u> * <u>BFL II ~ Fri Jun 3 to Sep 30, 2022</u> * <u>BFL III ~ Fri Oct 7, 2022 to Feb 3 2023</u> * <u>Bones for Life® Drop-in by prior arrangement</u>							
XX	XX	XX	Wed Jun 1	Thu Jun 2	Fri Jun 3	Sat Jun 4	

			<u>Souder Sleep System™</u> *45-60 min Wednesday 7 am (Pacific)		<u>BFL II ~ Fri Jun 3 to Sep 30, 2022</u> BFL 2 Class #1 BFL #31 Twisted Arms: Shifting the Differentiation to the Stiff Vertebrae of the Spine BFL #32 Hand on Head / Hand on Wall: the Head to the Chain of the Posture		
Sun Jun 5	Mon Jun 6	Tue Jun 7	Wed Jun 8	Thu Jun 9	Fri Jun 10	Sat Jun 11	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm Appendix B Mini-Moves in Brief 301-315 (15) About the Author 316 (1)			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		
Sun Jun 12	Mon Jun 13	Tue Jun 14	Wed Jun 15	Thu Jun 16	Fri Jun 17	Sat Jun 18	

	<u> </u> Sounder Sleep System™ 45-60 min Pacific time: ° Tuesdays 4:00 pm	<u>Sounder Sleep</u> <u>System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			BFL 2 Class #3 BFL #35 The Function of Pulling: Strengthening By Controlled Resistance BFL #36 The Function of Horizontal- Climbing: Reversing Proximal and Distal in Anti- Gravity Challenge		
Sun Jun 19	Mon Jun 20	Tue Jun 21	Wed Jun 22	Thu Jun 23	Fri Jun 24	Sat Jun 25	

	` 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	<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			BFL 2 Class #4 BFL #37. Stomach Lift: Revitalization BFL #38. Jaw: Releasing Tension by Integrating the Pelvis		
Sun Jun 26	Mon Jun 27	Tue Jun 28	Wed Jun 29	Thu Jun 30	XX	XX	
		<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm					
			JULY 2022				
XX	XX	XX	XX	XX	Fri Jul 1	Sat Jul 2	

					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 Jul 3	Mon Jul 4	Tue Jul 5	Wed Jul 6	Thu Jul 7	Fri Jul 8	Sat Jul 9	
		<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			BFL 2 Class #6 Didactic BFL 31-40		
Sun Jul 10	Mon Jul 11	Tue Jul 12	Wed Jul 13	Thu Jul 14	Fri Jul 15	Sat Jul 16	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			BFL 2 Class #7 BFL #41. Distance Between Heels Determines Stability: Charlie Chaplin Vs. Parallel Feet BFL #42. Goat Skipping: The Challenge of Rhythmic Anti-Gravity Motion		
Sun Jul 17	Mon Jul 18	Tue Jul 19	Wed Jul 20	Thu Jul 21	Fri Jul 22	Sat Jul 23	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			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 24	Mon Jul 25	Tue Jul 26	Wed Jul 27	Thu Jul 28	Fri Jul 29	Sat Jul 30	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			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 31	XX	XX	XX	XX	XX	XX	
			AUGUST 2022				
XX	Mon Aug 1	Tue Aug 2	Wed Aug 3	Thu Aug 4	Fri Aug 5	Sat Aug 6	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			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 Aug 7	Mon Aug 8	Tue Aug 9	Wed Aug 10	Thu Aug 11	Fri Aug 12	Sat Aug 13	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			BFL 2 Class #11 BFL #49. Knee Straightens a Knee: Seesaw of heel / toes BFL #50. Primal Swimming: Coordinating the body with the loop of he leg		
Sun Aug 14	Mon Aug 15	Tue Aug 16	Wed Aug 17	Thu Aug 18	Fri Aug 19	Sat Aug 20	
		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			BFL 2 Class #12 Didactic BFL 2 41-50		
Sun Aug 21	Mon Aug 22	Tue Aug 23	Wed Aug 24	Thu Aug 25	Fri Aug 26	Sat Aug 27	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			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 28	Mon Aug 29	Tue Aug 30	Wed Aug 31	XX	XX	XX	
		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm					
			SEPTEMBER 2022				
XX	XX	XX	XX	Thu Sep 1	Fri Sep 2	Sat Sep 3	

					BFL 2 Class #14 BFL #53. Narrow / Wide Shoulder Blades: The Width Axis of the Posture BFL #54. Hand on Hand in the Strip: Redesigning Uprightness		
Sun Sep 4	Mon Sep 5	Tue Sep 6	Wed Sep 7	Thu Sep 8	Fri Sep 9	Sat Sep 10	
		<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			BFL 2 Class #15 BFL #55. Step Up / Step Down: Proximal Mobilization BFL #56. Combing the Hair: Passive Elongating of the Neck		

Sun Sep 11	Mon Sep 12	Tue Sep 13	Wed Sep 14	Thu Sep 15	Fri Sep 16	Sat Sep 17	
		<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			BFL 2 Class #16 BFL #57. Getting Up by Dragging: Airplane Vs. Helicopter BFL #58. Running with Inclined Head: Continuity Determines Posture		
Sun Sep 18	Mon Sep 19	Tue Sep 20	Wed Sep 21	Thu Sep 22	Fri Sep 23	Sat Sep 24	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm			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 25	Mon Sep 26	Tue Sep 27	Wed Sep 28	Thu Sep 29	Fri Sep 30	XX	
		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 2 Class #18 Didactic BFL 51-60		
			OCTOBER 2022				
XX	XX	XX	XX	XX	XX	Sat Oct 1	

BFL III ~ Fri Oct 7, 2022 to Feb 3, 2023							
Sun Oct 2	Mon Oct 3	Tue Oct 4	Wed Oct 5	Thu Oct 6	Fri Oct 7	Sat Oct 8	
		<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			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		
Sun Oct 9	Mon Oct 10	Tue Oct 11	Wed Oct 12	Thu Oct 13	Fri Oct 14	Sat Oct 15	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #2 BFL #63. Hip Joint Recoil: Increasing the Range of Step BFL #64. The Sphincters: The Integrative Network of the Anti-Gravity Lever		
Sun Oct 16	Mon Oct 17	Tue Oct 18	Wed Oct 19	Thu Oct 20	Fri Oct 21	Sat Oct 22	

		<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #3 BFL #65. Bagel or Two Knots: Shortcut to Upright Standing BFL #66. Bridge of the Foot: The Zero Balance of the Lumbar in the Foot		
Sun Oct 23	Mon Oct 24	Tue Oct 25	Wed Oct 26	Thu Oct 27	Fri Oct 28	Sat Oct 29	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #4 BFL #67. Recovering Equilibrium: Gaining Stability by Risking It BFL #68. Water Carrier's Walk #3: Detachment of the Foot and the Economical Dynamics of Walking in Pendulum		
Sun Oct 30	Mon Oct 31	XXXX	XXXX	XXXX	XXXX	XXXX	
			NOVEMBER 2022				
XX	XX	Tue Nov 1	Wed Nov 2	Thu Nov 3	Fri Nov 4	Sat Nov 5	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #5 BFL #69. The Function of Creeping: Leg Pulls aLeg BFL #70. Bouncing on One Foot: Neurological Diplomacy		
Sun Nov 6	Mon Nov 7	Tue Nov 8	Wed Nov 9	Thu Nov 10	Fri Nov 11	Sat Nov 12	
		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #6 Didactic BFL 3 61-70		
Sun Nov 13	Mon Nov 14	Tue Nov 15	Wed Nov 16	Thu Nov 17	Fri Nov 18	Sat Nov 19	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			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 20	Mon Nov 21	Tue Nov 22	Wed Nov 23	Thu Nov 24	Fri Nov 25	Sat Nov 26	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #8 BFL #73. Shoulder Blades High and Low: Front / Back Interplay BFL #74. Squatting: Synchronized Surrender to Gravity		
Sun Nov 27	Mon Nov 28	Tue Nov 29	Wed Nov 30	XXXX	XXXX	XXXX	
		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm					
			DECEMBER 2022				
XX	XX	XX	XX	Thu Dec 1	Fri Dec 2	Sat Dec 3	

					BFL 3 Class #9 BFL #75. Tiger Walk: Crawling with Bending Elbows BFL #76. Sliding Pelvis from Side to Side: Bridging Pelvis, Spine, Head		
Sun Dec 4	Mon Dec 5	Tue Dec 6	Wed Dec 7	Thu Dec 8	Fri Dec 9	Sat Dec 10	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #10 BFL #77. Rocking from Sitting to Lying: Preparation and Momentum Stages BFL #78. From Standing to Lying: Overcoming Fear of Falling		
Sun Dec 11	Mon Dec 12	Tue Dec 13	Wed Dec 14	Thu Dec 15	Fri Dec 16	Sat Dec 17	

		<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			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 18	Mon Dec 19	Tue Dec 20	Wed Dec 21	Thu Dec 22	Fri Dec 23	Sat Dec 24	
		<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #12 Didactic BFL 3 71-80		
Sun Dec 25	Mon Dec 26	Tue Dec 27	Wed Dec 28	Thu Dec 29	Fri Dec 30	Sat Dec 31	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #13 BFL #81. Morning Towel: Self- Adjustment BFL #82. Reaching Knees: Releasing Length of Spine		
		Year 2023					
Sun Jan 1	Mon Jan 2	Tue Jan 3	Wed Jan 4	Thu Jan 5	Fri Jan 6	Sat Jan 7	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			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		
Sun Jan 8	Mon Jan 9	Tue Jan 10	Wed Jan 11	Thu Jan 12	Fri Jan 13	Sat Jan 14	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #15 BFL #85. Short Back / Long Back: Shortcut to Upright Posture BFL #86. Releasing the Lower Back: Variations on Knee Circles		
Sun Jan 15	Mon Jan 16	Tue Jan 17	Wed Jan 18	Thu Jan 19	Fri Jan 20	Sat Jan 21	
		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #16 BFL #87. Yawning: Recovering Homeostasis BFL #88. Reconciliation with Hope: The Renaissance Imagery		
Sun Jan 22	Mon Jan 23	Tue Jan 24	Wed Jan 25	Thu Jan 26	Fri Jan 27	Sat Jan 28	

		<u>Souder Sleep System™</u> 45-60 min Pacific time: ° Tuesdays 4:00 pm			BFL 3 Class #17 BFL #89. Bones for Life Hug: Mutual Empowering BFL #90. Jumping in a Circle: Collective Awareness		
Sun Jan 29	Mon Jan 30	Tue Jan 31	XX	XX	XX	XX	
XX	XX	XX	Wed Feb 1	Thu Feb 2	Fri Feb 3	Sat Feb 4	
					BFL 3 Class #18 Didactic BFL 3 81-90		
More about <u>Bones for Life® & Movement Intelligence / Fridays</u> 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 2023							