

Two Programmes with Thinking in Movement Studio
Furthering The Feldenkrais Method® of Somatic Education

* [Bones for Life® 2022 - 2023`](#)

* [A Sounder World with Sounder Sleep System™ 15-hour workshop Dec 10-12, 2022 : Weekly Practice Mondays](#)

Moshé Feldenkrais encouraged his students to create programs inspired by his teaching. Bones for Life and Sounder Sleep System are based on Feldenkrais principles. The lessons support physical and emotional regulation, and mental resilience. We provide practical applications to ensure Polyvagal health.

Bones for Life includes a concept of axis and wave where the 'axis' ensures a safe trajectory of physical force moving through the body vertically up and down, strengthening and aligning the body's structure. The 'wave' involves the body's flexible, spiral movement, enabling turning, stretching, and bending. The lessons guide you to a greater awareness of your position in space and develop graceful movement within your comfort and safety. Cognition is improved. Your thinking becomes more adaptive to change.

Sounder Sleep System cultivates a quiet calm balanced by a syncopation of lively interest. Thus we refine our autonomic nervous system. Fine motor movements are juxtaposed with larger actions. Three daily, three-minute practices, over a three week period foster new habit patterns. An integration occurs to refine the entire self. A steady connection with the parasympathetic nervous system maintains a sense of calm and leads to more restful sleep. An integral aspect is the enhanced connections with our sympathetic nervous system creating vitality and enthusiasm in daily life.

Bones for Life and Sounder Sleep System offer a range of lessons so participants find their own best variations. Fresh and valuable possibilities arise—some lesson titles so you can see what resonates for you:

* [A Sounder World with Sounder Sleep System™ ~ 18 Lessons from The Insomnia Solution by Michael Krugman ©2005](#)

* [2022-2023 BFL Calendar \(Process titles for everyone\)](#)

And inspiration: [Quotes/Poems from The Insomnia Solution © 2005 Michael Krugman MA. GCFP](#)

Notes from PolyVagal Meetup October 5th, 2022

Katarina Halm and Lawrence Berger: Mutual Support & A Sounder World with the Sounder Sleep System™
Movement Practices for Sounder Sleep and a More Peaceful World

"Presence, Bodily Understanding, and Language" and how these are mutually supportive

- Discover Resonance in Waking and Sleeping Patterns
- Mutual Support for and by Participants Here and Now
- Feldenkrais® movement principles to adapt and grow autonomously
- Easy gentle movements in the rhythm of your leisurely breath.
- Practice allowing your nervous system to rest and restore itself.

Lawrence Berger, PhD, is a long-time practitioner of mindfulness and has taught philosophy at several universities. He is working on a book entitled "The Politics of Attention and the Promise of Mindfulness." The October 2022 PolyVagal presentation will discuss The Hermeneutical Circle from his upcoming book. See also his recent podcast: [‘Making sense’ Lawrence Berger and Serge Prengel June 2022 \(K. Halm annotated transcription, L. Berger revisions\)](#), as well as his reflection on [WHAT CALLS FOR ATTENTION? \(discussion of ‘What is called Thinking’ Heidegger 1951-52 \) Excerpt from Lawrence Berger’s 2016 Ph.D. thesis “Dasein as Attention”](#)

Katarina Halm, MA, CFT, GCFP, received her M.A. degree from the Institute of Transpersonal Psychology with a thesis on Resonance and Dissonance in the Learning Process. A Focusing teacher and Feldenkrais® Practitioner, she is dedicated to furthering the Feldenkrais Method® with Gendlin’s philosophy. The October 2022 PolyVagal presentation will develop themes from A Sounder World w/ Sounder Sleep System™ , Rolling with Possibility, Attuning to Natural Process Action Steps, and Horizons of Understanding.

We look forward to seeing you for the new classes and developing your interests and comfort.

Katarina Halm, M.A. [Updates by Email](#)
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