

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

15-hour workshop 10 am - 4 pm Pacific Dec 8-10, 2022; Jan 14-16, Mar 11-13, May 12-14, Jul 8-10, Sep 9-11, Nov 11-13, 2023
(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.



Workshop[6 hours each day (one hour lunch)
10 am - 4 pm Pacific (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