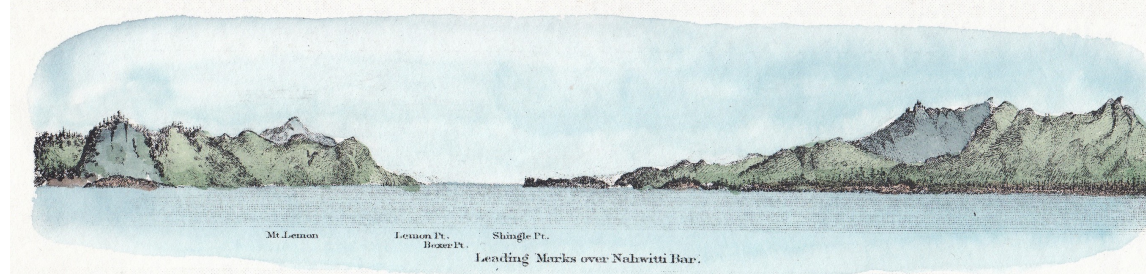


Calendar Thinking in Movement 2023



Contributions to the Studio help our projects to continue.

Click [REGISTRATION](#) for links in your time zone.
(Calendar Updated May 16, 2023)

Blog ~ Thinking in Movement Studio 2023

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

Calendar Feldenkrais® Inclusion Initiative May 2023 PDF

TIFI Focusing Highlight "Focusing Facilitators as the New Educators and Leaders" with Lawrence Berger, Katarina Halm, and Rosa Zubizarreta. June 2, 2023 2pm Pacific

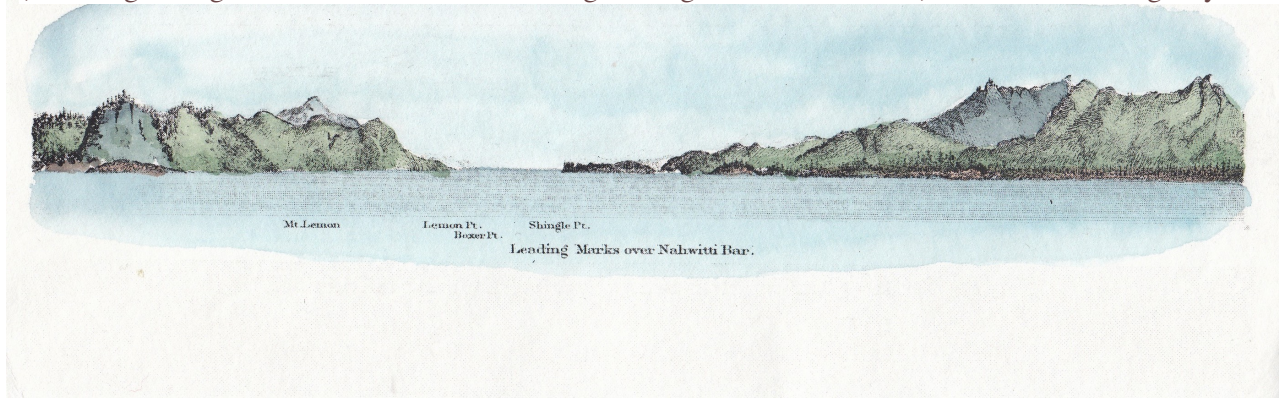
	Mon	Tue	Wed	Thu	Fri	Sat
† <u>Feldenkrais in Japanese / 日本語で</u> with Kan Nishioka ° A. Advanced class: Mondays 20:00 ° B. Regular class: Tuesdays 9:00 & 20:00 / Saturdays 9:00 西岡寛 < somatic_education@mac.com >		†† <u>Awareness Through Movement®</u> Katarina Halm Tuesday 7:00 am (Pacific) *45 min	Neuroception of Psychological Safety Scale †† <u>NPSS</u> ° <u>Third</u> <u>Wednesday 7 am</u> <u>(Pacific) * 30 minutes</u> <u>May 17, June 21, July 19, August 16, September 20, October 18, November 15, December 20, 2023</u>	†† <u>Reading Group:</u> <u>Eugene T. Gendlin Line by Line Commentary on Aristotle's De Anima</u> Thurs 7:00 am (Pacific) *60 min		

	<p>†† <u>Amherst Study</u> Feldenkrais® practitioners /trainees <u>CLICK!</u> to choose times</p> <p>Monday May 15 at 11:15 PT (then again starting Mon June 26 weekly)</p>		<p><u>Focusing & Dream Appreciation</u> ° Wednesday 11:15 am (Pacific) * 60 minutes <u>Sign-up for Focusing & Dream Appreciation</u></p>	<p>†† <u>Amherst Study</u> Feldenkrais® practitioners /trainees <u>CLICK!</u> to choose times</p> <p>*45-60 min Thursday May 11 at 11:15 PT (then again Alternate weeks from June 8, 22, July 6, 20, Aug 3, 17, 31, Sept 13, 27, Oct 12, 26, Nov 9, 23, Dec 7, 21, 2023 Jan 4, 18, Feb 1, 15, 29, 2024)</p>		<p>† <u>Focusing</u> 2nd & 4th Saturday & the next day on Sunday 11:15 am Pacific * 60-75 min Sat June 10, Sun June 11, Sat June 24, Sun June 25; Sat July 8, Sun July 9, Sat July 22, Sun July 23, 2023 Additional practice sessions †† <u>Focusing Level 3</u> <u>June 10, 11, 24, 2023</u> †† <u>Focusing Level 4 July</u> <u>8, 9, 22, 23, 2023</u> ††† (towards the “ <u>Proficiency in Focusing</u> <u>Partnership Award” (PFP</u> <u>Award)</u></p>
	<p>†† <u>FREE Introductory</u> first class May 22m 2023 <u>Josef DellaGrotte Post-</u> <u>Graduate Training in</u> <u>‘Masterful Moves’ 11:30</u> <u>am Pacific *2 hours</u></p>					
<p>† Sunday, May 28, 2023, <u>FGNA Canadian Region P2P</u> <u>Presentation (PolyVagal</u> <u>Theory) 10:00 am (Pacific)</u></p>	<p>† Josef DellaGrotte “Post-graduate training” Information †† <u>REGISTRATION</u> <i>Course Five Mondays:</i> <i>May 22–June 19, 2023</i> 11:30 am–1:30 pm (Pacific)</p>					

<p>† <u>Focusing</u> 2nd & 4th Saturday & the next day on Sunday 11:15 am Pacific * 60-75 min Sat June 10, Sun June 11, Sat June 24, Sun June 25; Sat July 8, Sun July 9, Sat July 22, Sun July 23, 2023 Additional practice sessions †† <u>Focusing Level 3 June 10, 11, 24, 2023</u> †† <u>Focusing Level 4 July 8, 9, 22, 23, 2023</u> ††† (towards the ”Proficiency in Focusing Partnership Award” (PFP Award))</p>				<p>† Information page † <u>Solutions for Optimum Mobility (Movement Intelligence)</u> Thur 11:15 am (Pacific) (alternate weeks) * 75 min †† Sign-up links are below: †† <u>Solutions for Optimum Mobility (Movement Intelligence)</u> (Drop-in link for the entire series) †† <u>Revive Foot Function</u> April 6, 20, May 4, 18, 2023 (alternate weeks) †† <u>Arms, Shoulders, and Shoulder Blades</u> June 1, 15, 29, and July 13, 2023 (alternate weeks) †† <u>Free the Lower Back</u> July 27, Aug 10, 24, Sept 7, 21, and Oct 5, 2023 (alternate weeks) †† <u>Movement Processes for Knees</u> Oct 19, Nov 2, 16, 30, Dec 14, 28, 2023 (alternate weeks) †† <u>Movement Processes for the Neck</u> Jan 11, 25, Feb 8, 22, 2024 (alternate weeks)</p>	<p>† Information <u>Bones for Life® & Movement Intelligence</u> †† Sign-up links <u>Bones for Life® (Movement Intelligence)</u> †† <u>Bones for Life® Impromptu Lessons Monthly on the Second Friday</u> 11:15 am (Pacific) 75 min * May 12, June 9, July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023 †† <u>Bones for Life® Didactic Second & Third Fridays</u> 11:15 am (Pacific) 75 min * May 12, 19, June 9, 16, July 14, Aug 11, 18, Sept 8, 15, Oct 13, 20, Nov 10, 17 and Dec 8, 15, 2023 †† <u>Bones for Life® I June 2 - September 8, 2023 7am Pacific *75 min</u> †† <u>Life® II * September 15- December 22, 2023 * Fri at 7 am Pacific *75 min</u> †† <u>Bones for Life® III * January 5 - April 12, 2024 * Fri at 7 am Pacific *75 min</u></p>	<p>† <u>FMI Zoom Rooms</u> 1st & 3rd Saturdays 11 am Pacific 45-60 Min</p>
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	<p>†† <u>Sounder Sleep System™</u> ° Monday <u>request a best time for you</u> * 45-60 min</p>	<p>†† <u>Amherst Study</u> Feldenkrais® practitioners /trainees <u>CLICK!</u> to choose times *45-60 min Tuesday Weekly 5:00 pm (Pacific)</p>			<p>†† <u>Amherst Study</u> Feldenkrais® practitioners /trainees <u>CLICK!</u> to choose times *45-60 min Selected Fridays 5:00 pm (Pacific) √ May 12, 19, 26 √ June 9, 16, 23... √ July 7, 14, 21, 28, √ August 11, 18, 25, √ September 8,15, 22, √ October 13, 20, 27, √ November 10, 17, 24, √ December 8,15, 22, 29, 2023</p>	<p>†† <u>Awareness Through Movement®</u> Katarina Halm Saturday 3:00 pm Pacific *45 min</p>
<p>♥ Amherst Study upcoming meetings: †† <u>Amherst Study</u> Sign up link for each date / select your times</p> <p>Monday May 15 at 11:15 PT (then again starting Mon June 26 weekly) Tuesday May 16 at 5pm PT weekly Thursday May 11 at 11:15 PT (then again Alternate weeks from June 8, 22, July 6, 20, Aug 3, 17, 31, Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7, 21, 2023 Jan 4, 18, Feb 1, 15, 29, 2024) Fri May 12 at 5:00 PT selected weeks Skip Fridays May 19, June 2, June 30, August 4, September 1, October 6, November 3, and December 1, 2023 √ May 12 and 19, 26 2023 √ June 9, 16, 23, 2023 √ July 7, 14, 21, 28, 2023 √ August 11, 18, 25, 2023 √ September 8,15, 22, 29, 2023 √ October 13, 20, 27, 2023 √ November 10, 17, 24, 2023 √ December 8,15, 22, 29, 2023</p>						
<p>† <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> 15-hour workshops continuing every month. <u>REGISTRATION for 15 hour workshops</u> click to see the time in your time zone! <u>Or request a best time for you.</u> A Sounder World with Sounder Sleep System™ Four-day, 15-hour workshops (Tues, Wed, Thur, Fri). 7 am - 11 am Pacific June 13-16, Jul 11-14, Aug 8-11, Sep 12-15, Oct 10-13. Nov 14-17, Dec 12-15, 2023</p>						
<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://webinars.focusinginternational.org/people/katarina-halm/</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



Studio Facebook Pages

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A Sounder World with Sounder Sleep System™ <https://www.facebook.com/A-Sounder-World-with-Sounder-Sleep-System-904367763061450>

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<https://www.facebook.com/Mindful-Eating-at-Thinking-in-Movement-Studio-2090919200925808>

Amherst Study Group for Feldenkrais® Practitioners and Trainees <https://www.facebook.com/groups/426724554351739>

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