

A Sounder World with Sounder Sleep System™
15-hour workshop & Weekly Practice

Workshop 7 - 11 am Pacific (Tue - Fri) June 13-16, Jul 11-14,
Aug 8-11, Sep 12-15, Oct 10-13. Nov 4-17, Dec 12-15, 2023
(3.45 hours daily)

REGISTRATION WORKSHOPS & PRACTICE

- ✧ For Everyone ✧ Refine your patterns of waking and sleeping
- ✧ Mutual support ✧ Collaborations ✧ Balance and Ease ✧
- ✧ Enhance your professional practice as a therapist or teacher
- ✧ Continuing Education Credits (CEC) and Professional Development Hours (PDH)

L.E.S.S. LIGHT, EASY, SOFT, SLOW... LESS IS MORE — MICHAEL KRUGMAN

[Sounder Sleep System® Teacher Training with Paris Kern](#)

[Sounder Sleep System™ with Katarina Halm, Thinking in Movement Studio](#)

✧ "Katarina's skills in listening, supporting and encouraging colleagues are a great talent.
I applaud her dedication to furthering both Feldenkrais® and Sounder Sleep System™

— Paris Kern December 2021

Sounder Sleep System™ Founder: Michael Krugman, M.A., Feldenkrais Teacher, Copyright© Paris Kern, Feldenkrais Trainer
Invitation developed by Katarina Halm, design by Rosie Casciero 2021.



Tuesday, Wednesday, Thursday, Friday June 13-16, Jul 11-14, Aug 8-11, Sep 12-15, Oct 10-13. Nov 14-17, Dec 12-15, 2023
Workshops 7 am - 11 am Pacific (3.45 hours each day for four days to total 15 hours)

Practice Class 4th & 5th Mondays 5 pm Pacific
1st Fridays 11:15 am Pacific

Inspired by The Insomnia Solution: The Natural, Drug-Free Way to a Good Night's Sleep Copyright © 2005 by Michael
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