

COME
rejuvenate
yourself in
spring

Feldenkrais® AWARENESS THROUGH MOVEMENT® & BONES FOR LIFE® classes



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.

WHEN 4/18; 4/25; 5/9; 5/16; 5/30; 6/6; 6/13; 6/20, **Brookline** [8 classes: no class on 5/2, 5/23].

4/19; 4/26; 5/3; 5/10, 5/17; 5/31; 6/7; 6/14, **Watertown** [8 classes: no class on 5/24].

WHERE **Wednesdays 1-2:30pm, at Brookline Tai Chi**, 1615 Beacon Street, Brookline.

Thursdays 5:30-7pm, at Watertown Center for Healing Arts, 17 Spring Street, Watertown.

COST **\$22 drop-in or \$160 for 8-class series** (discounted to \$20/class).

TRAVEL **Street parking available at both sites.** BTC is on the MBTA green line; WCHA, on the 71 bus route.

CONTACT **Call Olivia Cheever, 781-449-1410**, for more information, to register, or for individual sessions.

OLIVIA CHEEVER's 30 years of experience as a holistic practitioner bridges many realms, including psychotherapy and massage therapy. 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.

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