

**\* A Sounder World with Sounder Sleep System™**

**18 Lessons ~ Thinking in Movement Studio**

Inspired by The Insomnia Solution: The Natural, Drug-Free Way to a Good Night's Sleep

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' L.E.S.S. is More ~ Light Easy Soft Slow '

~ Michael Krugman founder of the Sounder Sleep System™

**INTRODUCTION: WHY AMERICA CAN'T SLEEP .....**

**CHAPTER 1 PROFILES IN SOUNDER SLEEP .....**

**CHAPTER 2 HOW TO USE THIS BOOK .....**

**CHAPTER 3 RELAX YOUR BODY .....**

- \* Relaxing Mini-Move #1: The Pelvic Rock ...
- \* Relaxing Mini-Move #2: Unlocking Your Rib "Cage" ...
- \* Relaxing Mini-Move #3: Lengthening One Side of Your Trunk ...
- \* Relaxing Mini-Move #4: Slouch and Recover ...
- \* Relaxing Mini-Move #5: Painting the Air (Freeing Your Arms for Action) ..
- \* Relaxing Mini-Move #6: To Banish Neck and Shoulder Tension: Hang Loose!

**CHAPTER 4 CALM YOUR MIND .....**

- \* Calming Mini-Move # 1: L.E.S.S. Is More  
(For Deep Relaxation, Breathe Fully Rather than Deeply)
- \* Calming Mini-Move #2: Making Room (For Fuller, Freer Breathing)
- \* Calming Mini-Move #3: Things Are Looking Up!
- \* Calming Mini-Move #4: Main Squeeze
- \* Calming Mini-Move #5: A Twist of the Wrists  
(Movement Meditation for Daytime Relaxation)
- \* Calming Mini-Move #6: Touching Your Heart

**CHAPTER 5 LULL YOURSELF TO SLEEP .....**

- \* Lulling Mini-Move #1: Breath Surfing 1
- \* Lulling Mini-Move #2: Breath Surfing 2 (Going Deeper)
- \* Lulling Mini-Move #3: Rocking the Cradle
- \* Lulling Mini-Move #4: Tongue in Cheek
- \* Lulling Mini-Move #5: The Ziggurat
- \* Lulling Mini-Move #6: Welcoming Sleep with Open Arms (Instead of Pacing the Floor)

**APPENDIX A: FOR FURTHER EXPLORATION .....**

**APPENDIX B: MINI-MOVES IN BRIEF .....**

**ABOUT THE AUTHOR**

With all best wishes and devotion to learning.

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<https://thinkinginmovement.ca> and <https://coronaplaza.life/webinars/>

\* A Sounder World with Sounder Sleep System™ /

**18 Lessons** from Michael Krugman's Book **LESSON NOTES AND LINKS**.pages

**CHAPTER 3 RELAX YOUR BODY .....**

\* **Relaxing Mini-Move #4: Slouch and Recover ...**

**CHAPTER 4 CALM YOUR MIND .....**

\* **Calming Mini-Move #6: Touching Your Heart**

\* **Touching Your Heart Calming Mini-Move™ #6**, page 227/ The Insomnia Solution © 2005 by Michael Krugman / typed from the book by Katarina Halm

**CHAPTER 5 LULL YOURSELF TO SLEEP .....**

\* **Lulling Mini-Move #4: Tongue in Cheek**

**CHAPTER 3 RELAX YOUR BODY .....**

- \* Relaxing Mini-Move #1: The Pelvic Rock ...
- \* Relaxing Mini-Move #2: Unlocking Your Rib "Cage" ...
- \* Relaxing Mini-Move #3: Lengthening One Side of Your Trunk ...
- \* Relaxing Mini-Move #4: Slouch and Recover ...

**LESSON NOTES AND LINKS**

- \* Relaxing Mini-Move #5: Painting the Air (Freeing Your Arms for Action) ..
- \* Relaxing Mini-Move #6: To Banish Neck and Shoulder Tension: Hang Loose!

**CHAPTER 4 CALM YOUR MIND .....**

- \* Calming Mini-Move # 1: L.E.S.S. Is More  
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**LESSON NOTES AND LINKS**
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- \* Lulling Mini-Move #4: Tongue in Cheek

~ REGISTRATION ~

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### EN ESPAÑOL

- \* Sabrina Castillo Gallusser ~ Feldenkrais En Español
- \* Alfo Humano ~Leera Gendlin En Español
- \* Luis Flores ~ Feldenkrais En Español

### FELDENKRAIS®

- \* Katarina Halm, Luis Flores, Minal S, Marie-Paule Wiley, Rachel Rudansky, Yesim Alic
- \* FGNA Online Annual Conference 2021
  - \* [Friday, September 10](#)
  - \* [Saturday, September 11](#)
  - \* [Sunday, September 12, 2021](#)

### MOVEMENT INTELLIGENCE

- \* Bones for Life®  
Luis Flores (TT), Minal S. (TT), Rachel Rudansky (TT), Yesim Alic (TT)  
Teachers: Marie-Paule Wiley, Katarina Halm
- \* FMI Zoom Room

### FOCUSING & PHILOSOPHY OF THE IMPLICIT

- \* Basic Focusing & Experiential Philosophy Katarina Halm
- \* Gendlin Line by Line Commentary ~ Aristotle's De Anima
- \* Neil Dunaetz: Science, Gendlin's Process Model, Climate Change

### STUDIO LINKS

- \* [Contributions to the studio](#)
- \* [Your wishes, what works well, suggest improvements](#)

### STUDIO FACEBOOK PAGES

- \* [Amherst Study Group for Feldenkrais® Practitioners and Trainees](#)
- \* [Focusing at Thinking in Movement Studio](#)
- \* [Movement Intelligence & Mindful Eating at Thinking in Movement Studio](#)

## PROGRAMMES

### EN ESPAÑOL

En Español Feldenkrais

\* Sept 7, 14, 21, 28, 2021

° Tuesdays ° 3:30 pm Pacific \* one hour

\* [Sabrina Castillo Gallusser \(Guatemala\) Método Feldenkrais, lecciones de Conciencia a través del movimiento PDF](#)

Page: [Método Feldenkrais En Español](#)

Reference: [Aprende a aprender de Moshé Feldenkrais](#)

En Español Focusing Leera Gendlin

\* [En Español LeeraGendlin Invitacion \(Focusing continues learning Alfo Humano\)](#)

Posible remanso intelectual. Nuevos conceptos, para un nuevo cuerpo. Actividades!

Alfo, Sincronía es Propósito, Focusing Trainer.

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

— Yesim Alic, PhD Candidate, Feldenkrais Practitioner, Sounder Sleep System™ Teacher, May 2021

## FELDENKRAIS

**AWARENESS THROUGH MOVEMENT® LESSON WITH RACHEL RUDANSKY**

° Mondays ° 11:00 am Pacific \*45-60 min

**AWARENESS THROUGH MOVEMENT® ~ SELF IMAGE, BODY IMAGE, BODY SCHEMA**

° Fridays ° 10:00 am Pacific \*45-60 min with Yesim Alic & Katarina Halm

**AMHERST STUDY GROUP**

For Feldenkrais® practitioners and trainees ° October 2, 8, 26, 2, 29, 2020 ... continuing weekly Fridays ° 7:00 am Pacific \*45-60 min

## REFERENCES

[Learn to Learn by Moshe Feldenkrais](#)

[Aprende a aprender de Moshé Feldenkrais](#)

[Dianne Henneman Interview 2021](#)

[Feldenkrais® Awareness Through Movement®](#)

[Amherst Study Group](#)

“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 at Corona Plaza Life. 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](http://www.alfohumano.com.ar)

“These Feldenkrais classes have really helped me get in touch with my body, learn what it needs, how to calm my nervous system, and to ignite my innate energy. Thank you so much for all the presence, attention, and teaching you have done. I really appreciate it.”

— Laurie Brill, New Mexico

## FOCUSING & PHILOSOPHY OF THE IMPLICIT

### BASIC FOCUSING

° Saturdays ° 6:00 am Pacific \*45-60 min

<https://thinkinginmovement.ca/focusing/>

### EXPERIENTIAL PHILOSOPHY

\* [Experiential Philosophy ~ Gendlin Reading Group](#)

Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima

° Thursdays ° 7:00 am Pacific \*60 min

[Ginsburg reading group, The Intelligence of Moving Bodies:](#)

° 2nd Saturdays ° 4 pm Pacific \*60 min

Sept 11, Oct 9, Nov 13, Dec 11, 2020

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

## MOVEMENT INTELLIGENCE

### BONES FOR LIFE® 3

continues to September 28, 2021

° Thursdays ° 10:30 am Pacific \*60 min

### BONES FOR LIFE 1

continues to September 18, 2021

° Saturdays ° 7:00 am Pacific \*60 min

<https://thinkinginmovement.ca/bones-for-life/>

### FMI ZOOM ROOM

° 1st & 3rd Saturdays ° 11:00 am Pacific \*45 min

<https://thinkinginmovement.ca/fmi-zoom-rooms/>

<https://thinkinginmovement.ca/fmi-zoom-room-study/>

#### Contributions to the studio

Your contributions and work study help the studio projects to continue!

Testimonials and let us know your wishes ...

Tsippy Ganan, the chairperson of the Israeli Feldenkrais Guild, informal YouTube video  
following Moshé Feldenkrais's footsteps

from the time he arrived in Tel Aviv

Please give credit to the Israeli Guild when you share the link:

<https://youtu.be/L3tyFfZyoN0>

### STUDIO FACEBOOK PAGES (URL)

Focusing at Thinking in Movement Studio

<https://www.facebook.com/Focusing-at-Thinking-in-Movement-Studio-197621400833684>

Movement Intelligence & Mindful Eating at Thinking in Movement Studio <https://www.facebook.com/Mindful-Eating-at-Thinking-in-Movement-Studio-2090919200925808>

Amherst Study Group for Feldenkrais® Practitioners and Trainees

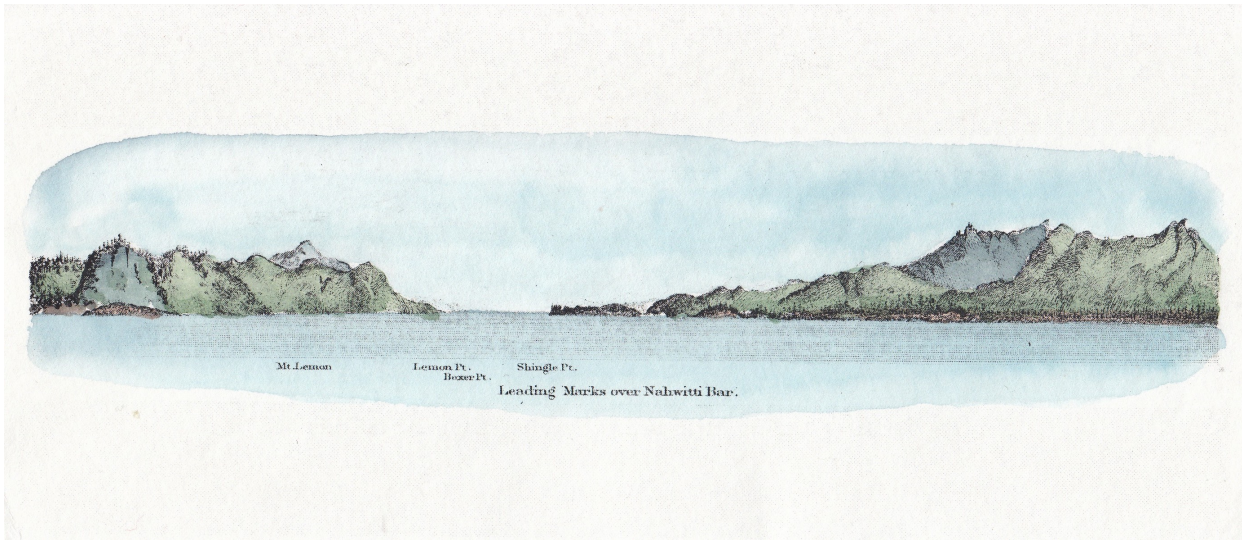
<https://www.facebook.com/groups/426724554351739>

With all best wishes and devotion to learning.

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<https://thinkinginmovement.ca> and <https://coronaplaza.life/webinars/>



"This view, Leading Marks over Nahwitti Bar, was engraved after a sketch taken during the survey of Queen Charlotte Sound by H.M.S. Plumper & Hecate in 1860 to 1863 and published in the Second Edition of the Alaska Coast Pilot (including sailing directions for the Inside Passage through British Columbia) in 1883." — George Dyson

### CREDITS

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