



Bones for Life® 1 Online Training

Taught by: Elizabeth Keith,
Certified Bones for Life® Trainer
Certified Solutions for Optimal Mobility® 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 ***Increase***

Energy: You will learn how to feel and look younger

Program Schedule:

Bones for Life® 1 is a 20 Hour Program

Tuesday Mornings: 9:00AM-12:00 PM Arizona Time
April 6th-June 1st, 2021
(No Class April 20th and May 18th)

Tuition:

\$400 Basic Program: For those Who have Not Participated in a Bones for Life® 1 Training

\$300 Advanced Program: For Those Who Have Previously Completed a Bones for Life® 1 Training

**This will be an Online Training using Zoom.
Students will receive the recordings of each segment.**

Register Early. Space is limited to 10 Participants.

Please Call: 602-885-8006 or e-mail ekeithaz@gmail.com to register



Elizabeth Keith
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