



# Thinking in Movement Studio

Dedicated to *furthering* The Feldenkrais Method® of Somatic Education:

## Bones for Life® 2022 - 2023

A learning circle, sharing ranges of experience!

[REGISTRATION LINKS](#)

Enjoy classes ~ Option to continue towards certification

### Impromptu Lessons on Selected Fridays at 2pm Pacific

November 11, December 9, 2022, January 13, February 17, March 10, April 14, May 12, June 9, July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023

Feldenkrais®  
Practitioner



**Helena  
Berger-  
Heppner**

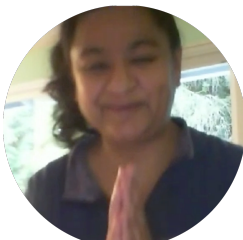
Bones for Life®  
Teacher in training

Feldenkrais® Practitioner



**Luis Enrique Flores**  
Bones for Life®  
Teacher in training

Feldenkrais®  
Practitioner



**Minal Shah**  
Bones for Life®  
Teacher in training

## Bones for Life® III

Nov 11, 2022, to March 10, 2023

(skip Nov 25, Dec 23. 30.2022)

Fridays 10 am Pacific\*75 minutes

Bones for Life  
Teacher

Feldenkrais®  
Practitioner  
& Bones for Life  
Teacher & Sounder  
Sleep System™ Teacher



**Kim Reda-  
Wilson**

## Bones for Life® I & II & III

BFL I ~ Jan 6 - Apr 21, 2023

BFL® II ~ May 5 - Aug 11, 2023

BFL® III ~ Sept 8 - Dec 15, 2023

Fridays 7 am Pacific\*75 minutes



**Marie-Paule  
Wiley**

Feldenkrais® Practitioner & Movement Intelligence Trainer &  
Sounder Sleep System™ Assistant Trainer



**Katarina Halm**

Moshé Feldenkrais' students created programs inspired by his teaching and grounded in the principles he taught. At Thinking in Movement Studio, we are dedicated to acknowledging Feldenkrais principles in our varied practices and community.

Ruthy Alon began her training with Moshé in Tel Aviv, Israel in 1958. She went on to become a Feldenkrais Method® trainer in Europe, America, Australia, and Israel. [Here](#) are Ruthy Alon Videos showing her work with Moshé and her development of the Bones for Life® program. In her Ph.D. dissertation, Ruthy Alon poses the question: "How would it be possible to apply the Feldenkrais perspective, which supports the organism in its entirety, to address the specific problem of bone deterioration?" <sup>1</sup> The BFL program applies the precision of the Feldenkrais Method to a concrete challenge for our bones in the ‘real-world’ vertical plane.

You may view a segment from "When the Moment Sings The Muse Within Within 1996" [here](#) to observe the elements and style of water carrier's walk that are woven into BFL (or the full video [here](#)).

### An Example of Feldenkrais Principles Applied in Bones for Life

Applying a concept of "Neurological Diplomacy": some Movement Intelligence lessons ('Processes') do not address the source of a complaint or deviation directly. Instead the movements take a 'diplomatic' route. Students do not work directly with a side they wish to improve; instead, they rest the impaired or hurting side and carefully apply the feeling of impairment to the more functional side. Thereby a learning takes place which is transferred throughout the entire organism.

Quoting Ruthy Alon:  
"So, this is an avenue. A way to work with the differences between sides. Instead of trying to make the suffering side, the limited one try to perform as well as the ideal one is doing, you do the opposite. And I don't know how it works. We are waiting for science to be intrigued and give us some explanation. But in the empirical, in the practice, it is something we can trust, rely on." ...  
"I want to relate one more minute to that. What you see here, I call it neurological diplomacy. Instead of demanding from someone to do exactly what they cannot do, exactly what is difficult for them to do we mirror to the system how they organize the difficulty. And something happens, the system is willing to give up at least part of it. You can use it in any movement, any activity, any function, also in Functional Integration." <sup>2</sup>

### Appreciation for Thinking in Movement Studio

Photos of water carrier's walking below from "When the Moment Sings The Muse Within Within 1996" [here](#) show elements and style that are woven into BFL (or the full video [here](#)).



”It was so nice to attend your session this morning, I enjoyed spending time with the group and it was the first time I experienced your teaching style, it is perfect for me, the pace and the repetition meet me right where I am.”  
— Jenna Blaustein, Feldenkrais® GCFP [jennaroseblaustein.com](http://jennaroseblaustein.com)



“I find the minimal movements during the lessons evoke meaningful learning. I am more aware of that moment when my system is clear and open. I experience an instantaneous felt sense of curiosity. I can breathe more freely and see that situations are progressing, so I find a more positive view of life. I am more and more aware of my learning as I continue the lessons with Katarina and Thinking in Movement teachers. I am supported in translating the lessons into a rhythm for myself. Thus I find ways to be conscientious – I find the best place for my energy and endeavours to land each day, each week, and for each project.”  
— Alfo Humano, Focusing trainer, Sounder Sleep System™ Teacher, Cordoba, Argentina [www.alfohumano.com.ar](http://www.alfohumano.com.ar)



“Katarina’s classes are full of deep educational aspects. Her pace makes practice easy. Having feedback from her gives safety.”  
— Yeşim Alıç, PhD Candidate, Feldenkrais® Practitioner, Sounder Sleep System™ Teacher, Istanbul, Turkey







"I have been studying “Focusing” and “Bones for life” with Katarina since 2018. Her classes, tutorials, and practice sessions enhance my ability to listen well, both through words and kinaesthetically through my hands, eyes, ears, and intuition. Katarina’s teaching led me to become a better hands-on practitioner. I highly recommend working with Katarina. She has an innate ability to help practitioners cue into our own nervous systems, teaching us to give space and time for listening to ourselves and others using our kinaesthetic senses.”  
— Minal S. Feldenkrais® Practitioner, USA



Thinking in Movement Studio

Dedicated to furthering The Feldenkrais Method® of Somatic Education and Focusing:

- **Bones for Life®** Classes and Teacher Training ~ the Feldenkrais-based program created by Ruthy Alon.
- **Sounder Sleep System®** Workshops and Classes ~ the Feldenkrais-based program created by Michael Krugman and Paris Kern. A Sounder World with Sounder Sleep System™ 15-hour workshop Dec 10-12, 2022 / Weekly Practice on Mondays
- **Feldenkrais® Inclusion Initiative** - resources for a younger and multi-cultural audience, free or pay as you can Awareness Through Movement® classes.
- **Focusing** ~ Thinking at the Edge ~ Dream Appreciation ~ Philosophy of the Implicit

Footnotes / Service Marks / Credits

Footnotes

<sup>1</sup> — Submitted December 2012 by Ruthy Alon, Ph.D., in fulfillment of requirements for her thesis doctorate program in Mind-Body Medicine and Holistic Psychology from The Department of Mind-Body Medicine Saybrook University, Pasadena, CA 91103 <https://www.saybrook.edu/areas-of-study/mind-body-medicine/phd-mind-body-medicine/>

<sup>2</sup> — Ruthy Alon February 22, 2003 Bones for Life® Teacher Training, Kripalu Center, Lenox, Massachusetts, USA

Service Marks / Credit

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The Movement Intelligence Programs Bones for Life®, Walk for Life, Chairs, Mindful Eating, and Solutions are the intellectual property of Ruthy Alon, Ph.D. Bones for Life® is a registered mark of Ruthy Alon, Ph.D The following are service marks, trademarks, collective, or certification marks and information from the Foundation for Movement Intelligence: The Movement Intelligence Programs Bones for Life®, Walk for Life, Chairs, Mindful Eating and Solutions are the intellectual property of Ruthy Alon, Ph.D.

Bones for Life® is a registered mark of Ruthy Alon, Ph.D FMI is a 501(c)(3) founded in the state of Maine in 2007 operating with tax-exempt EIN 14-1996888 under the IRS category “E50” — Rehabilitative Medical Services. We support the growth of Movement Intelligence in North America, including Bones for Life® — a program created by Ruthy Alon and trademarked in the US in August 2004 under patent #2,874,949 as “Health-related movement classes for achieving improved flexibility and bone strength.” In Canada the registered trademark [Sept. 2006] is No. 672,566. FMI’s mailing address: 22 Monument Square, Suite 501, Portland, ME 04101 | Telephone: (207) 239-0260 | Email: [info@movementintelligence.org](mailto:info@movementintelligence.org)

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