

Calendar 2022

Thinking in Movement Studio & Feldenkrais® Inclusion Initiative

[Feldenkrais® Inclusion Initiative ~ Calendar of Classes 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 688B49	Thu	Fri	Sat
		Katarina Halm Tues & Sat 7:00 am Pacific	Fritha Pengelly Wednesdays 6am Pacific,	Fritha Pengelly Wednesdays 6am 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					

	<u>Bobbie Ueunten</u> Mon & Wed 1 pm Pacific	<u>Fritha Pengelly</u> Tuesdays 2:15pm Pacific	<u>Bobbie Ueunten</u> Mon & Wed 1 pm Pacific			
			<u>Alice Friedman</u> Wed 5pm Pacific	<u>Jeff Haller</u> Thur 7 pm Pacific		

Thinking in Movement Studio Calendar

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

	Mon	Tue	Wed	Thu	Fri	Sat
<u>Feldenkrais in Japanese / 日本語で with Kan Nishioka</u> ° A. Advanced class : Mondays 20:00 ° B. Regular		<u>Awareness Through Movement®</u> <u>Katarina Halm</u> Tues & Sat 7:00 am (Pacific) *30 min		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line</u> <u>Commentary on Aristotle's De Anima</u> *60 min ° Thurs 7:00 am (Pacific)	<u>Amherst Study Group</u> <u>Feldenkrais® practitioners / trainees</u> *45-60 min Pacific time ° Mon 4:00 pm ° Fri 6:30 am ° Fri 5:00 pm	<u>Awareness Through Movement®</u> <u>Katarina Halm</u> Tues & Sat 7:00 am (Pacific) *45 min

class : Tuesdays 9:00 & 20:00 / Saturdays 9:00 西岡寛 < somatic_education@mac.com >		<u>Focusing & Dream Appreciation</u> ° Tuesday May 24 weekly to Aug 30 9:45 am (Pacific) * 45-60 min			° <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</u> *75 min ° Fri 9:45 am (Pacific) Make up classes by request ...	<u>Focusing & Dream Appreciation</u> ° Saturday June 11, weekly to Aug 30 9:45 am (Pacific) * 45-60 min
	<u>Bones for Life® Didactic Practice</u> ° Daily except Sundays 1:00 pm (Pacific) * 45-60 min	<u>Bones for Life® Didactic Practice</u> ° Daily except Sundays 1:00 pm (Pacific) * 45-60 min	<u>Bones for Life® Didactic Practice</u> ° Daily except Sundays 1:00 pm (Pacific) * 45-60 min	<u>Bones for Life® Didactic Practice</u> ° Daily except Sundays 1:00 pm (Pacific) * 45-60 min	<u>Bones for Life® Didactic Practice</u> ° Daily except Sundays 1:00 pm (Pacific) * 45-60 min	<u>Bones for Life® Didactic Practice</u> ° Daily except Sundays 1:00 pm (Pacific) * 45-60 min

	<u>Amherst Study Group</u> Feldenkrais® practitioners / trainees *45-60 min Pacific time ° Mon 4:00 pm ° Fri 6:30 am ° Fri 5:00 pm	<u>Sounder Sleep System™</u> Tuesday 4:45 pm (Pacific) *45 min			<u>Amherst Study Group</u> Feldenkrais® practitioners / trainees *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...
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More about Bones for Life® & Movement Intelligence / Fridays
 * BFL II ~ Fri Jun 3 to Sep 30, 2022
 * BFL III ~ Fri Oct 7, 2022 to Feb 3 2023
 * Bones for Life® Drop-in by prior arrangement

* A Sounder World with Sounder Sleep System™ : 18 Lessons inspired by The Insomnia Solution © 2005 Michael Krugman M.A, GCFP / Tuesdays 4:45pm

			JUNE 2022			
XX	XX	Tue May 31	Wed Jun 1	Thu Jun 2	Fri Jun 3	Sat Jun 4

		<p>Tue May 31 <u>Sounder Sleep System™</u></p> <p>45-60 min Pacific time: ° Tuesday 4:45pm</p> <p><i>Chapter 4 Calm Your Mind</i></p> <p>Freeing Your Natural Breath 174 (4)</p>			<p><u>BFL II ~ Fri Jun 3 to Sep 30, 2022</u></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>	
Sun Jun 5	Mon Jun 6	Tue Jun 7	Wed Jun 8	Thu Jun 9	Fri Jun 10	Sat Jun 11

		<u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm <i>Chapter 4 Calm Your Mind</i> Full Breathing or Deep Breathing? 178 (3)			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	<u>Focusing & Dream Appreciation</u> ° Saturday June 11, weekly to Aug 30 9:45 am (Pacific) * 45-60 min
Sun Jun 12	Mon Jun 13	Tue Jun 14	Wed Jun 15	Thu Jun 16	Fri Jun 17	Sat Jun 18

	<p>_____</p> <p>Sounder Sleep System™</p> <p>45-60 min</p> <p>Pacific time: ° Tuesdays 4:00 pm</p>	<p><u>Sounder Sleep System™</u></p> <p>45-60 min</p> <p>Pacific time: ° Tuesday 4:45pm</p> <p><i>Chapter 4 Calm Your Mind</i></p> <p>Breathing and Movement: Natural Partners 181 (1)</p> <p>Principles of Natural Breath 182 (1)</p> <p>Achieving a More Balanced Life 183 (1)</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 19	Mon Jun 20	Tue Jun 21	Wed Jun 22	Thu Jun 23	Fri Jun 24	Sat Jun 25

		<p><u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm</p> <p><i>Chapter 4 Calm Your Mind</i> Some Thoughts on Eyes 184 (3)</p> <p>Your Daily Practice of the Calming Mini-Moves 187 (1)</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 26	Mon Jun 27	Tue Jun 28	Wed Jun 29	Thu Jun 30	XX	XX
		<p><u>Sounder Sleep System™</u> 45-60 min Pacific time: ° Tuesday 4:45pm</p>				

			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>Souder 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

					<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 Sep 4	Mon Sep 5	Tue Sep 6	Wed Sep 7	Thu Sep 8	Fri Sep 9	Sat Sep 10

		<u>Souder 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>Souder 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>Sounder 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>Souder 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>Sounder 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

					<p>BFL 3 Class #9</p> <p>BFL #75. Tiger Walk: Crawling with Bending Elbows</p> <p>BFL #76. Sliding Pelvis from Side to Side: Bridging Pelvis, Spine, Head</p>	
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>Souder 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>Souder 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 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 2023