

Change Your Brain, Reduce Your Pain and Lower Your Stress: A Program to Empower Yourself!

Classes in The Feldenkrais Method®, *Bones for Life®
and Conscious Embodiment

8 Wednesday Evenings

February 8 – April 4, 2012 (no class March 14)

5:45 – 7:15 pm

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

\$200 for eight weeks, or \$35/session

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

This program promises you a way to:

- Identify your pain, stress, anxiety patterns
- Listen deeply to yourself and others
- Be present to trusting your intuition
- Practice Mindful Movement and Concentration Practices
- Live a life sourced from resources drawing from the Feldenkrais Method®, Bones for Life®, and Conscious Embodiment (based on Aikido– a Japanese martial art & Mindfulness)
- Train as a Certified Bones for Life® Teacher

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

Guild Certified Feldenkrais Practitioner^{cm}

Bones for Life® Trainer

Teacher/Trainee in Conscious Embodiment

Faculty, Self Designed Masters Program, Lesley University

Mind/Body Program, Longy School of Music

For more information visit

www.oliviacheever.com

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

**This class also provides an opportunity for students who
wish to train or be mentored as certified Bones for Life Teachers.*

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



Olivia Cheever, M.A., EdD.,

*“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, D.Sc.
Founder of the Feldenkrais
Method®

*“Your individual unique way
of moving reflects not only
the level of wellness but your
entire personality.”*

—Ruthy Alon, Certified
Feldenkrais Trainer and
Founder of Bones for Life®

*“We inhabit a body that
communicates and processes
information on a sensory
level far more encompassing
than our cultural view leads
us to believe.”*

—Wendy Palmer
Founder of Conscious
Embodiment