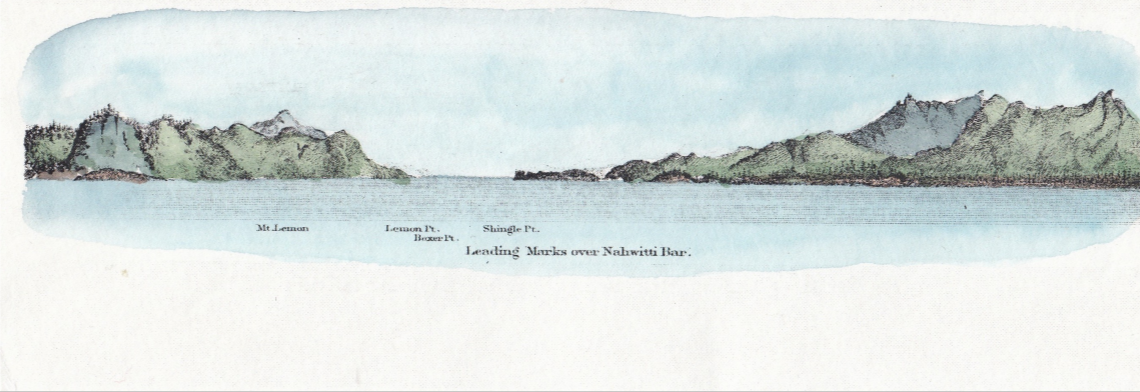


Calendar Thinking in Movement 2023



REGISTRATION: ~ all links to sign up for the studio and the time will be in your time zone!

[Blog ~ Thinking in Movement Studio 2023](#)

- † Information page
- †† Sign up link
- ††† Adjunct reference

UPDATE †† [Reading Group:](#)

[Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima Resumes April 20, 2023](#) Thurs 7:00 am (Pacific) *60 min

UPDATE † [Bones for Life® & Movement Intelligence](#) †† [April 6 to April 27, 2023](#) Thursday 11:00 am (Pacific) * 75 min

UPDATE TIFI Focusing Highlight "Focusing Facilitators as the New Educators and Leaders" with Lawrence Berger, Katarina Halm, and Rosa Zubizarreta.

June 2, 2023 Presentation 2pm Pacific <https://focusing.org/event/focusing-facilitators-new-educators-and-leaders>

	Mon	Tue	Wed	Thu	Fri	Sat
† 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 >		†† Awareness Through Movement® Katarina Halm Tuesday 7:00 am (Pacific) *45 min		†† Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima Resuming April 20, 2023 Thurs 7:00 am(Pacific) *60 min		
		† Focusing Tuesdays 2pm Pacific * 60-90 Min			† Bones for Life® & Movement Intelligence †† April 7 to April 28, 2023 Fri 11:00 am (Pacific) * 75 min	† FMI Zoom Rooms 1st & 3rd Saturdays 11 am Pacific 45-60 Min
† Focusing 1pm Pacific * one hour †† Focusing Level 1 TBA †† Focusing Level 2 TBA †† Focusing Level 3 Apr 2-30, 2023 †† Focusing Level 4 May 7- 28, 2023 ††† (towards the "Proficiency in Focusing Partnership Award" (PFP Award))	†† Sounder Sleep System™ ° Monday 5:00 pm (Pacific) * 45-60 min	†† Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you		† Focusing 1st & 2nd Thursday 2:00 pm (Pacific) * 45-60 Min 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 Fri Oceana)	†† Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time	†† Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
† Bones for Life® & Movement Intelligence †† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2 pm (Pacific) * 60-75 min * April 14, May 12, June 9, July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023						
†† Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min						
† Focusing †† 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 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 Mar 19	Mon Mar 20	Tue Mar 21	Wed	Thu Mar 23		Sat Mar 25
		Awareness Through Movement® Katarina Halm Tuesday *30 min 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 time	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Mar 26	Mon Mar 27	Tue Mar 28	Wed /	Thu Mar 30		XX
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)				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			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		Sat Apr 1
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 /	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)				
	† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Towards the "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			† Bones for Life® & Movement Intelligence †† April 7 to April 28, 2023 Fri 11:00 am (Pacific) * 75 min April 7, 2023 BFL #23 Narrow Pelvis: Aligning the wheels BFL #24 Knee Bends a Knee: Spontaneous springiness	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 †† 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	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 Apr 9	Mon Apr 10	Tue Apr 11	Wed /	Thu Apr 13	Fri Apr 14	Sat Apr 15
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)			† Bones for Life® & Movement Intelligence †† April 7 to April 28, 2023 Fri 11:00 am (Pacific) * 75 min April 14, 2023 BFL #25 Silken Scarf along a Roller: Synchronized proportional flexibility BFL #26 The Function of Creeping: Sweeping the head from side to side	

<p>† <u>Focusing Basic Levels</u> 1pm Pacific * one hour</p> <p>†† <u>Focusing Level 3</u> Apr 2, 9, 16, 23, 30, 2023</p> <p>†† <u>Focusing Level 4</u> May 7, 14, 21, 28, 2023</p> <p>††† (Towards the "Proficiency in Focusing Partnership Award" (PFP Award))</p>		<p>†† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023</p>			<p>†† <u>Bones for Life® Impromptu Lessons</u> <u>Monthly on the Second Friday</u> 2 pm (Pacific) * 60-75 min * April 14, May 12, June 9, July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023</p>	<p>Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min</p>
	<p>Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:</p>	<p><u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</p>		<p>† <u>Focusing</u> †† <u>Focusing Practice 1st & 2nd Thursday</u> 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</p>	<p><u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</p>	<p>Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min</p>
Sun Apr 16	Mon Apr 17	Tue Apr 18	Wed /	Thu Apr 20	Fri Apr 21	Sat Apr 22
<p>† <u>Focusing Basic Levels</u> 1pm Pacific * one hour</p> <p>†† <u>Focusing Level 3</u> Apr 2, 9, 16, 23, 30, 2023</p> <p>†† <u>Focusing Level 4</u> May 7, 14, 21, 28, 2023</p> <p>††† (Towards the "Proficiency in Focusing Partnership Award" (PFP Award))</p>		<p>Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)</p>		<p><u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> Resumes April 20, 2023 *60 min Thurs 7:00 am (Pacific)</p>		<p>Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min</p>
		<p>†† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023</p>			<p>† <u>Bones for Life® & Movement Intelligence</u> †† <u>April 7 to April 28, 2023</u> Fri 11:00 am (Pacific) * 75 min April 21, 2023 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</p>	
	<p>Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:</p>	<p><u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</p>			<p><u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time</p>	<p>Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min</p>
Sun Apr 23	Mon Apr 24	Tue Apr 25	Wed /	Thu Apr 27		Sat Apr 29
<p>† <u>Focusing Basic Levels</u> 1pm Pacific * one hour</p> <p>†† <u>Focusing Level 3</u> Apr 2, 9, 16, 23, 30, 2023</p> <p>†† <u>Focusing Level 4</u> May 7, 14, 21, 28, 2023</p> <p>††† (Towards the "Proficiency in Focusing Partnership Award" (PFP Award))</p>		<p>Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)</p>		<p><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)</p>	<p>† <u>Bones for Life® & Movement Intelligence</u> †† <u>April 7 to April 28, 2023</u> Fri 11:00 am (Pacific) * 75 min April 28, 2023 BFL #29 The Wrap: A loan of integration in sideways walking BFL #30 Jumping in Wrap: "Ha*3" breathing</p>	

		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 time	
Sun Apr 30	XX	XX	XX	XX		XX
† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 3 Apr 2, 9, 16, 23, 30, 2023 †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Towards the "Proficiency in Focusing Partnership Award" (PFP Award)	XX	XX	XX	XX		XX
XX	Mon May 1	Tue May 2	Wed	Thu May 4		Sat May 6
XX		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)		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		† 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		
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			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 May 7	Mon May 8	Tue May 9	Wed	Thu May 11		Sat May 13
		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 Basic Levels 1pm Pacific * one hour †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Towards the "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) 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 time	Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun May 14	Mon May 15	Tue May 16	Wed	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)		
	† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Towards the "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		†† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2 pm (Pacific) * 60-75 min * April 14, May 12, June 9, 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		Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time	
Sun May 21	Mon May 22	Tue May 23	Wed	Thu May 25		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)		
	† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Towards the "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			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 time	
Sun May 28	Mon May 29	Tue May 30	Wed	XX		XX
	† Focusing Basic Levels 1pm Pacific * one hour †† Focusing Level 4 May 7, 14, 21, 28, 2023 ††† (Towards the "Proficiency in Focusing Partnership Award" (PFP Award))		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)	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	Thu Jun 1		Sat Jun 3

XX	XX	XX	XX	<p><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)</p>	<p>TIFI Focusing Highlight "Focusing Facilitators as the New Educators and Leaders" with Lawrence Berger, Katarina Halm, and Rosa Zubizarreta. June 2, 2023 Presentation 2pm Pacific https://focusing.org/event/focusing-facilitators-new-educators-and-leaders</p>	<p>Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min</p>
XX	XX	XX	XX	<p>† 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</p>	<p><u>Amherst Study Feldenkrais®</u> practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time</p>	<p><u>Focusing Changes Group:</u> ° 1st & 2nd Saturday ° 4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min</p>
Sun Jun 4	Mon Jun 5	Tue Jun 6	Wed Jun 7	Thu Jun 8	Fri June 9	Sat Jun 10
		<p>Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)</p>		<p><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)</p>	<p>†† <u>Bones for Life®</u> <u>Impromptu Lessons Monthly on the Second Friday</u> 2 pm (Pacific) * 60-75 min *June 9, July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023</p>	
		<p>†† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023</p>				
	<p>Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:</p>	<p><u>Amherst Study Feldenkrais®</u> practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</p>		<p>† 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</p>	<p><u>Amherst Study Feldenkrais®</u> practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time</p>	<p>Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min</p>
						<p><u>Focusing Changes Group:</u> ° 1st & 2nd Saturday ° 4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min</p>
Sun Jun 11	Mon Jun 12	Tue Jun 13	Wed Jun 14	Thu Jun 15		Sat Jun 17
		<p>Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)</p>		<p><u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am</p>		
	<p>Sounder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:</p>	<p><u>Amherst Study Feldenkrais®</u> practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</p>			<p><u>Amherst Study Amherst Study Feldenkrais®</u> practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time</p>	<p>Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min</p>
Sun Jun 18	Mon Jun 19	Tue Jun 20	Wed Jun 21	Thu Jun 22		Sat Jun 24
		<p>Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)</p>		<p>No reading group June 22</p>		
		<p>†† <u>Focusing & Dream Appreciation</u> ° Tuesday 2:00 pm (Pacific) *60-90 min (12 Week programme) Apr 4 -June 20, 2023</p>				

	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				Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Jun 26	Mon Jun 27	Tue Jun 28	Wed Jun 29	Thu Jun 29		XX
		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)		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	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time	Sat Jul 1
			XX	XX		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 July 2	Mon July 3	Tue July 4	Wed July 5	Thu Jul 6		Sat Jul 8
		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) 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		† 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	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time	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 July 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)	
		† 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® Impromptu Lessons Monthly on the Second Friday 2 pm (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 time	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	Sat Jul 22
<p>† A Sounder World with Sounder Sleep System™: 18 Lessons inspired by The Insomnia Solution © 2005 Michael Krugman M.A. GCFP /</p> <p>† A Sounder World with Sounder Sleep System™ Monday Weekly</p> <p>† A Sounder World with Sounder Sleep System™ 15-hour workshops continuing every two months.</p> <p>REGISTRATION for Sounder Sleep System™ ~ the times will be in your time zone!</p> <p>†† 15-hour workshop July 17-20, 2023</p> <p>†† 15-hour workshop September 18-21, 2023</p> <p>†† 15-hour workshop November 20-23, 2023</p>					
		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) 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 time	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Jul 23	Mon Jul 24	Tue Jul 25	Wed Jul 26	Thu Jul 27	Sat Jul 29
		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) 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				Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Jul 30	Mon Jul 31	XX	XX	XX		XX
	Souder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:	XX	XX	XX		XX
XX	XX	Tue Aug 1	Wed /	Thu Aug 3		Sat Aug 5
XX	XX	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)		
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		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			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time	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 /	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)		

		<p>† Focusing</p> <p>†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023</p> <p>†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023</p> <p>†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT</p>			<p>†† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2 pm (Pacific) * 60-75 min * Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023</p>	
	<p>Souder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:</p>	<p>Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</p>		<p>† Focusing</p> <p>†† 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</p>	<p>Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time</p>	<p>Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min</p>
						<p>Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min</p>
Sun Aug 13	Mon Aug 14	Tue Aug 15	Wed / Thu Aug 17			Sat Aug 19
		<p>Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)</p>			
	<p>Souder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:</p>	<p>Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</p>			<p>Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time</p>	<p>Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min</p>
Sun Aug 20	Mon Aug 21	Tue Aug 22	Wed / Thu Aug 24			Sat Aug 26
		<p>Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)</p>	<p>Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)</p>			
		<p>† Focusing</p> <p>†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) July 4-Sept 19, 2023</p> <p>†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023</p> <p>†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT</p>				
	<p>Souder Sleep System™ 45-60 min ° Monday 5:00 pm Pacific time:</p>	<p>Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</p>			<p>Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time</p>	<p>Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min</p>
Sun Aug 27	Mon Aug 28	Tue Aug 29	Wed / Thu Aug 31			XX

		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)		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			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time	XX
XX	XX	XX	XX	XX		Sat Sep 2
XX	XX	XX	XX	XX		
XX	XX	XX	XX	XX		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		Sat Sep 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)		
		† 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		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 time	Focusing Changes Group: ° 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 Sept 15	Sat Sep 16

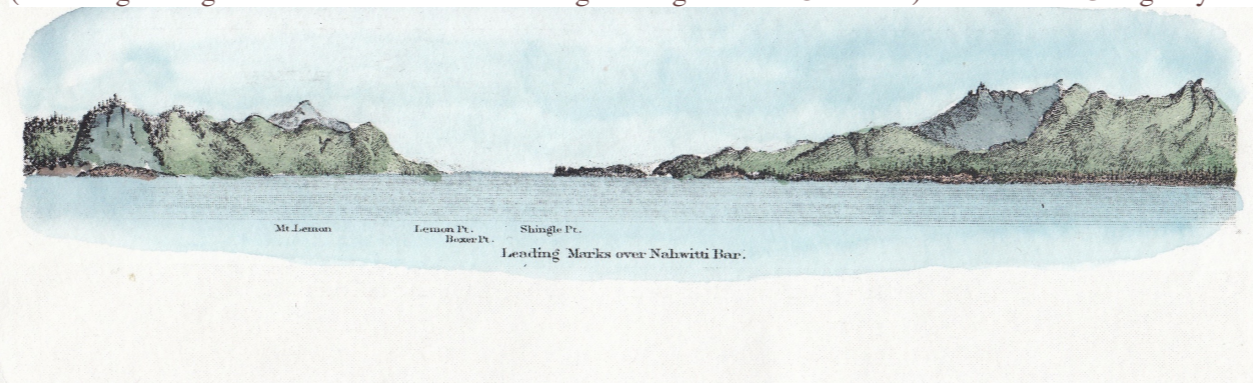
		Awareness Through Movement® <u>Katarina Halm</u> Tuesday *30 min 7:00 am (Pacific)		Reading Group: <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> *60 min Thurs 7:00 am (Pacific)		
		† Focusing †† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) 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, 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	†† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2 pm (Pacific) * 60-75 min * 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:	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 time	Focusing Changes Group: ° 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		Sat Sep 23
<p>† A Sounder World with Sounder Sleep System™: 18 Lessons inspired by The Insomnia Solution © 2005 Michael Krugman M.A. GCFP /</p> <p>† A Sounder World with Sounder Sleep System™ Monday Weekly</p> <p>† A Sounder World with Sounder Sleep System™ 15-hour workshops continuing every two months.</p> <p>REGISTRATION for Sounder Sleep System™ ~ the times will be in your time zone!</p> <p>†† 15-hour workshop September 18-21, 2023</p> <p>†† 15-hour workshop November 20-23, 2023</p>						
		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) 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 time	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		Sat Sep 30
		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)		
	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 time	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		Sat Oct 7
<p>† Focusing</p> <p>†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min (12 Week programme) Oct-3-Dec 19, 2023</p> <p>†† Focusing & Dream Appreciation ° Tuesday 2:00 pm (Pacific) * 90 min — DROP IN BY PRIOR ARRANGEMENT</p>						

		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) 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, 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		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:	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 time	Focusing Changes Group: ° 1st & 2nd Saturday ° 4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Oct 8	Mon Oct 9	Tue Oct 10	Wed (Thu Oct 12	Fri Oct 13	Sat Oct 14	
		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) 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, 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	†† Bones for Life® Impromptu Lessons Monthly on the Second Friday. 2 pm (Pacific) * 60-75 min * 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:	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 time	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 (Thu Oct 19		Sat Oct 21	
		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) 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 time	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min
Sun Oct 22	Mon Oct 23	Tue Oct 24	Wed (Thu Oct 26		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)		
		† 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 time	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Oct 29	Mon Oct 30	Tue Oct 31	XX	XX		XX
		Awareness Through Movement® Katarina Halm Tuesday *30 min 7:00 am (Pacific)	XX	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	Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time	XX
XX	XX	XX	XX	Thu Nov 2		Sat Nov 4
XX	XX	XX	XX	Reading Group: Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima *60 min Thurs 7:00 am (Pacific)		
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		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 Nov 5	Mon Nov 6	Tue Nov 7	Wed 1	Thu Nov 9	Fri Nov 10	Sat Nov 11

		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) 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, 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	†† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2 pm (Pacific) * 60-75 min * 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 time	Focusing Changes Group: ° 1st & 2nd Saturday 4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Nov 12	Mon Nov 13	Tue Nov 14	Wed 1	Thu Nov 16	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)	
		† 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 time	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	Sat Nov 25
<p>† A Sounder World with Sounder Sleep System™ : 18 Lessons inspired by The Insomnia Solution © 2005 Michael Krugman M.A., GCFP /</p> <p>† A Sounder World with Sounder Sleep System™ Monday Weekly</p> <p>† A Sounder World with Sounder Sleep System™ 15-hour workshops continuing every two months.</p> <p>REGISTRATION for Sounder Sleep System™ ~ the times will be in your time zone!</p> <p>†† 15-hour workshop November 20-23, 2023</p>					
		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) 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 time	Awareness Through Movement® <u>Katarina Halm</u> Saturday 3:00 pm Pacific *45 min

Sun Nov 26	Mon Nov 27	Tue Nov 28	Wed	Thu Nov 30		XX
		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)		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			Amherst Study Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a time	XX
XX	XX	XX	XX	XX		Sat Dec 2
XX	XX	XX	XX	XX		
XX	XX	XX	XX	XX		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	Thu Dec 7		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)		
		† 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, 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		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 time	Focusing Changes Group: ° 1st & 2nd Saturday °4 pm Pacific (° 1st & 2nd Sunday in Oceana) 45-60 min
Sun Dec 10	Mon Dec 11	Tue Dec 12	Wed	Thu Dec 14	Fri Dec 8	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			†† Bones for Life® Impromptu Lessons Monthly on the Second Friday 2 pm (Pacific) * 60-75 min * 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 time	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Dec 17	Mon Dec 18	Tue Dec 19	Wed	Thu Dec 21		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				
	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 time	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Dec 24	Mon Dec 25	Tue Dec 26	Wed	Thu Dec 28		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 time	Awareness Through Movement® Katarina Halm Saturday 3:00 pm Pacific *45 min
Sun Dec 31	XX	XX	XX	XX		XX
<p> 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/ With gratitude ~ please note contributions links </p>						
<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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