

<div>Calendar Thinking in Movement 2023</div> <div></div>						
REGISTRATION: ~ all links to sign up for the studio and the time will be in your time zone!						
<div>Blog ~ Thinking in Movement Studio 2023</div> <div><div>† Information page</div><div>†† Sign up link</div><div>††† Adjunct reference</div></div>						
	Mon	Tue	Wed	Thu	Fri	Sat
					<div>† Bones for Life® & Movement Intelligence * current programme soon to complete to February 24, 2023 Fri 10:00 am (Pacific) *75 min °</div>	
<div>† Feldenkrais in Japanese / 日本語で with Kan Nishioka ° A. Advanced class : Mondays 20:00 ° B. Regular class : Tuesdays 9:00 & 20:00 / Saturdays 9:00 西岡寛 <somatic_education@mac.com></div>		<div>†† Awareness Through Movement® Katarina Halm Tuesday 7:00 am (Pacific) *45 min</div>		<div>†† Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima Thurs 7:00 am (Pacific) *60 min</div>	<div>† Bones for Life® & Movement Intelligence †† Jan 6 to April 14, 2023 BFL I Continuing now at Fri 10:00 am (Pacific) * 75 min †† Bones for Life® Impromptu Lessons Monthly on the Second Friday Fri 2PM (Pacific) * 60-75 min †† Bones for Life® Five Week Series March 31 to April 28, 2023 Fri 2PM (Pacific) * 75 min</div>	
		<div>† Focusing Tuesdays 2pm Pacific * 60-90 Min</div>				<div>† FMI Zoom Rooms 1st & 3rd Saturdays 11 am Pacific 45-60 Min</div>
<div>† Focusing 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award))</div>	<div>†† Sonder Sleep System™ ° Monday 5:00 pm (Pacific) * 45-60 min</div>	<div>†† Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</div>		<div>† Focusing 1st & 2nd Thursday 2:00 pm (Pacific) * 45-60 Min ° Jan 5, 12, Feb 2, 9, Mar 2, 9, Apr 6, 13, May 4, 11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct 5, 12, Nov 2, 9, Dec 7, 14, 2023 ° (1st & 2nd Friday in Oceana)</div>	<div>†† Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</div>	<div>†† Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min</div>
<div>† More about Bones for Life® & Movement Intelligence Fridays *75 min ° †† Bones for Life® Drop-in Year 2023 (by prior arrangement) *75 min ° Fri at 10:00 am Pacific †† Bones for Life® Five Week Intermediate/introduction Fridays 10 am Pacific time March 31 to April 28, 2023 †† Bones for Life® I Fridays 6:45am Jan 6-Feb 25 / 10:00 am Pacific time March 3 – April 14, 2023 †† Bones for Life® II Fridays 10:00 am Pacific time May 5 – August 11, 2023 †† Bones for Life® III Fridays 10:00 am Pacific time September 1 – December 15, 2023</div>						
<div>†† Bones for Life® Impromptu Lessons Monthly on the Second Friday * Bones for Life® Impromptu Lessons Each Month on the Second Fridays 2 pm (Pacific) * 60-75 min * Feb 10, Mar 10, April 14, May 12, June 9, July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023</div>						
<div>† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award))</div>						
<div>† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb 2, 9, Mar 2, 9, Apr 6, 13, May 4, 11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct 5, 12, Nov 2, 9, Dec 7, 14, 2023</div>						
<div>†† Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min</div>						

† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 60-90 min (12 Week programme) Jan 10 -Mar 28, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 60-90 min (12 Week programme) July 4-Sept 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT						
† A Sounder World with Sounder Sleep System™ : 18 Lessons inspired by The Insomnia Solution © 2005 Michael Krugman M.A, GCFP / † A Sounder World with Sounder Sleep System™ Monday Weekly † A Sounder World with Sounder Sleep System™ 15-hour workshops continuing every two months. REGISTRATION for Sounder Sleep System™ ~ click the links below for times in your time zone! †† 15-hour workshop March 13-16, 2023 †† 15-hour workshop May 15-18, 2023 †† 15-hour workshop July 17-20, 2023 †† 15-hour workshop September 18-21, 2023 †† 15-hour workshop November 20-23, 2023						
Sun Feb 5	Mon Feb 6	Tue Feb 7	Wed Feb 8	Thu Feb 9	Fri Feb 10	Sat Feb 11
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 3 Friday Feb 10 at 7:00 am Pacific time: BFL #87. Yawning: Recovering Homeostasis BFL #88. Reconciliation with Hope: The Renaissance Imagery BFL #89. Bones for Life Hug: Mutual Empowering BFL #90. Jumping in a Circle: Collective Awareness	
					BFL 1 Jan 6 to April 14, 2023 Class #6 †† Fri 10 am (Pacific) BFL #11 Hand Pushes a Wall Spiralling the Spine: Safe arch in elongation BFL #12 Crossed Arms: Bridging the line of strength	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award))		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Jan 10 -Mar 28, 2023		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2, 9, Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	†† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2PM (Pacific) * 60-75 min	
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Feb 12	Mon Feb 13	Tue Feb 14	Wed Feb 15	Thu Feb 16	Fri Feb 17	Sat Feb 18
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL III * BFL I * Combined class Friday Feb 17 at 10:00 am Pacific time: BFL #83. A Trunk of a Tree: Controlled Rotation around a Vertical Roller	
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award))		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Jan 10 -Mar 28, 2023			BFL #84. Heel to Ischium: Adjusting Spine to Accommodate Hip Joint BFL 1 Jan 6 to April 14, 2023 Class #7 †† Fri 10 am (Pacific) BFL #13 Tantrum No Tantrum Yes The joy of carefree body expression BFL #14 Fragmented Breathing Paradoxical improvement	

	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Feb 19	Mon Feb 20	Tue Feb 21	Wed Feb 22	Thu Feb 23	Fri Feb 24	Sat Feb 25
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 1 <u>Jan 6 to April 14, 2023</u> Class #8 †† Fri 10 am (Pacific) BFL #15 Roman Sandals The efficient focus of pressure in the foot BFL #16 Bicycle Stabilizing the hip joint	
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Feb 26	Mon Feb 27	Tue Feb 28	XX	XX	XX	XX
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)	XX	XX	XX	XX
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award)		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Jan 10 -Mar 28, 2023				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	XX	XX	XX	XX
XX	XX	XX	Wed Feb 22	Thu Mar 2	Fri Mar 3	Sat Mar 4
XX	XX	XX		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL III * BFL I * Combined class Friday Mar 3 at 10:00 am Pacific time: BFL #85. Short Back / Long Back: Shortcut to Upright Posture BFL #86. Releasing the Lower Back: Variations on Knee Circles	
XX	XX	XX		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2, 9, Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	BFL 1 <u>Jan 6 to April 14, 2023</u> Class #9 †† Fri 10:00 am (Pacific) BFL #17 Red and Pink Visualization: Oxygen to the lungs, food for the bone BFL #18 Inside / Outside Edges of the Feet: Lateral flexion near a wall	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
XX	XX	XX			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Mar 5	Mon Mar 6	Tue Mar 7	Wed Mar 8	Thu Mar 9	Fri Mar 10	Sat Mar 11

		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)		
					BFL 1 Class #10 †† Fri 10:00 am (Pacific) <u>Jan 6 to April 14, 2023</u> BFL #19 Bouncing on the Heels in Rotation: Steering the spine from eyes or feet BFL #20 Water Carrier's Walk #1 Chest / lower back interaction	
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award))		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Jan 10 -Mar 28, 2023		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9. Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023		Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Mar 12	Mon Mar 13	Tue Mar 14	Wed Mar 15	Thu Mar 16	Fri Mar 17	Sat Mar 18
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		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 1 Class #11 †† Fri 10:00 am (Pacific) <u>Jan 6 to April 14, 2023</u> BFL #21 Aligning the Neck in Resistance: Index finger between the teeth BFL #22 Aligning the Lumbar: Releasing the length of the back by shortening the front	
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award))		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Jan 10 -Mar 28, 2023			Fri Mar 17 † Bones for Life® & Movement Intelligence †† Bones for Life® Impromptu Monthly Lesson 2PM (Pacific) * 60-75 min	
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Mar 19	Mon Mar 20	Tue Mar 21	Wed Mar 22	Thu Mar 23	Fri Mar 24	Sat Mar 25

		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 1 Class #12 †† Fri 10:00 am (Pacific) <u>Jan 6 to April 14, 2023</u> BFL #23 Narrow Pelvis: Aligning the wheels BFL #24 Knee Bends a Knee: Spontaneous springiness	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Jan 10 -Mar 28, 2023				
	Souder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Mar 26	Mon Mar 27	Tue Mar 28	Wed Mar 29	Thu Mar 30	Fri Mar 31	XX
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 1 Class #13 †† Fri 10:00 am (Pacific) <u>Jan 6 to April 14, 2023:</u> BFL #25 Silken Scarf along a Roller: Synchronized proportional flexibility BFL #26 The Function of Creeping: Sweeping the head from side to side	XX
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Jan 10 -Mar 28, 2023				
	Souder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	XX
XX	XX	XX	XX	XX	XX	Sat Apr 1
XX	XX	XX	XX	XX	XX	Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Apr 2	Mon Apr 3	Tue Apr 4	Wed Apr 5	Thu Apr 6	Fri Apr 7	Sat Apr 8
† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Apr 4 -June 20, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT						
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	EASTER	
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award)		†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9. Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023		Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min

	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
						<u>Focusing Changes Group:</u> ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Apr 9	Mon Apr 10	Tue Apr 11	Wed Apr 12	Thu Apr 13	Fri Apr 14	Sat Apr 15
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	BFL 1 Class #14 †† Fri 10:00 am (Pacific) <u>Jan 6 to April 14, 2023:</u> BFL #27 From Sitting to Standing: Consistent pace of spiralling Sitting Down on the Floor: Surrendering to gravity BFL #28 Knot on the Wall: Weight-bearing posture from A to Z	
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award") (PFP Award)		†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2, 9, Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	† Bones for Life® & Movement Intelligence †† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2PM (Pacific) * 60-75 min	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Apr 16	Mon Apr 17	Tue Apr 18	Wed Apr 19	Thu Apr 20	Fri Apr 21	Sat Apr 22
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award") (PFP Award)		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	BFL 1 Class #15 †† Fri 10:00 am (Pacific) <u>Jan 6 to April 14, 2023</u> BFL #29 The Wrap: A loan of integration in sideways walking BFL #30 Jumping in Wrap: "Ha*3" breathing	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
		†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Apr 23	Mon Apr 24	Tue Apr 25	Wed Apr 26	Thu Apr 27	Fri Apr 28	Sat Apr 29
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award") (PFP Award)		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	SKIP one week AFTER BFL I	

Sun Apr 30	XX	XX	XX	XX	XX	XX
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award))	XX	XX	XX	XX	XX	XX
XX	Mon May 1	Tue May 2	Wed May 3	Thu May 4	Fri May 5	Sat May 6
XX		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #1 Fri 10:00 am (Pacific): BFL #31 Twisted Arms: Shifting the Differentiation to the Stiff Vertebrae of the Spine BFL #32 Hand on Head / Hand on Wall: the Head to the Chain of the Posture	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award))		†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9. Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023		Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
XX	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
						<u>Focusing Changes Group:</u> ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun May 7	Mon May 8	Tue May 9	Wed May 10	Thu May 11	Fri May 12	Sat May 13
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #2 Fri 10:00 am (Pacific): BFL #33 Ribs Around the Steering; From Rib Cage to Rib Basket BFL #34 The Hip Joint / Bow and Arrow: Asymmetry in the Height of the Sides	
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award))		†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9. Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	† <u>Bones for Life® & Movement Intelligence</u> †† <u>Bones for Life® Impromptu Lessons Monthly on the Second Friday</u> 2PM (Pacific) * 60-75 min	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	<u>Focusing Changes Group:</u> ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun May 14	Mon May 15	Tue May 16	Wed May 17	Thu May 18	Fri May 19	Sat May 20

† A Sounder World with Sounder Sleep System™ : 18 Lessons inspired by The Insomnia Solution © 2005 Michael Krugman M.A, GCFP / † A Sounder World with Sounder Sleep System™ Monday Weekly † A Sounder World with Sounder Sleep System™ 15-hour workshops_ continuing every two months. REGISTRATION for Sounder Sleep System™ ~ the times will be in your time zone! †† 15-hour workshop May 15-18, 2023 †† 15-hour workshop July 17-20, 2023 †† 15-hour workshop September 18-21, 2023 †† 15-hour workshop November 20-23, 2023						
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #3 Friday 10:00 am Pacific time: BFL #35 The Function of Pulling: Strengthening By Controlled Resistance BFL #36 The Function of Horizontal-Climbing: Reversing Proximal and Distal in Anti-Gravity Challenge	
		†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun May 21	Mon May 22	Tue May 23	Wed May 24	Thu May 25	Fri May 26	Sat May 27
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #4 Friday 10:00 am Pacific time: BFL #37. Stomach Lift: Revitalization BFL #38. Jaw: Releasing Tension by Integrating the Pelvis	
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award)		†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun May 28	Mon May 29	Tue May 30	Wed May 31	XX	XX	XX
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 1 Feb 5, 12, 19, 26, 2023 †† Focusing Level 2 Mar 5, 12, 19, 26, 2023 †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Leading to "Proficiency in Focusing Partnership Award" (PFP Award)		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		XX	XX	XX
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you		XX	XX	XX
XX	XX	XX	XX	Thu Jun 1	Fri Jun 2	Sat Jun 3

XX	XX	XX	XX	Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #5 Friday 10:00 am Pacific time: BFL #39. Creeping- Head under the Elbow: Loading the Skeleton from the Arm BFL #40. Rocking in One Unit: Readjusting the Spine	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
		†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023			Larry Berger and Katarina Halm <u>Presence, Bodily Understanding, and Language” Movement Practices for Sounder Sleep and a More Peaceful World ~ Hermeneutical Circle</u> June 2, 2023 Friday 2:00 pm Pacific time	
XX	XX	XX	XX	† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9. Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Jun 4	Mon Jun 5	Tue Jun 6	Wed Jun 7	Thu Jun 8	Fri Jun 9	Sat Jun 10
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #6 Friday 10:00 am Pacific time: BFL #41. Distance Between Heels Determines Stability: Charlie Chaplin Vs. Parallel Feet BFL #42. Goat Skipping: The Challenge of Rhythmic Anti-Gravity Motion	
		†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023			† Bones for Life® & Movement Intelligence †† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2PM (Pacific) * 60-75 min	
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9. Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
						Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Jun 11	Mon Jun 12	Tue Jun 13	Wed Jun 14	Thu Jun 15	Fri Jun 16	Sat Jun 17
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #7 Friday 10:00 am Pacific time: BFL #43. Functional Reflexology: Neurological Response: Heel / Lower Back BFL #44. Whipping a Fall into the Wall: The Power in the Wave	
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Jun 18	Mon Jun 19	Tue Jun 20	Wed Jun 21	Thu Jun 22	Fri Jun 23	Sat Jun 24

		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #8 Friday 10:00 am Pacific time: BFL #45. Frontal Rising from Lying to Sitting: Strengthening the Back Vs. the Stomach BFL #46. Weights on Ankles: Upgrading Equilibrium	
		†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Jun 26	Mon Jun 27	Tue Jun 28	Wed Jun 29	Thu Jun 29	Fri Jun 30	XX
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #9 Friday 10:00 am Pacific time: BFL #47. Lifting Weights- Safety First: Padded Lumbar Leans on a Wall/ Proportional Engagement of the Spine by the Trajectory of the Spiral BFL #48. Handcuffs: Closed Cycle of Isometric Resistance	XX
					Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	XX
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	XX	XX	XX	Sat Jul 1
			XX	XX	XX	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
						Focusing Changes Group: ° 1st & 2nd Saturday ° 4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun July 2	Mon July 3	Tue July 4	Wed July 5	Thu Jul 6	Fri Jul 7	Sat Jul 8
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)		

		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
					BFL 2 Class #10 Friday 10:00 am Pacific time: BFL #49. Knee Straightens A Knee: Seesaw of Heel / Toes BFL #50. Primal Swimming: Coordinating the Body with the Loop of the Leg	
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
						Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Jul 9	Mon Jul 10	Tue Jul 11	Wed Jul 12	Thu Jul 13	Fri Jul 14	Sat Jul 15
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #11 Friday 10:00 am Pacific time: BFL #51. Water Carrier's Walk # 2: Coordinating Arm and Leg BFL #52. Rumba in the Strip: Proportional FlexibilitY	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT			† Bones for Life® & Movement Intelligence †† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2PM (Pacific) * 60-75 min * July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023	
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Jul 16	Mon Jul 17	Tue Jul 18	Wed Jul 19	Thu Jul 20	Fri Jul 21	Sat Jul 22
† A Sounder World with Sounder Sleep System™ : 18 Lessons inspired by The Insomnia Solution © 2005 Michael Krugman M.A. GCFP / † A Sounder World with Sounder Sleep System™ Monday Weekly † A Sounder World with Sounder Sleep System™ 15-hour workshops continuing every two months. REGISTRATION for Sounder Sleep System™ ~ the times will be in your time zone! †† 15-hour workshop July 17-20, 2023 †† 15-hour workshop September 18-21, 2023 †† 15-hour workshop November 20-23, 2023						

		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #12 Friday 10:00 am Pacific time: BFL #53. Narrow / Wide Shoulder Blades: The Width Axis of the Posture BFL #54. Hand on Hand in the Strip: Redesigning Uprightness	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
	Souder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Jul 23	Mon Jul 24	Tue Jul 25	Wed Jul 26	Thu Jul 27	Fri Jul 28	Sat Jul 29
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #13 Friday 10:00 am Pacific time: BFL #55. Step Up / Step Down: Proximal Mobilization BFL #56. Combing the Hair: Passive Elongating of the Neck	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
	Souder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Jul 30	Mon Jul 31	XX	XX	XX	XX	XX
	Souder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	XX	XX	XX	XX	XX
XX	XX	Tue Aug 1	Wed Aug 2	Thu Aug 3	Fri Aug 4	Sat Aug 5
XX	XX	Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #14 Friday 10:00 am Pacific time: BFL #57. Getting Up by Dragging: Airplane Vs. Helicopter BFL #58. Running with Inclined Head: Continuity Determines Posture	

XX	XX	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2, 9, Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Aug 6	Mon Aug 7	Tue Aug 8	Wed Aug 9	Thu Aug 10	Fri Aug 11	Sat Aug 12
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	BFL 2 Class #15 Friday 10:00 am Pacific time: BFL #59. Pillows in the Curves: Support Neutralizes Vulnerability BFL #60. Ha+3 / Ha+4 Choir in Stamping: Rhythm Stimulates Dynamic Motion	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT			† Bones for Life® & Movement Intelligence †† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2PM (Pacific) * 60-75 min * July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023	
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2, 9, Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
						Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Aug 13	Mon Aug 14	Tue Aug 15	Wed Aug 16	Thu Aug 17	Fri Aug 18	Sat Aug 19
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	SKIP two weeks after BFL I	
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Aug 20	Mon Aug 21	Tue Aug 22	Wed Aug 23	Thu Aug 24	Fri Aug 25	Sat Aug 26

		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	SKIP two weeks after BFL I	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Aug 27	Mon Aug 28	Tue Aug 29	Wed Aug 30	Thu Aug 31	XX	XX
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	XX	XX
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			XX	XX
XX	XX	XX	XX	XX	Fri Sep 1	Sat Sep 2
XX	XX	XX	XX	XX	BFL 3 Class #1 Friday 10:00 am Pacific time: BFL #61. Bouncing on Elevation: Maneuvering the Surface to Effect Comfort in the Lumbar / Knees BFL #62. Foot Steps over Thigh / Finger along the Nose; Securing Continuity of Axis	
XX	XX	XX	XX	XX	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
						Focusing Changes Group: ° 1st & 2nd Saturday ° 4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min

Sun Sep 3	Mon Sep 4	Tue Sep 5	Wed Sep 6	Thu Sep 7	Fri Sep 8	Sat Sep 9
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #2 Friday 10:00 am Pacific time: BFL #63. Hip Joint Recoil: Increasing the Range of Step BFL #64. The Sphincters: The Integrative Network of the Anti-Gravity Lever	
		† <u>Focusing</u> †† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT		† <u>Focusing</u> †† <u>Focusing Practice 1st & 2nd Thursday</u> 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9. Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	† <u>Bones for Life® & Movement Intelligence</u> †† <u>Bones for Life® Impromptu Lessons Monthly on the Second Friday</u> 2PM (Pacific) * 60-75 min * July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you				<u>Focusing Changes Group:</u> ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Sep 10	Mon Sep 11	Tue Sep 12	Wed Sep 13	Thu Sep 14	Fri Sep 15	Sat Sep 16
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	* 60-75 min	
		† <u>Focusing</u> †† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT		† <u>Focusing</u> †† <u>Focusing Practice 1st & 2nd Thursday</u> 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9. Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	† <u>Bones for Life® & Movement Intelligence</u> †† <u>Bones for Life® Impromptu Lessons Monthly on the Second Friday</u> 2PM (Pacific) * 60-75 min * July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you				<u>Focusing Changes Group:</u> ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Sep 17	Mon Sep 18	Tue Sep 19	Wed Sep 20	Thu Sep 21	Fri Sep 22	Sat Sep 23
† <u>A Sounder World with Sounder Sleep System™</u> : 18 Lessons inspired by The Insomnia Solution © 2005 Michael Krugman M.A. GCFP / † <u>A Sounder World with Sounder Sleep System™</u> Monday Weekly † <u>A Sounder World with Sounder Sleep System™</u> 15-hour workshops continuing every two months. REGISTRATION for Sounder Sleep System™ ~ the times will be in your time zone! †† <u>15-hour workshop September 18-21, 2023</u> †† <u>15-hour workshop November 20-23, 2023</u>						
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #4 Friday 10:00 am Pacific time: BFL #67. Recovering Equilibrium: Gaining Stability by Risking It BFL #68. Water Carrier's Walk #3: Detachment of the Foot and the Economical Dynamics of Walking in Pendulum	

		† <u>Focusing</u> †† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Sep 24	Mon Sep 25	Tue Sep 26	Wed Sep 27	Thu Sep 28	Fri Sep 29	Sat Sep 30
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #5 Friday 10:00 am Pacific time: BFL #69. The Function of Creeping: Leg Pulls aLeg BFL #70. Bouncing on One Foot: Neurological Diplomacy	
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			† †† <u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Oct 1	Mon Oct 2	Tue Oct 3	Wed Oct 4	Thu Oct 5	Fri Oct 6	Sat Oct 7
† <u>Focusing</u> †† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT						
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #6 Friday 10:00 am Pacific time: BFL #71. Ankle in Kneeling: Reversing Roles of Center and Periphery BFL #72.Knee Relief: De-Programming Failure by Passive Mobilization	
		† <u>Focusing</u> †† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT		† <u>Focusing</u> †† <u>Focusing Practice 1st & 2nd Thursday</u> 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2, 9, Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	† <u>Bones for Life® & Movement Intelligence</u> †† <u>Bones for Life® Impromptu Lessons Monthly on the Second Friday</u> 2PM (Pacific) * 60-75 min * July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you				<u>Focusing Changes Group:</u> ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Oct 8	Mon Oct 9	Tue Oct 10	Wed Oct 11	Thu Oct 12	Fri Oct 13	Sat Oct 14
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #7 Friday 10:00 am Pacific time: BFL #73. Shoulder Blades High and Low: Front / Back Interplay BFL #74. Squatting: Synchronized Surrender to Gravity	

		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2, 9, Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	† Bones for Life® & Movement Intelligence †† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2PM (Pacific) * 60-75 min * July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you				Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Oct 15	Mon Oct 16	Tue Oct 17	Wed Oct 18	Thu Oct 19	Fri Oct 20	Sat Oct 21
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #8 Friday 10:00 am Pacific time: BFL #75. Tiger Walk: Crawling with Bending Elbows BFL #76. Sliding Pelvis from Side to Side: Bridging Pelvis, Spine, Head	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Oct 22	Mon Oct 23	Tue Oct 24	Wed Oct 25	Thu Oct 26	Fri Oct 27	Sat Oct 28
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #9 Friday 10:00 am Pacific time: BFL #77. Rocking from Sitting to Lying: Preparation and Momentum Stages BFL #78. From Standing to Lying: Overcoming Fear of Falling	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Oct 29	Mon Oct 30	Tue Oct 31	XX	XX	XX	XX
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)	XX	XX	XX	XX

		† <u>Focusing</u> †† <u>Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023</u> †† <u>Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min</u> — <u>DROP IN BY PRIOR ARRANGEMENT</u>				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	XX	XX	XX	XX
XX	XX	XX	XX	Thu Nov 2	Fri Nov 3	Sat Nov 4
XX	XX	XX	XX	<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #10 Friday 10:00 am Pacific time: BFL #79. Falling Down without Injury: Acquiring a Model of Safety BFL #80. Up and Down a Slope / Stairs: Adjusting Posture to Function	
XX	XX	XX	XX	† <u>Focusing</u> †† <u>Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023</u>	<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
						<u>Focusing Changes Group:</u> ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Nov 5	Mon Nov 6	Tue Nov 7	Wed Nov 8	Thu Nov 9	Fri Nov 10	Sat Nov 11
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		<u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #11 Friday 10:00 am Pacific time: BFL #81. Morning Towel: Self-Adjustment BFL #82. Reaching Knees: Releasing Length of Spine	
					† <u>Bones for Life® & Movement Intelligence</u> †† <u>Bones for Life® Impromptu Lessons Monthly on the Second Friday 2PM (Pacific)</u> * 60-75 min * July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023	
		† <u>Focusing</u> †† <u>Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023</u> †† <u>Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min</u> — <u>DROP IN BY PRIOR ARRANGEMENT</u>		† <u>Focusing</u> †† <u>Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2. 9. Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023</u>	† <u>Bones for Life® & Movement Intelligence</u> †† <u>Bones for Life® Impromptu Lessons Monthly on the Second Friday 2PM (Pacific)</u> * 60-75 min * July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	<u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you				<u>Focusing Changes Group:</u> ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Nov 12	Mon Nov 13	Tue Nov 14	Wed Nov 15	Thu Nov 16	Fri Nov 17	Sat Nov 18

		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #12 Friday 10:00 am Pacific time: BFL #83. A Trunk of a Tree: Controlled Rotation around a Vertical Roller BFL #84. Heel to Ischium: Adjusting Spine to Accommodate Hip Joint	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Nov 19	Mon Nov 20	Tue Nov 21	Wed 1	Thu Nov 23	Fri Nov 24	Sat Nov 25
† A Sounder World with Sounder Sleep System™ : 18 Lessons inspired by The Insomnia Solution © 2005 Michael Krugman M.A. GCFP / † A Sounder World with Sounder Sleep System™ Monday Weekly † A Sounder World with Sounder Sleep System™ 15-hour workshops continuing every two months. REGISTRATION for Sounder Sleep System™ ~ the times will be in your time zone! †† 15-hour workshop November 20-23, 2023						
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #13 Friday 10:00 am Pacific time: BFL #85. Short Back / Long Back: Shortcut to Upright Posture BFL #86. Releasing the Lower Back: Variations on Knee Circles	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Nov 26	Mon Nov 27	Tue Nov 28	Wed 1	Thu Nov 30	XX	XX
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)	XX	XX
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				

	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			XX	XX
XX	XX	XX	XX	XX	Fri Dec 1	Sat Dec 2
XX	XX	XX	XX	XX	BFL 3 Class #14 Friday 10:00 am Pacific time: BFL #87. Yawning: Recovering Homeostasis BFL #88. Reconciliation with Hope: The Renaissance Imagery	
XX	XX	XX	XX	XX	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
						Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Dec 3	Mon Dec 4	Tue Dec 5	Wed Dec 6	Thu Dec 7	Fri Dec 8	Sat Dec 9
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)	BFL 3 Class #15 Friday 10:00 am Pacific time: BFL #89. Bones for Life Hug: Mutual Empowering BFL #90. Jumping in a Circle: Collective Awareness	
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT		† Focusing †† Focusing Practice 1st & 2nd Thursday 2:00 pm (Pacific) one hour (1st & 2nd Friday in Oceana) ° Jan 5, 12, Feb2, 9, Mar 2, 9, Apr 6, 13, May 4,11, June 1, 8, July 6, 13, Aug 3, 10, Sept 7, 14, Oct5, 12, Nov 2, 9, Dec 7, 14, 2023	† Bones for Life® & Movement Intelligence †† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2PM (Pacific) * 60-75 min * July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
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Sun Dec 10	Mon Dec 11	Tue Dec 12	Wed Dec 13	Thu Dec 14	Fri Dec 15	Sat Dec 16
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)		
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Dec 17	Mon Dec 18	Tue Dec 19	Wed Dec 20	Thu Dec 21	Fri Dec 22	Sat Dec 23

		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)		
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023 †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT				
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Sun Dec 24	Mon Dec 25	Tue Dec 26	Wed	Thu Dec 28	Fri Dec 29	Sat Dec 30
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)		Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)		
	Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Dec 31	XX	XX	XX	XX	XX	XX
Looking forward to our projects in 2023! Please let me know if you have any questions or wishes. Katarina Halm, M.A., 1 604 263 9123 (Vancouver BC Canada), katarinalistens@gmail.com Feldenkrais® GCFP * Focusing CFT, Sounder Sleep System™ Assistant Trainer, Movement Intelligence Trainer Professional Member #100222 Canadian Counselling & Psychotherapy Association (CCPA) Associate Member #3285 Professional Counsellors Association (CPCA) thinkinginmovement.ca feldenkraisinclusioninitiative.org https://sandyjahmi.com/focusing-mentors/ https://webinars.focusinginternational.org/people/katarina-halm/ To contribute to costs please note contributions links						
<p>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</p>						
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