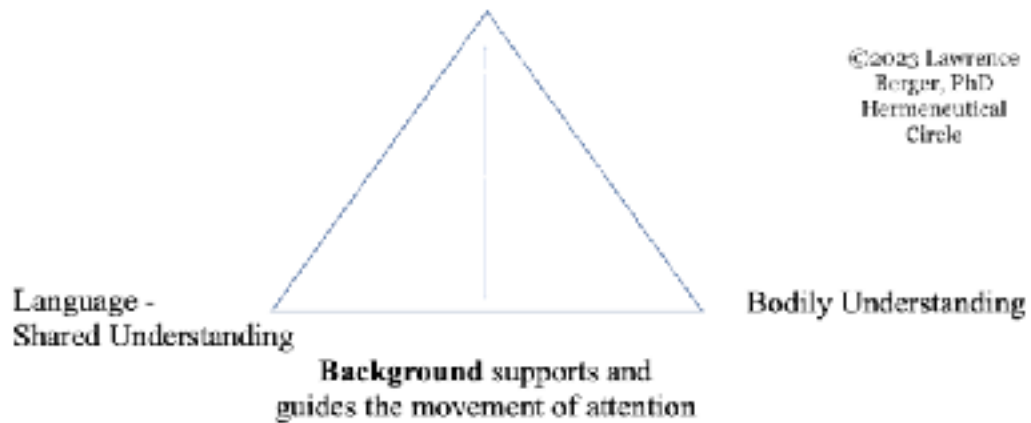


The Hermeneutical Circle

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The Hermeneutical Circle

Attention as **Foreground**
Brings background to bear in engagement



✧ Embedded in a circle by Katarina Halm,

A complete reading of the book, with additional lessons in several languages

The Insomnia Solution: The Natural, Drug-Free Way to a Good Night's Sleep © 2005 by Michael Krugman MA. GCFP

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

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

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

✧ "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