



Ruthy Alon's Bones for Life!®

Taught by Charlotte Chavez, GCFP
*Facilitating the Increase and Maintenance of Bone Strength through
Skeletal Alignment, Pressure and Rhythm*

The Bones for Life program is a holistic approach to strengthening one's bones, supporting the evolution of a more functional skeletal organization by developing self awareness regarding posture and weight-bearing, using slow, gentle movements (based on the Feldenkrais® Method) resulting in the organization of one's skeleton to efficiently transmit firm, yet low impact pressure through this improved skeletal alignment. Benefits include improved balance, increased stability, an optimistic outlook, and an overall increase in vitality

Course Description: 4 classes, 1½ hours each, except September 16 will be two hours.

Fun, easy movements and breathing exercises, each class will focus on different aspects of skeletal alignment, balance, and the amount of pressure you can safely use to stimulate bone strength.

Place: Sutter Medical Center of Santa Rosa, 3325 Chanate Road,
Vesalius Room second floor

Date: Four Wednesdays, September 16, October 7, 14 & 21, 2009

Free One Hour "Pre-Class" September 9th, 6-7 pm

Time: First class, **September 16, 6-8 pm**, includes an hour presentation by **Women's Health Specialist, Dr. Amy Shaw**, discussing the latest medical aspects of bone health, including osteoporosis medications and nutritional supplements. Last four classes: **October 7, 14, & 21, 6-7:30 pm.**

What to Wear: Wear loose, comfortable, layered clothing

What to Bring: heavy blanket or quilt to lie on the floor; extra padding, such as yoga mat, if needed for comfort.



Cost: \$75 - If register by August 9th, 2009

\$90 - If register at pre-class, September 9th, 2009

\$110 - If you register after September 9th, 2009

Developing vitality and
biological optimism
through bone
strength!

CHARLOTTE CHAVEZ,
FELDENKRAIS
PRACTITIONER

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SPACE IS LIMITED so please sign up soon.

To Register:

Call Charlotte Chavez at **707-433-7674**,

email: **centered@sonic.net**,

Or Send a check to: Charlotte Chavez,

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For information on Charlotte please visit her website at

www.feldenkraismethod-chavez.com