



Feldenkrais Awareness Through Movement & Bones for Life Classes

Rejuvenate yourself especially in Fall!

Enjoy learning easy, gentle movement sequences that can help increase your flexibility, improve your posture, and enhance your sense of vitality.

The **Feldenkrais Method**[®] of movement education benefits an unusual range of people, from athletes and musicians looking for performance finesse to anyone who would like to function with more efficiency and ease in everyday tasks.

The **Bones for Life**[®] osteoporosis prevention component of the class strengthens bones, aligns the spine, and puts back the spring in your step.

Please wear loose-fitting, comfortable clothes suitable to move around in.

Beginning-Intermediate Level	Intermediate-Advanced Level
<p>Location: Watertown Center for Healing Arts 17 Spring Street, Watertown <i>located on 71 Bus Route</i></p> <p>Dates: 10 Thursdays: September 11, 18, 25 October 9, 16, 30 November 6, 13, 20 December 4</p> <p>Time: 5:30-7:00 pm</p> <p>Cost: \$25 per class \$200 for series (save \$50)</p> <p>Pre-requisite: Permission from instructor</p>	<p>Location: Brookline Tai Chi 1615 Beacon Street, Brookline <i>located on MBTA Green Line</i></p> <p>Dates: 10 Wednesdays: September 17, 24 October 1, 8, 15 November 5, 12, 19, 26 December 3</p> <p>Time: 1:00-2:30 pm</p> <p>Cost: \$25 per class \$200 for series (save \$50)</p> <p>Pre-requisite: Prior class participation or permission from instructor</p>

Registration: Please Contact Olivia Cheever at **781-449-1410**

Street parking available at both sites



Olivia Cheever's 30 years of experience as a holistic practitioner bridges many realms. A certified teacher/trainer of Bones for Life and certified Teacher of the Feldenkrais Method of somatic/movement education, she trained with the originator of each program — Ruthy Alon (a senior Feldenkrais trainer), and Dr. Moshe Feldenkrais himself. She cofounded and chaired (2004-6) the Mind/Body Department of the Longy School of Music in Cambridge, and teaches at several Boston-area universities. Olivia maintains a private practice in Needham.