

A Sounder World with Sounder Sleep
System™ 15-hour workshop Aug 26-28, 2022

REGISTRATION

For everyone

- ✧ Refine your patterns of waking and sleeping
- ✧ Mutual support ✧ Collaborations ✧ Balance and Ease ✧
- ✧ Enhance your professional practice as a therapist or teacher
- ✧ Continuing Education Credits (CEC) and Professional Development

L.E.S.S. LIGHT, EASY, SOFT, SLOW... LESS IS MORE — MICHAEL KRUGMAN

[Sounder Sleep System® Teacher Training with Paris Kern](#)

[Sounder Sleep System™ with Katarina Halm, Thinking in Movement Studio](#)

- ✧ "Katarina's skills in listening, supporting and encouraging colleagues are a great talent. I applaud her dedication to furthering both Feldenkrais® and Sounder Sleep System™"
— Paris Kern December 2021

Invitation developed by Katarina Halm, designed by Rosie Casciero 2021. Sounder Sleep System™ Founder: Michael Krugman, M.A., Feldenkrais Teacher; Copyright© Paris Kern, Feldenkrais Trainer

