

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

Workshop 10 am - 4 pm Pacific Dec 10-12, 2022 (Sat - Mon)
(six hours daily / one-hour lunch)

Weekly Practice Mondays 9 am Pacific *45 minutes

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.



Please click for your time: 6 hours each day (one hour lunch)
10 am - 4 pm Pacific Dec 10-12, 2022 (Sat - Mon)

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