

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!

Dates, Time & Location:

Saturday & Sunday, May 8 & 9, 2010

Saturday & Sunday, June 5 & 6, 2010

9:30 am – 4:30 pm (Registration at 9:00 am)

The BodyMind Integration Center
118 Main Street, Watertown, MA 02472

Cost:

\$150 for 1 day (Sat or Sun)

\$275 for both days (Sat and Sun)

**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^{cm}

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

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.*