

Bones for Life® Teacher Training

Bones for Life® Segment 1 Two-Day Training Open to current BFL teachers only

Friday & Saturday, November 21-22, 2014
9:30 am – 6:00 pm
\$380.00

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

Completion of BFL Segment 1

We will be covering the rest of the Processes in Segment 1. Review your BFL Segment 1 Manual to familiarize yourself with those we have already covered and notice which ones you are drawn most to and which you find more challenging. Come prepared to explore one of each of these in discussion with your colleagues to go deeper into the Processes. As we continue with our study together, this will help prepare you for teaching more effectively. How might you teach the Process you like most and how would you teach the one you are less drawn to? This will help you prepare for the next steps, our Mentoring and Didactic Teachers' Seminars coming soon! Remember to bring your BFL 1 Manual and your wraps! Feel free to bring BFL 2 and 3 Manuals if you already have them but we will be concentrating mostly on material from BFL Segment 1. Please bring your logs with you to review. Remember to keep track of your Training, Mentoring, Didactic and Practice Teaching hours in your logs for Certification. Refer to Bones for Life® Teacher Certification requirement at www.movementintelligence.org.

Reminder: Next Mentoring Day is Saturday December 6, 2014 at Center at Westwoods, 9:30 am-6:00 pm for \$180—Experience your colleagues' teaching and enjoy opportunity to give and receive feedback—more info coming soon! This counts as 6.5 hours toward your mentoring requirement.

**Both offerings open only to current
BFL Teacher Trainees training with me**

Olivia Cheever, Ed.D., Instructor
Guild Certified Feldenkrais Practitioner^{cm}
Bones for Life® Trainer

Certified Leadership Coach: Leadership Embodiment
Adjunct Faculty Expressive Therapy Division, Lesley University
Faculty, Mind/Body Program, Longy School of Music of Bard College

**For more information and to register
call Olivia at: 781-449-1410
or cell: 617-413-5680
www.oliviacheever.com**

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



Olivia Cheever, MA, 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