

# Ruthy Alon's *Bones for Life!*®

Taught by Charlotte Chavez, GCFP

**Facilitating the Increase and Maintenance of Bone Strength through Alignment,  
Pressure and Rhythm**

The Bones for Life program is a holistic approach to strengthening bones, supporting the evolution of a more functional skeletal organization, by developing self awareness as regards posture and weight-bearing, using slow, gentle movements (based on the Feldenkrais Method) resulting in the re-organization of the skeleton to transmit firm, yet low impact pressure through this improved skeletal alignment, stimulating bone strength. The method also promotes improved balance, increased stability, an overall increase in vitality and an optimistic outlook.

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

**Place:** 8450 West Dry Creek Rd, in the Dry Creek Valley, north of Healdsburg

**Dates of upcoming classes:** Summer 2010 Schedule:

July 24,  
August 21  
September 4

**Time:** 10- 11:30AM

**Cost:** \$20 per class

**What to Wear:** Wear loose, comfortable, layered clothing

**What to Bring:** beach towel to lie on carpeted floor

**To Register:** **SPACE IS LIMITED** so please sign up soon!

Call Charlotte Chavez at 707-433-7674, email: [centered@sonic.net](mailto:centered@sonic.net),

Or Send a check to: Charlotte Chavez, PO Box 191, Geyserville, CA 95441



**Ruthy Alon**

For information on Charlotte please visit her website at  
[www.feldenkraismethod-chavez.com](http://www.feldenkraismethod-chavez.com)