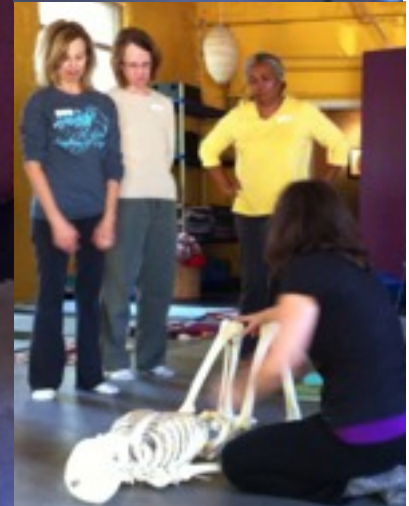




Bones for Life®



The Movement Intelligence of Bone Strength and Weight Bearing Posture based on the Feldenkrais Method's approach.
Ruthy Alon, Founder

African women have the lowest bone fracture rate in the world. Their intelligent, springy, weight bearing movement is what our bones need to thrive. In these monthly 2.5 hour seminars, we will explore gentle movement exercises that stimulate your brain to train your body for good alignment, which in turn improves your posture, strengthens your muscles and protects your vulnerable joints. These classes allow you to learn movement that has meaning for your unique skeletal structure. Ruthy Alon, the founder, is 84 years old still skipping, jumping and living life fully. Kelly Feder is a Certified Master Teacher of the Feldenkrais Method® and a Pioneer Teacher of Bones for Life®.



Movement Intelligence
BETTER POSTURE
STRONGER BONES
PAIN FREE EXERCISE

When: Second Saturday of the month Jan-Apr

Where: Big Bend Yoga Studio
88 North Gore in Webster

Time: 2:00-4:30 p.m. Saturdays
January 11
February 8
March 8
April 12

Fee: \$144 all 4 Saturdays
\$111 any 3 Saturdays*
\$76 any 2 Saturdays*
\$40/Saturday

* Must include Jan. or a scheduled individual intro class before your first Saturday.

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www.FMASTL.com

Outsmarting Osteoporosis with Movement Nature Meant