

*Build Healthy*

# *Bones for Life™*

*Are you at risk of, or do you already have osteoporosis or osteopenia?*

**Your bones are reliable**

but only if your posture can sustain your body weight in efficient alignment.

**Your bones are strong**

but only if your activity is dynamic and able to cope with challenges that demand strength.

**“Bones for Life” gradually and safely teaches you how to:**

- stimulate your bone strength
- experience greater security and strength
- coordinate a springy and dynamic walk
- align posture for safe weight-bearing
- develop your skill in restoring balance
- use weights safely and efficiently
- enhance the pleasure you take in moving

**Marion Harris** draws on her vast experience of 33 years teaching Yoga, Feldenkrais®, relaxation, and stress management techniques. Marion is a Guild Certified Feldenkrais Practitioner (1983), an authorized teacher of Sounder Sleep System™ and a certified Bones for Life™ teacher and trainer.

***Classes***

***Ongoing Wednesdays  
2:15 - 3:15 pm***

***Workshop***

***Saturday February 14 ■ \$50  
1 - 4:30 pm  
(early bird - before Jan 28 - \$45)***

The Feldenkrais® Centre  
390 Dupont Street, St. 201  
Toronto, ON M5R 1V9

416-928-3505  
marion@feldenkraiscentre.com  
www.feldenkraiscentre.com