

A Sounder World with Sounder Sleep System™  
15-hour workshop & Weekly Practice

Sign up links: 3 pm - 9 pm Pacific Sept 17-19, 2022 (Sat - Mon)  
10 am - 4 pm Pacific Oct 8-10, 2022 (Sat - Mon)

(six hours daily / one-hour lunch)

REGISTRATION (ALL)

- ✧ 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 Hours (PDH)

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

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



Please click for your time: 6 hours each day (one hour lunch)

3 pm - 9 pm Pacific Sat-Mon Sept 17-19, 2022

10 am - 4 pm Pacific Sat - Mon Oct 8-10, 2022

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

Copyright © 2005 by Michael Krugman MA. GCFP '1

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