

# Move mindfully, reduce stress, and feel good... while nourishing your bones & changing your brain!

## Introduction to The Feldenkrais Method® & Strong Bones for Life®!

*Bones for Life because there's no pill for posture!*

**Date, Time & Location:**

**Saturday, April 10, 2010**

**9:30 am – 4:30 pm**

**Lesley University**

**University Hall, Room 4-009**

**1815 Massachusetts Ave, Cambridge, MA 02140**

**Cost:**

**Lesley students/alumni/faculty: \$95**

**Non-students: \$125**

*\*Please wear loose-fitting clothing suitable  
for movement and bring a towel and a mat to lie on.*

**Instructor:**

**Olivia Cheever, M.A., Ed.D.**

Guild Certified Feldenkrais Practitioner<sup>cm</sup>

Bones for Life® Trainer

Faculty, Division of Interdisciplinary Inquiry, Lesley University

Mind/Body Program, Longy School of Music

*Learn to enhance mindful awareness through gentle movements that facilitate springy connection from one end of your aligned skeleton to the other in walking, sitting, lying on the floor, and leaning against a wall. Using pressure and counter-pressure pushing off from the floor, the seat of a chair, and a wall, you will help your skeleton organize itself more efficiently, sparing the unnecessary work of the muscles. This gives your bones the kind of impactful movement they are designed for to maintain their health. This results in better balance, as well as sitting, standing, walking, and breathing more freely and easily.*

*Participants may join class for their own well-being  
or use this workshop as an opportunity to begin or continue  
in the Bones Certificate Training program*

For more information visit

**[www.oliviacheever.com](http://www.oliviacheever.com)**

or call Olivia at 781-449-1410 or 617-413-5680

**“Self-knowledge through awareness is the goal of  
re-education. As we become aware of what we are doing,  
the way to improvement is wide open to us.”**

**—Moshe Feldenkrais**



*Olivia Cheever, M.A., Ed.D.,  
Guild Certified Feldenkrais®  
Practitioner and Bones for Life  
Teacher/Trainer.*



*Ruthy Alon, Certified  
Feldenkrais® Trainer and  
originator of Bones for Life  
jumping in a Bones wrap.*