

Feldenkrais ATM and Bones for Life with Olivia Cheever, EdD, GCFP

Moshé in the morning! Ruthy in the afternoon!

Come experience lessons created by
Dr. Feldenkrais and Dr. Ruthy Alon with
Dr. Olivia Cheever, GCFP, Bones for Life® Trainer

Sunday, October 15, 2017
9:30 am-4:00 pm
\$95.00

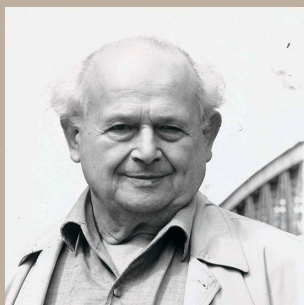
The Center at Westwoods
590 Gay Street, Westwood, MA 02090

Register with Olivia at 617-413-5680 or ocheever@comcast.net

For more information please visit
www.oliviacheever.com/classes

In the morning: Come build, refine, and fine tune your sensory-motor learning with *Awareness through Movement*®! Experience lessons which Dr. Feldenkrais chose to teach out of his vast body of work when first invited by founders of the Human Potential Movement to teach at Esalen, in CA.

In the afternoon: Continue with the unique *Bones for Life*® Processes created by Dr. Alon to address alignment, improve coordination, balance and bone health. Sense how these Feldenkrais-based approaches complement each other and can be immediately applied in all aspects of life!



“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, 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,
Founder of Bones for Life®,
and Solutions for Optimal
Mobility



Olivia Cheever

Olivia has long been fascinated by the Feldenkrais Method of learning how to learn and loves sharing this passion with others in her academic and public classes, workshops, and trainings. She has trained with both Dr. Feldenkrais and with Dr. Ruthy Alon for many years and enjoys introducing students to their ingenious movement lessons in all sorts of venues.

Olivia studied directly with Dr. Feldenkrais graduating from his 2nd North American training program. She continued her Feldenkrais learning with Dr. Ruthy Alon, one of his original 13 Israeli students and is a trainer in Dr. Alon's Feldenkrais-based Bones for Life® bone strengthening wellness program, and completing certification in Solutions for Optimal Mobility.