



## Bones for Life® 1 Workshop

Taught by: Elizabeth Keith,  
Certified Bones for Life® Trainer  
Guild Certified *Feldenkrais* Practitioner<sup>cm</sup>

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.

|  |                 |
|--|-----------------|
| Thursday, August 10, 2017:                                       | 5:00-8:30 PM    |
| Friday and Saturday August 11 <sup>th</sup> & 12 <sup>th</sup> : | 9:00 AM-5:00 PM |
| Sunday August 13 <sup>th</sup> :                                 | 9:00 AM-1:00PM  |

### 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

**Where:** Move Better Today Studio  
Las Palmas Medical and Dental Plaza  
16620 N. 40th Street, Suite D-5  
Phoenix, AZ 85032

Please wear loose comfortable clothing.

**Register Early. Space is limited to 10 Participants.**

Please Call: 602-885-8006 or e-mail [Ekeithaz@gmail.com](mailto:Ekeithaz@gmail.com) to register

Please make your check payable to: Elizabeth Keith Movement Education  
16620 N. 40th St., Suite D-5  
Phoenix, AZ 85032

Please Visit our website at [MoveBetterToday.com](http://MoveBetterToday.com) to learn more about our Studio.