

Build Healthy

Bones for Life®

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

“Bones for Life” based on Feldenkrais Principles, is a program developed by Ruthy Alon, Senior Trainer of the Feldenkrais Method®. “Bones for Life” can benefit anyone regardless of age or physical condition.

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

- stimulate your bone density
- experience a greater sense of security and strength
- coordinate a springy and dynamic walk
- align your posture in a way that permits safe weight-bearing
- develop your skill in restoring balance
- enhance the pleasure you take in moving

Marion Harris draws on her vast experience of 32 years teaching Yoga, Feldenkrais®, relaxation, and stress management techniques. Marion is a Guild Certified Feldenkrais Practitioner (1983) and an authorized teacher of “Sounder Sleep System™” and “Bones for Life®”.

Introductory Workshops

*Sat, Jan 21 **OR** Sat, Feb 18*

1:30 – 4:30 pm \$45

6 Week Course

Tuesdays, Feb 28 – Apr 4

7:30 – 8:45 pm \$120

Pre-registration is required - save 10% by registering 10 days in advance

The Feldenkrais® Centre
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Marion Harris of the Feldenkrais Centre introduces:

Build Healthy “Bones for Life”®

The Successful program that shows you how to stimulate bone strength and restore balance.

Bones For Life (BFL) is a program developed by Ruthy Alon, Senior Trainer of the Feldenkrais Method® and is based on the teachings of Dr. Moshe Feldenkrais. BFL can benefit anyone, regardless of age or physical condition.

It is commonly understood that weight-bearing exercise can stimulate bone strength. However, weight-bearing exercise with poor alignment causes overuse of some joints and under use of others. On the other hand, dynamic alignment allows optimal stimulation of bone and joint health through ordinary daily activities as well as long walks or weight lifting.

BFL offers tools for developing dynamic alignment as inspired by the beauty and efficiency of indigenous peoples who carry loads on their heads. Load-bearing African women develop an alignment that allows them to carry 20 to 70% of their body weight on their heads. The efficiency of the gait in these women has been studied extensively. Also well documented is their surprisingly low bone density and hip fracture rates.

Bone mineral density is only one aspect of bone health. The ability of the bone to respond to pressure, and to give without breaking is another category. Also to be considered, poor balance increases the risk of falling and certainly leads to increased risk of injury.

BFL offers a total program for improved function and bone health which includes a way to stimulate dynamic alignment and rhythmic response to pressure through the entire self. In BFL, it is possible at nearly any age to enhance one's posture and improve the transmission of force through the skeleton in a domino-like manner.

“Bones for Life” -- Think about it:

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” teaches you - gradually and safely - how to:

- stimulate your bone density
- experience feelings of security and strength
- coordinate a springy and dynamic walk
- align your posture in a way that permits safe weight-bearing
- develop your skill in restoring balance
- enhance the pleasure you take in moving

For dates and times of workshops and classes,
please visit www.feldenkraiscentre.com or phone 416-928-3505