

Join us daily for a **FREE** 6-day Immersion

*** Friday July 26 to Wednesday July 31, 2024**



Dear Friends,

Welcoming you to join us for a six day adventure Friday to Wednesday, July 26-31, 2024!

For those new to the Feldenkrais Method®, Awareness Through Movement® lessons are a unique somatic approach including mindful movement explorations to bring new awareness and possibility into every aspect of life.

The [Daily Improvement Collective](#) offers [Feldenkrais® classes](#) online 365 days a year. July 26-31, 2024 will be an opportunity for those new to the project to try it at no cost. We would be delighted if you could join us and also invite your friends and family.

Classes begin daily at 10 am PT/ 1 pm ET/ 7 pm CET and last approximately an hour. Here is the link to register <https://forms.gle/GRNaLyNM6oMu7Sgi6>

Please let me know if you have questions or wishes.

It will be lovely to see you!

Katarina

Katarina Halm, M.A. GCFP, Telephone: 1 604 263 9124, Email katarinalistens2@gmail.com
<https://thinkinginmovement.ca/> Noting a recent article: [Wind at my back ~ Katarina Halm](#)

The images above are copyright 2005, by Rosalie O'Connor. They are used with permission of the Feldenkrais Guild® of North America. The 'Walking' image is the cover of the book <https://feldenkraismovementbook.com/>

The following are service marks, trademarks, collective, or certification marks of the Feldenkrais Guild® of North America in the US: Feldenkrais Guild®, Feldenkrais®, Feldenkrais Method®, Functional Integration®, FI®, Awareness Through Movement®, ATM®, Guild Certified Feldenkrais Teacher®, GCFTCM, Guild Certified Feldenkrais PractitionerCM, GCFPCM, Certified Feldenkrais Awareness Through Movement TeacherCM, CFATMTCM, Feldenkrais JournalTM, Friends of FeldenkraisSM, and FGNA Feldenkrais Method Logo. The following are service marks, trademarks, or certification marks of the Feldenkrais Guild® of North America in Canada: Feldenkrais GuildTM, Feldenkrais®, Feldenkrais® Method or Feldenkrais MethodTM, Awareness Through Movement®, ATMTM, Prise de conscience par le mouvementMD, Functional Integration®, FITM, L'intégration fonctionnelleMD, Guild Certified Feldenkrais TeacherTM, GCFTTM, Guild Certified Feldenkrais PractitionerTM, GCFPTM, Certified Feldenkrais Awareness Through Movement TeacherTM, CFATMTTM, Friends of FeldenkraisSM, Feldenkrais JournalTM, and FGNA Feldenkrais Method Logo.