

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

Spring Classes in The Feldenkrais Method® & Strong Bones for Life®!

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

Date & Time

10 Wednesday Evenings

April 14 – June 30, 2010

(no class May 26 and June 2)

5:30 – 7:00 pm

Location

**Watertown Center for Healing Arts
17 Spring Street, Watertown, MA 02472**

Cost

\$200 for ten weeks, or \$25/session

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

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.

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.*