

Thinking in Movement Newsletter May 14, 2025

Everyone is welcome.

Honouring Ralph Strauch:

contribute pictures and notes ~ participate in our upcoming gathering

Tribute Page Ralph Strauch ~ comments and appreciations

(R.S.V.P.) to join the gathering:

Ralph Strauch Celebration of Life Saturday May 24, 2025 3:30 p.m. GMT; 5:30 p.m.

CET; 11:30 a.m. Eastern; 8:30 a.m. Pacific (60-75 Min)



Awareness and Movement with Gosia Bochinska

Thursdays May 22nd and June 5th, 2025 (one hour) with Thinking in Movement

3:30 p.m. GMT; 5:30 p.m. CET; 11:30 a.m. Eastern; 8:30 a.m. Pacific

ZOOM LINK [https://us02web.zoom.us/j/82692924387?](https://us02web.zoom.us/j/82692924387?pwd=BbaeOGkHUJgwamLts2NOwdYSx08juk.1)

[pwd=BbaeOGkHUJgwamLts2NOwdYSx08juk.1](https://us02web.zoom.us/j/82692924387?pwd=BbaeOGkHUJgwamLts2NOwdYSx08juk.1)

About Gosia Bochinska

Individual sessions email: kontakt@usiebie.com.pl

tel: +48 509-060-606



Eight Lessons with Katarina Halm

Fridays and Sundays (one hour) with Feldenkrais® Daily

May 23 & 25; May 30 & Jun 1; Jun 6 & 8; Jun 13 & 15, 2025

5 p.m GMT; 7 p.m. CET; 1 p.m. Eastern; 10 a.m. Pacific

Fee: \$5 USD per class, or \$30 for the full series of 8 classes

Payment through PayPal to: katarina@thinkinginmovement.ca

ZOOM LINK: [https://us02web.zoom.us/j/87146337049?](https://us02web.zoom.us/j/87146337049?pwd=XmspAf0j3dpMvdh3YCS736tjbTvDji.1)

[pwd=XmspAf0j3dpMvdh3YCS736tjbTvDji.1](https://us02web.zoom.us/j/87146337049?pwd=XmspAf0j3dpMvdh3YCS736tjbTvDji.1)

Meeting ID: 871 4633 7049

Passcode: Moshe

Theme: A Sounder World with Sounder Sleep System™

An opportunity to develop your practice with applications inspired by Michael

Krugman and Paris Kern. Those who wish to continue to a fifteen hour module with

Katarina, may go on to complete thirty hours with Paris Kern to become a teacher of the

Sounder Sleep System™.

[More Information](#)

[Tribute page \(Michael Krugman\)](#)



CONTACT FOR QUESTIONS & WISHES:

Katarina Halm, M.A. Thinking in Movement. GCFP (Feldenkrais®) & CFP (Focusing)
1 604 263 9123 (Vancouver BC Canada) katarina@thinkinginmovement.ca



REFERENCES:

Enjoy a short list of principles:

- [Learn to Learn by Moshe Feldenkrais](#)
- [Aprende a aprender de Moshé Feldenkrais](#)

About the Feldenkrais Method®: Beginning as a scientist and martial artist, Moshé Feldenkrais DSc wrote influential books about movement, learning, and health. His book **The Elusive Obvious** presents a thorough and accessible explanation of the Feldenkrais Method and, as its title indicates, throws light on the solutions to many of our difficulties that are hidden in plain sight.’ — Norman Doidge M.D. (Foreword) **The Elusive Obvious: The Convergence of Movement, Neuroplasticity, 2019** by Moshe Feldenkrais (Author) <https://www.amazon.ca/Elusive-Obvious-Convergence-Movement-Neuroplasticity/dp/1623173345>



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