

Befriend Your Body continues in real time and online this fall!

Befriend Your Body with *Feldenkrais*®, *Awareness Through Movement*® (ATM) & *Bones for Life*® (BFL) Classes

**8 Thursday Mornings
October 5–December 14, 2017**

(No classes Oct 26, Nov 23 & 30)

Now offered as a blended class—
students can attend in person, online in real time,
or asynchronously doing lessons later!

9:00-10:30 am ET *(in class & online in real time)*

10:45 am-12:15 pm *(in class only)*

[Download FREE Zoom App](#) *(required)*

\$245 for 8 classes prepaid *(1 class for free!)*
\$35 cash/check or \$37 via PayPal per session

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

Contact Olivia to register and to be oriented to Zoom!
at 617-413-5680, or email ocheever@comcast.net

***Befriend your body the *Feldenkrais*®,
Bones for Life®, *Awareness Through Movement*®
and *Leadership Embodiment* Way!***

This class promises you a way to learn how to:

- Eliminate your **pain** in moving and **strengthen your bones**
- Improve **flexibility, coordination, and balance**
- Discover ways to move **gracefully without effort**
- Shift from **reactive** to **centered** states when under pressure

Dr. Olivia Cheever, GCFP, CLC, Instructor

*Guild Certified *Feldenkrais*® Practitioner*

**Bones for Life*® Trainer*

Certified Leadership Coach

*Adjunct Faculty, Expressive Therapies Division, Lesley University
Faculty, Mind/Body Program, Longy School of Music of Bard College*

For more information visit my website:

www.oliviacheever.com

or call or email me at:

cell: 617-413-5680, or ocheever@comcast.net

***Feldenkrais*® and *Leadership Embodiment* can lead us
to life style change to enhance our exercise and living!**



Olivia Cheever, 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.”

—Moshé Feldenkrais, DSc
Founder of the *Feldenkrais Method*®

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

—Ruthy Alon, PhD
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 *Leadership Embodiment*