



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.

7 Consecutive Mondays:
June 8th-July 20th

9:00AM-12:00 PM Arizona Time

Tuition:

\$400 for the Basic Program: For Those Who Have Not Participated in a Bones for Life® 1 Program

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

This will be an Online Training.

Students will receive the Audio 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
Movement Education, LLC

