Thinking in Movement Studio

Katarina Halm

Devoted to The Feldenkrais Method® of Somatic Education and Focusing:

Blog ~ Thinking in Movement Studio

CALENDAR PAGE
~ studio projects day by day, weekly, and monthly

CALENDAR PDF
Calendar Thinking in Movement June 2023

REGISTRATION
~ links to sign up for groups and classes listed in your timezone!

- Feldenkrais® Inclusion Initiative - resources for a younger and multi-cultural audience, free or pay as you can Awareness Through Movement® classes. Calendar Feldenkrais® Inclusion Initiative 2023 PDF

- Amherst Study ~ Feldenkrais® practitioners and trainees

- Focusing ~ Thinking at the Edge ~ Dream Appreciation ~ Philosophy of the Implicit ~ including TIFI Focusing Highlight "Focusing Facilitators as the New Educators and Leaders" with Lawrence Berger, Katarina Halm, and Rosa Zubizarreta. June 2, 2023 2pm Pacific

Enjoy related classes ~ Option to continue towards certification

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- Sounder Sleep System® Workshops and Classes ~ the Feldenkrais-based program created by Michael Krugman, ©Paris Kern.

Solutions for Optimum Mobility (Movement Intelligence) Schedule

Bones for Life® & Solutions for Optimum Mobility

Classes and Teacher Training ~ the Feldenkrais-based program created by Ruthy Alon (Movement Intelligence).

Bones for Life® (Movement Intelligence) Schedule

Impromptu Lessons Second Fridays at 11:15am Pacific *60-75 min
June 9, July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023

1st, 2nd, 3rd Mondays Solutions for Optimum Mobility at 5:00 pm (Pacific) * 45 min
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Bones for Life® (BFL®) Friday Series 7am Pacific *75 min

BFL I June 2 - September 8, 2023
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More About Bones for Life

Information page ~ Bones for Life® Teacher Training – Thinking in Movement Studio `

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

An Example of Feldenkrais Principles Applied in Bones for Life

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

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

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Footnotes / Service Marks / Credits

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Katarina Halm & Kim Reda-Wilson
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Sleep System™ Teacher

Feldenkrais® Practitioner

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Teacher in training

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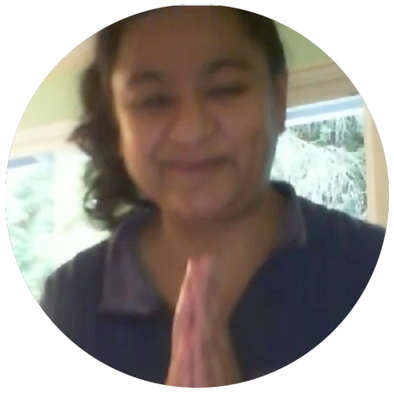

Minal Shah
Bones for Life®
Teacher in training

Bones for Life Teacher

Sounder Sleep System™ Focusing
Teacher, Author

Feldenkrais® Practitioner
& Bones for Life Teacher &
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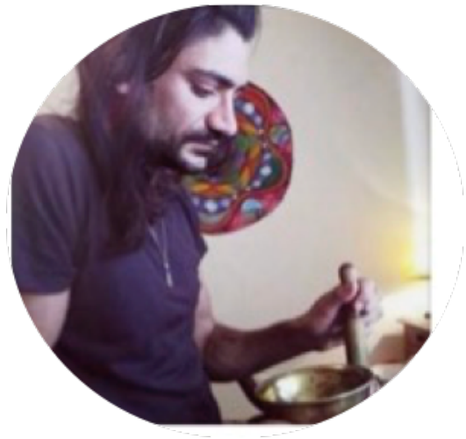
Teacher

Kim Reda-Wilson



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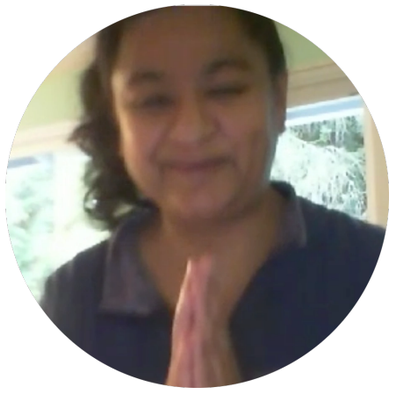

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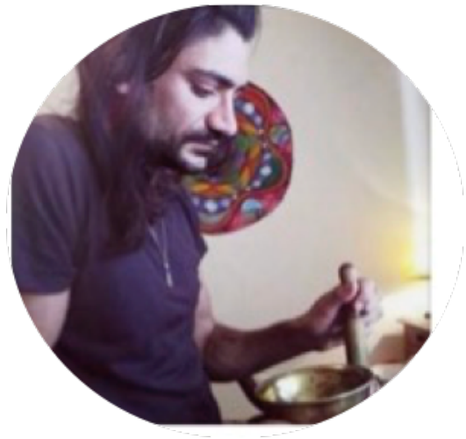

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