

You Can Have Strong Bones for Life!

Bones for Life® (BFL) is a revolutionary program of theory and movement designed to condition posture, improve balance, stimulate strength, and encourage resilience in the bones all through natural movement. BFL, based on the work of Dr. Moshe Feldenkrais, offers an intelligent way to move, encouraging integrated, harmonious, fluid motion that incorporates ergonomically efficient body mechanics. By engaging in carefully designed dynamic weight-bearing activities, you not only stimulate your bone strength, you also discover how to *become a smarter mover* and avoid injury. Using **Bones for Life** to develop your movement intelligence allows you to: eliminate counterproductive movement habits; enhance balance, coordination, strength, and flexibility; and enjoy renewed vitality. This course can benefit anyone of any age, gender, or fitness level who wishes to improve posture, movement quality, and bone health, as well as healthcare professionals seeking innovative and effective ways to work with their patients and clients. Please bring a mat or blanket.



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

FREE Intro to Bones for Life

Date—Mon., Sept. 8, 2008

Time—10:00-11:30 am

Location—Ripley School,
120 Meriam Road, Concord, MA

Registration— Enroll online at www.ace.colonial.net (Title Search: Bones for Life) or call 978-318-1540 (evenings 978-318-1432)

Date—Wed., Sept. 10, 2008

Time—7:00-9:00 pm

Location—Healing Essence Center,
96 Commonwealth Avenue,
West Concord, MA

Registration—Enroll by emailing Sherry Seaver at sherryseav@aol.com, or leave a message at 978-369-7318

Beginners Bones for Life

Dates—10 Mondays:

September 15, 22, 29

October 6, 20

November 3, 17, 24

December 1, 8, 2008

Time—10:00-11:30 am

Location— Ripley School,
120 Meriam Road, Concord, MA

Cost—\$150 for series. \$20 Bones wrap is required (unless already owned) and can be purchased from instructors in class

Release form required

Registration— Enroll online at www.ace.colonial.net (Title Search: Bones for Life) or call 978-318-1540 (evenings 978-318-1432)

Intermediate Bones for Life

Dates—11 Mondays:

September 8, 15, 22, 29

October 6, 20

November 3, 17, 24

December 1, 8, 2008

Time—12:00-1:30 pm

Location— Ripley School,
120 Meriam Road, Concord, MA

Cost—\$165 for series. \$20 Bones wrap is required (unless already owned) and can be purchased from instructors in class

Pre-requisite—Prior class experience or permission from instructor.
Release form required

Registration— Enroll online at www.ace.colonial.net (Title Search: Bones for Life) or call 978-318-1540 (evenings 978-318-1432)

Instructors

Olivia Cheever, EdD, is a Guild Certified Feldenkrais Practitioner^{cm} and Certified Bones for Life® Teacher/Trainer

Sherry Seaver, is a Certified Bones for Life® Teacher/Pioneer Trainer

Questions?

Call Olivia Cheever at **781-449-1410** or Sherry Seaver at **978-369-7318**

*Sponsored by Concord-Carlisle Regional School District,
Adult & Community Education
www.ace.colonial.net*