

Bones for Life® 2
Taught by: Elizabeth Keith,
Certified Bones for Life® Trainer
Guild Certified *Feldenkrais* Practitioner^{cm}

Bones for Life® was created by Ruthy Alon
based on Dr. Moshe Feldenkrais' approach to somatic learning.

In this Series, you will learn 30 Unique Movement Processes
designed to help you to:

Find Your Reliable Skeleton: You will learn to build strong, resilient bones
and healthy joints

Obtain Better Posture: You will learn how to feel taller and move with
power and confidence

Move with Fluidity: You will discover ease and comfort in
everyday activities and be more at home in
your body

Increase Energy: You will learn how to feel and look younger

Program Schedule:

Bones for Life® 2 is a 20 hour program.

Thursday, November 30, 2017:	5:00-8:30 PM
Friday and Saturday December 1 st & 2 nd :	9:00 AM-5:00 PM
Sunday December 3 rd :	9:00 AM-1:00PM

Tuition:

\$400 for the Basic Program: For Those Who Have Not Participated in a
Bones for Life® 2 Program

\$300 Advanced Program: For Those Who Have Previously Taken
Bones for Life® 2 Program

Location:

Move Better Today Studio
16620 N. 40th St, Suite D-5
Phoenix, AZ 85032

Contact Elizabeth at 602-885-8006 or ekeithaz@gmail.com
Visit MoveBetterToday.com for a map and directions