

# Thinking in Movement Autumn 2022

## CONTACT

### Feldenkrais® Inclusion Initiative Reaching Out to More Communities

[Feldenkrais® Inclusion Initiative Calendar PDF](#)

[Feldenkrais® Inclusion Initiative Slides](#)

[Website: https://feldenkraisinclusioninitiative.org](https://feldenkraisinclusioninitiative.org)

Our mission: To make Feldenkrais classes accessible to communities who have not had the opportunity to experience this work, including, but not limited to, younger and more racially diverse people. The transformative aspects of the Feldenkrais Method which include improving self-awareness, and finding a sense of well-being and empowerment are the birthright of all people and should be shared as widely as possible.

— Our project is a program of The Feldenkrais Educational Foundation of North America (FEFNA) (

<https://www.feldenkraiguild.com/feffa>), part of the Feldenkrais® Legacy Forum (FLF), in Beta Testing with the Younger and More Diverse (YMD) Working Group.

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

Awareness Through Movement® Class 'no charge' or 'pay what you can'

| Mon   | Tue   | Wed   | Thu  | Fri  | Sat   |
|---|---|---|--|--|---|
|   | <u><a href="#">Katarina Halm</a></u><br>Tuesday<br>7:00 am Pacific                  | <u><a href="#">Fritha Pengelly</a></u><br>Wednesday<br>6am Pacific                            | <u><a href="#">Fritha Pengelly</a></u><br>Wednesday<br>6am Pacific |  |   |
| <u><a href="#">Alice Friedman</a></u><br>resumes Mon<br>Sept 12, 2022<br>9 am Pacific |   |   |  | <u><a href="#">Liza Weaver Brickey</a></u><br>Friday<br>9 am Pacific | <u><a href="#">Peggi Honig</a></u><br>Saturday<br>9 am Pacific      |
| <u><a href="#">Dianna Dryden</a></u><br>Monday<br>9 am Pacific                        |   | <u><a href="#">Jeff Haller</a></u><br>Wednesday<br>10 am Pacific                              |  |  | <u><a href="#">Bobbie Ueunten</a></u><br>Saturday<br>10 am Pacific  |
| <u><a href="#">Rachel Rudansky</a></u><br>Monday<br>11 am Pacific                     | <u><a href="#">Peggi Honig</a></u><br>Tuesday<br>Noon Pacific                       | <u><a href="#">Peggi Honig</a></u><br>Wednesday<br>10:30 am Pacific                           |  | <u><a href="#">Peggi Honig</a></u><br>Friday<br>Noon Pacific         |   |
| <u><a href="#">Bobbie Ueunten</a></u><br>Mon & Wed<br>1 pm Pacific                    | <u><a href="#">Fritha Pengelly</a></u><br>Tuesday 2:15pm<br>Pacific                 | <u><a href="#">Bobbie Ueunten</a></u><br>Mon & Wed<br>1 pm Pacific                            |  |  | <u><a href="#">Katarina Halm</a></u><br>Saturday<br>3:00 pm Pacific |
|   | <u><a href="#">Paris Kern</a></u><br>resumes Tuesday<br>Oct 12, 2022<br>3pm Pacific | <u><a href="#">Alice Friedman</a></u><br>resumes<br>Wednesday<br>Sept 14, 2022<br>5pm Pacific | <u><a href="#">Jeff Haller</a></u><br>Thursday<br>7 pm Pacific     |  |   |

## Featured colleagues

### FELDENKRAIS IN JAPANESE / 日本語で WITH KAN NISHIOKA

° A. ADVANCED CLASS : MONDAYS 20:00 JST.

° B. Regular class : Tuesdays 9:00 & 20:00 JST/ Saturdays 9:00 JST.

西岡寛 <somatic\_education@mac.com>

### AN EMPOWERED APPROACH TO PELVIC HEALTH



Fritha Pengelly, M.F.A., GCFPCM and  
Ruth Ever, MPH, Whole Woman® Practitioner  
Online Workshop

Sunday, Sept 11 or Dec 4, 2022,  
9:00 am--12:30 pm Pacific time

A 25-min private session with both Fritha and Ruth  
will be included in the workshop fee and scheduled  
separately \* [An article by Fritha and Ruth for the  
FGNA Annual Conference](#)

\* [Download Fritha's and Ruth's workshop flyer!](#)

## FGNA Online Annual Conference 2022

Feldenkrais Guild of North America

Honouring the Past, Embracing the Present, & Reaching to the Future

\* [Friday, September 30, 2022](#) \* [Saturday, October 1, 2022](#) \* [Sunday, October 2, 2022,](#)



### AoP - The Art Of Prayer

An online interactive workshop with  
Dana Ganihar and Baruch Brener

Tuesday, September 20, 2022

8am-9:30am Pacific Time Convert to your time zone

[Please click to learn more and register](#)

Dana Ganihar's and Baruch Brener's current cycle of teaching includes 'Practicing a Living Model'. Dana and Baruch present beautifully and clearly, guiding our learning gradually and deeply. Their remarkable scholarship and kindness become a support through varied processes. Each participant is given a full voice or a quiet place within the circle. The Art of Prayer (AoP) is a true oasis and inspiration for staying close to the principles we live by. " — Katarina Halm, M.A., Thinking in Movement, August 2022

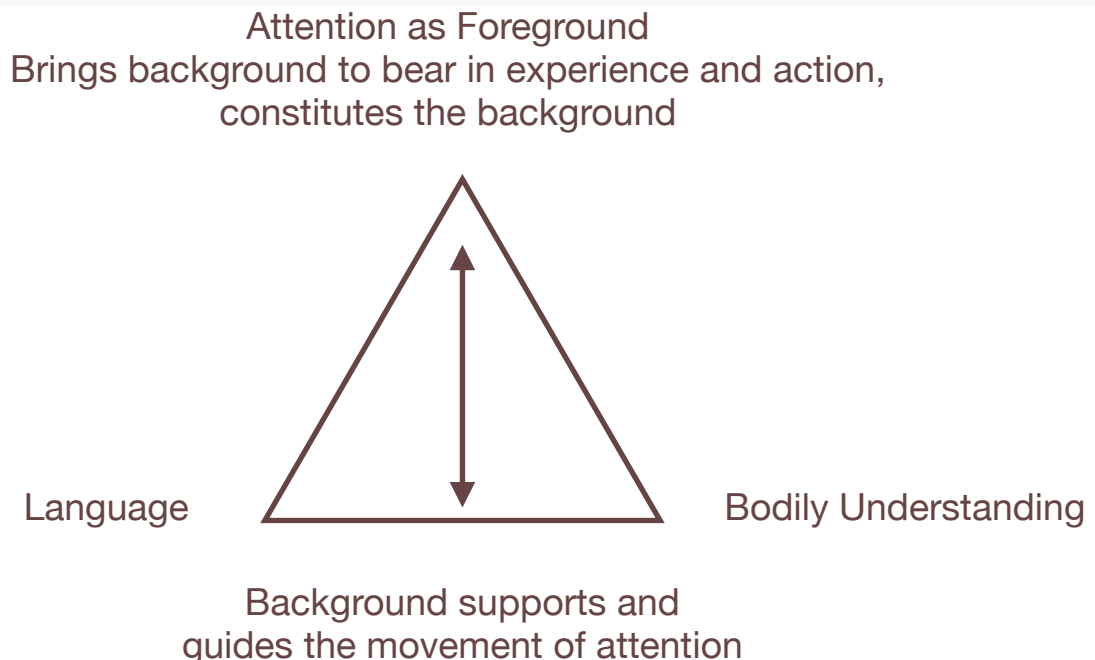
*“Presence, Bodily Understanding, and Language” Movement Practices for  
Sonder Sleep and a More Peaceful World ~ Hermeneutical Circle*

\* Wednesday, October 5, 2022, at Noon Pacific time with Lawrence Berger and Katarina Halm \*60 min

REGISTRATION 'Polyvagal Mutual Support'

\* Your Questions or Comments

Figure 2 Mutual Support © Draft Chapter 3 The Hermeneutical Circle. Lawrence Berger 2022



**Presence, Bodily Understanding, and Language are Mutually Supportive**

- \* Mutual Support for and by Participants Here and Now
- \* Feldenkrais® Movement Principles to Adapt and Grow Autonomously
- \* Practice Allowing Your Nervous System to Rest and Restore itself.
- \* Discover Resonance in Movement and Philosophical Patterns

"There is an uncountable number of processes which make up the implicit understanding, which Gendlin refers to as a coordinated or unseparated multiplicity because they “cross” with one another due to how each process interaffects the others depending on the relevance of the occurrence to each."

"Of particular interest is the sophistication of the implicit understanding, which incorporates a wide variety of possible behaviors and the effect of each on the other in any given situation. " ...

"The implicit understanding implies that a certain event will occur at the center of attention, but whether that indeed occurs depends on body-environmental conditions being suitable for that occurrence."

—Lawrence Berger © 2022 Chapter 3 The Hermeneutical Circle.

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

- ✧ 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.



PDF

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 '

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

## WEEKLY CLASSES ~ THINKING IN MOVEMENT

|   | Mon   | Tue  | Wed  | Thu (Fri)   | Fri   | Sat (Fri)  |
|---|---|--|--|---|---|--|
| <u>Feldenkrais in Japanese / 日本語</u><br><u>で with Kan Nishioka</u><br>° A. Advanced class : Mondays<br>20:00<br>° B. Regular class : Tuesdays 9:00<br>& 20:00 / Saturdays 9:00<br>西岡寛<br><a href="mailto:somatic_education@mac.com">&lt;somatic_education@mac.com&gt;</a> |   | Awareness<br>Through<br>Movement®<br><u>Katarina Halm</u><br>Tuesday<br>*30 min<br>7:00 am<br>(Pacific)<br><a href="#"><u>Sign up link</u></a> |  | Reading Group:<br>Eugene T.<br>Gendlin Line by<br>Line<br>Commentary on<br>Aristotle's De<br>Anima<br>*60 min<br>Thurs 7:00 am<br>(Pacific)<br><a href="#"><u>Sign up link</u></a>  |   | <u>FMI Zoom</u><br><u>Rooms</u><br>45-60 Min<br>11 am Pacific<br>1st & 3rd<br>Saturdays<br><a href="#"><u>Sign up link</u></a>             |
|   |   |  |  |   | Bones for Life® & Movement<br><u>Intelligence</u> * BFL II ~ Fri May 27<br>to Sep 23; Fri Nov 4, 2022<br>* BFL III ~ Fri Nov 11, 2022 to Fri<br>Mar 10, 2023 (skip Nov 25, 2022<br>Dec 23, 30, 2023)<br>*75 min ° Fri 10:00 am (Pacific)<br><a href="#"><u>Sign up link</u></a> |  |
|   | <u>A Sounder</u><br><u>World with</u><br><u>Sounder Sleep</u><br><u>System™</u><br><i>Resumes Sept</i><br><i>19, 2022</i><br>Tuesday<br>4:00 pm<br>(Pacific)<br>*45 min<br><a href="#"><u>Sign up link</u></a>              |  |  | <u>Focusing</u><br>Fridays<br>3:00 pm Pacific<br>* one hour<br><u>Focusing Level 2 Sept 9-30, 2022</u><br><u>Focusing Level 3 Oct 7-28, 2022</u><br><u>Focusing Level 4 Nov 4-25, 2022</u><br>(Leading to <u>The "Proficiency in</u><br><u>Focusing Partnership Award"</u> (PFP<br><u>Award</u> )<br><a href="#"><u>Sign up links above</u></a> |   |  |
|   | <u>Amherst Study</u><br><u>Group</u><br>Feldenkrais®<br>practitioners /<br>trainees<br><i>Resumes Sept</i><br><i>19, 2022</i><br>*45-60 min<br>Mon, Wed, Fri<br>5:00 pm<br>(Pacific)<br><a href="#"><u>Sign up link</u></a> |  | <u>Amherst</u><br><u>Study Group</u><br>Feldenkrais®<br>practitioners /<br>trainees<br><i>Resumes Sept</i><br><i>19, 2022</i><br>*45-60 min<br>Mon, Wed,<br>Fri 5:00<br>pm<br>(Pacific)<br><a href="#"><u>Sign up link</u></a> | Focusing &<br>Dream<br>Appreciation 12<br>Weeks Sept 8 -<br>Nov 24, 2022<br><u>Information</u><br>Thursday<br>4:00 pm<br>(Pacific)<br>* one<br><a href="#"><u>Sign up link</u></a>  | <u>Amherst Study</u><br><u>Group</u><br>Feldenkrais®<br>practitioners /<br>trainees<br><i>Resumes Sept</i><br><i>19, 2022</i><br>*45-60 min<br>Mon, Wed, Fri<br>5:00 pm<br>(Pacific)<br><a href="#"><u>Sign up link</u></a>   | Awareness<br>Through<br>Movement®<br><u>Katarina Halm</u><br>Saturday<br>3:00 pm Pacific<br>*45 min<br><a href="#"><u>Sign up link</u></a> |

## MONTHLY ~ THINKING IN MOVEMENT

2ND THURS Focusing Changes Group: Sept 8, Oct 9, Nov 11, Dec 9, 2022 ° 2nd Thursdays ° 3 pm Pacific \*  
 \*45 min [Sign up link](#) *let us know your wishes*

2ND SAT Focusing Changes Group: Sept 10, Oct 9, Nov 13, Dec 11, 2022 ° 2nd Saturdays ° 4 pm Pacific \*  
 \*45 min [Sign up link](#) *let us know your wishes*

Ginsburg reading group, The Intelligence of Moving Bodies:  
 ° 1st Saturday ° 4 pm Pacific Oct 1, Nov 5 Dec 3, 2022  
 \*45 min [Sign up Link](#) *let us know your wishes*

Mindful Eating - Movement Intelligence  
 ° 3rd Saturday ° 4 pm Pacific Sept 17, Oct 15, Nov 19, Dec 17, 2022  
 \*45 min [Sign up link](#): *let us know your wishes*

Thinking in Movement Studio Circle  
 Sept 24, Oct 22, Nov 26, Dec 24, 2022  
 ° 4th Saturday ° 4 pm Pacific  
 \*45 min [Sign up link](#) *let us know your wishes*

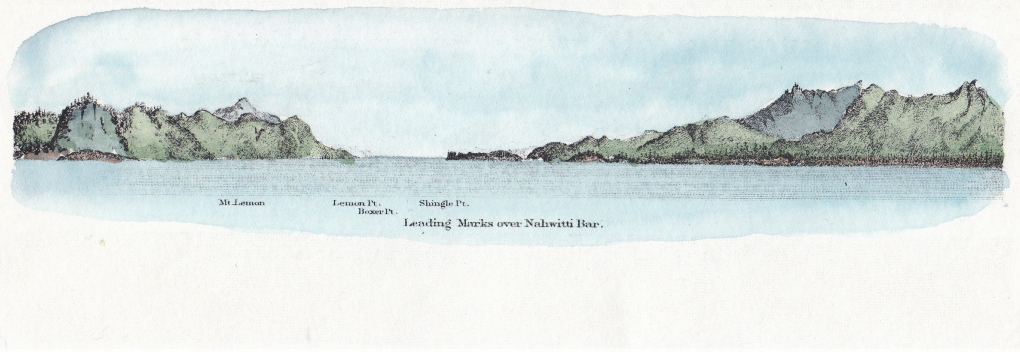
## QUARTERLY ~ THINKING IN MOVEMENT

Movement Practices for Sounder Sleep and a More Peaceful World ~ Hermeneutical Circle (*more info*)  
 Wednesday, October 5, 2022, at Noon Pacific time with Lawrence Berger and Katarina Halm  
 \*60 min [Sign up link](#)/ *let us know your wishes*  
[Sponsored by Polyvagal Meet up](#)  
[Register for the Zoom Link](#)

A Sounder World with Sounder Sleep System™ ([circle poster with links](#))  
 15 hour workshop six hours each day (one hour lunch) ([more info](#))  
[Sign up link](#): 3 pm - 9 pm Pacific Sept 17-19, 2022 (Sat - Mon)

A Sounder World with Sounder Sleep System™ ([circle poster with links](#))  
 15 hour workshop six hours each day (one hour lunch) ([more info](#))  
[Sign up link](#):





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

With all best wishes and devotion to learning.

Katarina Halm, M.A. \* 1 604 263 9123 (Vancouver BC Canada), Feldenkrais® GCFP \* Focusing CFT, Movement Intelligence Trainer, Sounder Sleep System™ Assistant Trainer, [katarina@thinkinginmovement.ca](mailto:katarina@thinkinginmovement.ca) ; [katarinalistens@gmail.com](mailto:katarinalistens@gmail.com); <https://thinkinginmovement.ca>; <https://coronaplaza.life/webinars/>; [feldenkraisinclusioninitiative.org](https://feldenkraisinclusioninitiative.org) ; <https://sandyjahmi.com/focusing-mentors/>  
Professional Member #100222 Canadian Counselling & Psychotherapy Association (CCPA)  
Associate Member #3285 Professional Counsellors Association (CPCA)

#### Facebook Pages

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

A Sounder World with Sounder Sleep System™ <https://www.facebook.com/A-Sounder-World-with-Sounder-Sleep-System-904367763061450>

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>

#### CREDITS

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