



# Foundation for Movement Intelligence

## Wave and Axis, the Newsletter of FMI

FALL 2010

### "Wave and Axis"

Fall 2010

Volume 2, Issue 3

#### Articles and Features

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- Osteo~Blast! Gratitude
- New FMI Phone
- 2009 Financials
- ILCMA Tidbits
- Mission Fish
- Pum-Pum Benefits
- Grateful for BFL
- Upcoming Trainings



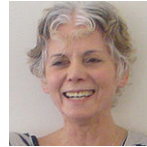
Dear *Wave and Axis* Readers,

Welcome to this special Osteo~Blast! issue of *Wave and Axis!* A very special thank-you to Doug Boltson for his assistance helping put it together, and organizing its distribution in hard copy to all Osteo~Blast! attendees.

I hope you all have a great conference!

Chris Kresge  
*Editor*  
*Wave and Axis*

### Upcoming Project — *Ruthy on the Move!*



### New *Walk-for-Life* Program Debuts Fall 2011

To all Bones for Life graduates who maintain a place for this work in their hearts and intentions; to those who will come to the Osteo~Blast! Conference to verify our statement of who we are; as well as to all those unable to be in New Hampshire in person at this time: I send you all a warm "Hello" and a big BFL hug of empowerment.

I want to share with you what is taking shape in my mind to further the growth in popularity of our *Movement Intelligence* offerings . . . and that is to answer the current demand for a healthy lifestyle that encourages people to "*get out there and walk.*"

I intend to catch this wave by offering *Walk-for-Life* — a new program addressed to people at varied levels of fitness. It will include some pieces of the basic BFL program as well as incorporate a few other arts, such as our *Movement Intelligence* perspective on the ballistic use of the *Nordic* walking poles — using 2 sticks that function as extensions of our arms, and provide us with the benefits of the fundamental "crawl" pattern, but with the spine vertical to gravity.

This *Walk-for-Life* program will be organized progressively, in 7–10 levels of fitness, allowing people to advance to their own level of competency, not unlike the color spectrum of judo belts.

At each level there will be a short workshop for learning specific qualities and skills that relate to a particular theme. The actual application of the program, however — to everyday life — will fall to the participants, as their homework.

I intend to offer the course next October. It will be presented as an optional "adjunct toolkit" for BFL teachers, just like the current BFL Chairs program.

With Love and Biological Optimism,

Ruthy Alon



## From the FMI Board of Directors

**Osteo~Gratitude** is our theme for this issue!

*If, as the proverb goes, it takes a village to raise a child, then it takes a team of thoroughbreds to pull together an Osteo~Blast!*

The FMI Board would like to thank and congratulate **all** the members of our community who have worked so diligently and tirelessly — and with such exemplary dedication and cooperation — to make the 2010 Osteo~Blast! Conference a landmark success. We feel blessed that so many talented people chose to share their unique gifts with us.

In addition to thanking **Ruthy Alon** — for being born, creating these fabulous processes, and sharing them with us so we all feel so much more alive (just like her!) — we would like to thank:

**Carolyn Sue Albin** — for the original idea of a party . . . and the cake!

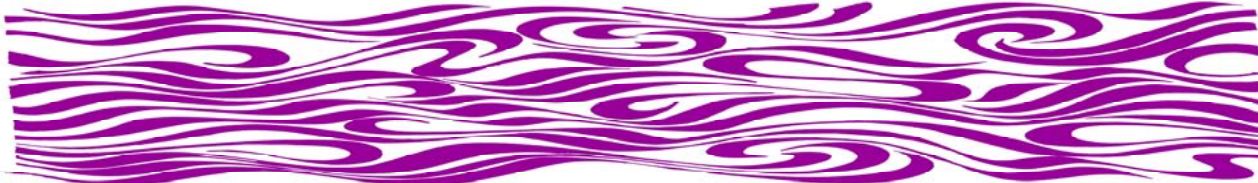
**Doug Boltson** — dervish of whirling details (who gave us the name “Osteo~Blast!”) for his seemingly boundless energy and time as one of this conference's chief architects, handling technical & financial oversight, as well as administrative planning & support

At the conference's formative stages, for their initial conceptual and structural input: **June LaPointe**, **Olivia Cheever**, and **Kelly Feder**. And some great scouting and reconnaissance work by June, who will be filming Ruthy's morning workshops

**Tyr Throne** — for advocating the conference be held at *Barbara Harris*, and **Cici Runge**, for keeping “constant contact” with BH, as our official liaison, and with us. Not to mention her countless behind-the-scenes hours keeping projects moving ahead

The **Steering Committee** — for crafting the vision, nailing down the details, and seeing it through. Aably led by **Catherine Wright** with major assistance from **Cici Runge**, with **Linda Howell** co-helming the Scholarship sub-Committee (as well as obtaining the required insurance for this event)

**Cathy Wright** has been so phenomenally on top of things throughout, from beginning to end, that we just have to mention her again ;-). We thank her above all for leading the way (even during breaks in her Feldenkrais training!); we could not have put together this conference so well without her . . . *Thank you again, Cathy — Bravo! Well done!*



The **Program Committee** — **Anna Haltrecht** leading a triumphant trio, aided and abetted by **Cynthia Allen & Marcia Giudice**. *And Anna for her eagle-eyed proofreading*

All our **Presenters**: **Gail French, Ann Foster, Maria Giudice, Denise Deig, Candia Garibay, Marco Antonio Hernandez Morales, Sheree Farber, Tyr Throne, Sonja Johansson, Nancy Haller, Don MacKay, Anastasi Siotas, Deborah Elizabeth Lotus, Christiane Feuerstein, and Anna Haltrecht** (again)

Our overseas supporter and contributor from Spain, the hypnotic writer / researcher **Luis Miguel Gomez-Diaz**, unfortunately unable to attend. We send remote gratitude!

Our **Panelists & Moderators**: The “Global” team, led by our own [U.N.] Ambassador of ceremonies, **Deborah Elizabeth Lotus**, and the “Local” home team, spearheaded by **Cynthia Allen** [whose ILCMA organization will be recording the afternoon presenters, with **Tyr Throne** filming the panels]

Our **Volunteers**, coordinated by **Rosa Murnaghan**, including: **Allyson Sipple, Pendra Wilson, and Bob Schlesinger** (Great teamwork on those badges, too, Bob!)

The **Program Guide**: **Petra Riedel-Willems** — keeping us committed to our deadlines!

For their behind-the-scenes **Graphic Consulting** and support: **Felicia Trujillo**, and the incredible **Martha Runette** — *Merci Mille Fois!* Hope you both will join us out in the open sunlight someday; get out from behind those computers and come play with us!

**Nancy Haller** — Our **Party** Girl (with the assistance of **Gretchen Langner** and **Carolyn** “cake” **Sue Albin** for pulling together a truly festive week-long celebration on a shoe-string budget

**Gretchen Langner** — again— for her behind-the-scenes artistry, working her magic on the poster, DVD, getting the Chairs manual to press, and some other major schlepping. (**Deborah Elizabeth Lotus** and **Linda Howell** get some schlepping points here, too! Think mats, wraps, shawls, folios, printed matter, and . . . well you get the idea!)

Our biggest group, the **Scholarship Donors** (some of whom could not themselves attend . . . but that did not inhibit their generosity!): **Ruthy Alon, Julie Sandler-Friedman, Mischul Brownstone, Aviva Bernstein, Carol Lingman, Ann Foster, Rika Fuji, Toshinori Nakanishi, Sheree Farber, Cici Runge, Bob Schlesinger, Cathy Wright, Darlene Farrow, Heidi McGovern** . . . Our heartfelt thanks to all — Helping to underwrite their costs, *you’ve made a lot of people very happy!*

And special mention to **Julie Sandler-Friedman** for helping us draft that successful Scholarship solicitation letter; for this event we raised over \$1,600 in donations!

**Lisa Tiemann** — for her adept and reliable back-office support, keeping the ever expanding Tracking sheet going, and getting all those checks to the bank on time!

**Chrish Kresge** — for this special Osteo-Blast! edition the *Wave and Axis* newsletter

Also, thanks / arigato / kam-sa-ham-ni-da / gracias / danke / grazie etc. to all those from abroad who braved the elements (and airports) to make the great overseas trek, in order to render this a **truly international event**, including **Jenny Groves** from Australia, **Rika & Toshi** from Japan, **Hong Jo** from Korea, our South American friends **Marisol** and **Maria Clara**, and **Christiane** from Austria, **Isabella** from Italy . . . and a big *Todah* to **Ruthy**, who joins us from Israel via a visit to her native Colombia — *That's international for you!* And to New Hampshire we also welcome our friends across the US border, our **Mexican & Canadian** contingents — **Gracias y/et Merci a todos/tous!**

Finally, our hearts go out to those who wished to attend but were unable to do so at this time, as well to those who had to cancel at the last minute.

We hope everyone who wishes can make it to our next big *Bones for Life* gathering, wherever it is, and in whatever form it takes. More importantly, we hope that everyone who did attend acquired enough learning and inspiration (for at least another year) to keep spreading the word about — and increasing the presence of — Ruthy's BFL throughout the world!

Our sincere wish is that you continue to work with us in 2011 as we pool our diverse resources to make this wonderful work better known and appreciated — more visible and more viable — around the globe, as well as across the street in your very own neighborhood. Take it with you, wherever you live, wherever you go, and share it!

*The FMI Board*

**FMI currently has 143 Members Worldwide!**



**FMI • 145 Newbury Street • Portland, ME • 04101**

**Our New Telephone Number is 207-239-0260**

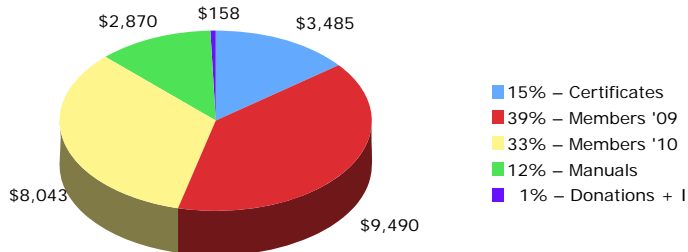
**Call and leave a message for Lisa Tiemann  
who is in the office on Wednesdays**



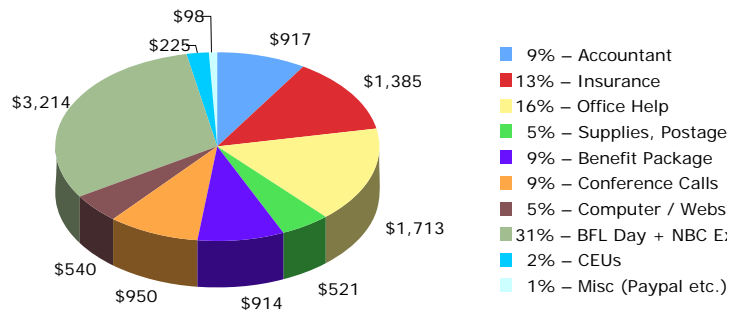


## 2009 Income and Expenses\* 6/25/10 (unaudited)

2009 Income: \$24.6



2009 Expenses: \$10.5



We began January 2009 with a balance forward from the prior year [2008] of \$5,726. This amount, in addition to the difference in 2009 Income-minus-Expenses of approximately \$13.5K [see above left] allowed us to begin January 2010 with a balance forward of \$19,241.

Our largest source of 2009 income [72%] was from Membership — a total of \$17.5K when combining 2009 member fees with 2010 advance registrations and renewals. Operational Expenses totaled 69% of our budget, with the remaining outlay [31%] going towards Promotional and Marketing expenses to finance the 2009 *Bones for Life*<sup>®</sup> Day signature events in Boston, New York, and Washington D.C., and to underwrite our participation in the January 2010 *NBC4 Health & Fitness Expo*, also held in the U.S. capital.

Thanks to your support, we project starting 2011 off with a balance of over \$25K, which we anticipate using to further promote BFL through expanded research, outreach, and marketing efforts. We hope to have a similar financial statement for 2010 posted by the end of next spring.

For a closer look, the above charts can be downloaded from the FMI website at <http://www.movementintelligence.org/financials.html>

*\*Figures rounded to the nearest dollar*

*A few tidbits from Integrative Learning Center*

### **New YouTube Video**

Jeanne Hills, Physical Therapist, *Feldenkrais* Practitioner, and future *Bones for Life* teacher talks about how *Bones for Life* is benefiting her patients, and her own life!

This url will create the video jpeg for you: <http://i2.ytimg.com/vi/ufYXhnlohGs/default.jpg>  
Then you can hyperlink to the actual video with this url:  
<http://www.youtube.com/watch?v=ufYXhnlohGs>

We held two great **Didactic Workshops** this year and wanted to give you a chance to “meet” the participants. More than a few will be at Osteo~Blast! — so if you are there, many opportunities for connection will abound!



### **Didactic in Seattle with Denise Deig**

*Names, Left to Right:*

Marg Bartosek, Viana Daven, Bonnie Angelie, Jan Westwater, Rod White, Christine Cutbush, Meriah Kruse, Pendra Debra Wilson (back), Kyle Forman, Igene Engell, Aubrey Lesicki (back), Anne Andrews,



**Didactic in Cincinnati with Cynthia Allen**

*Names, Left to Right:*

(front) Pat Hughes, Leslie Renquist-Hughes, Ann Harman, Nancy Harbough  
 (back) Cynthia Allen, Diane Baker, Joan Peet, Carol Busey, Carolyn Slayton- Knox, Jincey Yemaya

Cynthia Allen, GCFP, BFLT/T  
 Telephone: (513) 541-5720

[www.FutureLifeNow.com](http://www.FutureLifeNow.com) for weekly classes or private sessions visit

[www.integrativelearningcenter.org](http://www.integrativelearningcenter.org) for intensives, certification programs, or links to research, podcasts, videocasts and other professional resources I am involved with, visit this non-profit site.

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**MISSION FISH — Support FMI through **

Do you **buy** on ebay?

Be on the lookout for items a portion of whose proceeds go to the Foundation of Movement Intelligence through the **Mission Fish** program

Do you **sell** on ebay?

Join the **Mission Fish** program, and earmark a percentage of your sales to be donated to FMI



For more information, contact FMI Board Member **Sheila Zangara** at 707-558-8274 or email her at [zanshee55@yahoo.com](mailto:zanshee55@yahoo.com) *Thank you — Every little bit helps!*

## A Dozen Good Reasons to “PUM-PUM”

Not too long ago on the BonesForum, Doug Boltson started compiling a list of presumed benefits of our “bread-and-butter” Process #2 “Bouncing on the Heels” [aka “pum-pum”], which some others than began contributing to. All our systems are of course interrelated; affect *one*, and you affect them *all!*

But since we each have our own unique backgrounds and perspectives, I thought this list worthy of wider contemplation and consideration, hoping that others might contribute to expanding it from their own vantage points — either with additional ideas, or with stories substantiating any or all of the cited potential benefits we have amassed thus far. Herewith, our latest version:

### Advantages/Benefits of Pum-Pum (Bouncing on Heels) — A Multi-Dimensional Deconstruction

#### **Circulatory System**

Encouraging penetration of tissues for nutrient delivery via the capillaries, as well as Venous Return [Shaking “up” the system via rebounding]

#### **Skeletal System**

Mechanical Push-Pull on Bones [compression-tension] to stimulate bone growth [compression = hydroxyapatite (solidity)] [tension = collagen (elasticity)]

#### **Nervous System**

Stimulating Nerves on Soles of Feet [countering peripheral neuropathy in feet (aging & diabetes)]

#### **Vestibular System**

Balance/Alignment (backward weight-shift)

#### **Muscular System**

Releasing excess lumbar contraction, to let the pelvis “hang” (especially when emphasis is downward, into the ground [“Think down!”])

#### **Digestive System**

Mechanical perturbation to promote smoother transit of visceral content

#### **Lymphatic System**

Engaged to accelerate detoxification

#### **Respiratory System**

Ventilating Lungs, with rib involvement

#### **Locomotion**

Incipient “Jump” — used also in running, and springy walking [involving feet, ankles, knees & hips]

#### **Psychic**

Hint of youthful/playful reminiscence of “*jumping for joy*” [Biological Optimism]

#### **Socially**

Synchronized group activity

#### **Expression**

Vocal engagement



## Grateful for *Bones for Life!*



*by Marcia Giudice*

A physical therapist recently recommended an exercise for what she called my “neck instability.”

The exercise was basically an isometric exercise for alignment and strengthening (tuck my chin to elongate the back of my neck, and hold this lengthened position while pressing the heel of my hand into the bridge of my nose as if to push my head up into neck extension — lifting my chin and increasing my neck curve). It is hard for me to imagine what I would have done with this exercise, and what value I would have gotten from it without my experience with *Bones for Life*.

First, my experience with BFL inspired me to explore details and practice the exercise as a process of discovery, rather than assuming that the way I first experienced it was the way it should feel. I used my hands in many places on my neck and skull to sense what it was I was doing. I explored what parts of the exercise were similar to, and different from, BFL processes #3 Aligning the Neck — Spreading Fingers; #21 Aligning the Neck in Resistance — Index Finger between Teeth; # 56 Combing the Hair — Passive Elongation of the Neck; and #62 Foot Steps Over Thigh/Finger Along the Nose — Securing Continuity of Axis . . . all of which had something interesting to contribute.

Second, my BFL experience helped me search beyond my neck for a feeling of connection with the rest of myself (via the antigravity network, or “axis”) in response to the resistance. This helped me lengthen the rest of my spine, and minimize any compression. The “neck exercise” now addressed a total body pattern, and the whole of myself.

And, third, I applied the BFL principle of reinforcing a new alignment or possibility with the functional movement pattern of “walking in place.” VOILA! I felt empowered to have transformed the original exercise into an interesting and satisfying exploration that is making a difference in my life!! Many thanks to Ruthy, the BFL work, and to my PT!!

Marcia Giudice  
BFL Trainer, Wayland, MA



## UPCOMING BFL TRAININGS

### BFL Intensive & Teacher Certification Training Program on Salt Spring Island, Canada with Anna Haltrecht

2011

**Part A**  
May 25–May 31

**Part B**  
July 13–19

**Didactic**  
July 21–25



Cats Pajamas Studio, 104 Langs Road, Salt Spring Island, BC, Canada  
Anna Haltrecht, GCFP, *Feldenkrais* Assistant Trainer & Bones for Life Trainer®  
Info: [anna@bonesforever.com](mailto:anna@bonesforever.com) or 250-537-5681

## Complete Bones for Life Training in Washington, D.C. 2011

*The complete BFL program of 90 Processes is taught in three 30-Process Segments  
and effectively constitutes a training in optimal human biomechanics*

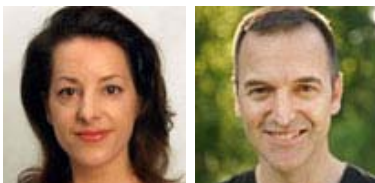
Convenient 3-day weekend format in Central Washington, D.C. for each Segment  
with Bones for Life® Certified Trainers

**Sonja Johansson and Anastasi Siotas**

BONES FOR LIFE® Segment I      Friday March 11, Saturday March 12, Sunday March 13, 2011  
BONES FOR LIFE® Segment II      Friday April 8, Saturday April 9, Sunday April 10, 2011  
BONES FOR LIFE® Segment III      Friday May 13, Saturday May 14, Sunday May 15, 2011

HOURS      Fridays 12:30 pm – 7 pm      Saturdays 10 am – 6 pm      Sundays 10 am – 6 pm

COST PER SEGMENT:      Early Bird (14 days prior to each segment) \$450; \$500 thereafter  
\*Repeating Students (must have completed a BFL training —  
\$250 Early Bird; \$300 thereafter



For enquiries and enrolment, please contact Chrish Kresge at 202-431-1309,  
or email her at [chrish@chrishkresge.com](mailto:chrish@chrishkresge.com)



## ***Bones for Life<sup>®</sup>***

*with Carolyn Sue Albin*

At McGhee/Smithback Center for *Feldenkrais* and Physical Therapy

Continuing Education Fridays at 10 am — Open to all

Intensives Saturday Oct. 2 and Nov. 13, 10 am to 5 pm — Open to all

### Class Location

1600 Lena Street, Suite B5

Santa Fe, NM 98505

### Information & Reservations

Carolyn Sue Albin, GCFP

Bones for Life Trainer

[csa@movementforward.com](mailto:csa@movementforward.com)

505-660-4376

Movement Forward

Wishing Ruthy



Many Birthday Blessings!

Incorporated in the state of Maine in 2007, the **Foundation for Movement Intelligence** is a non-profit 501(c)(3) educational organization dedicated to promoting the world's best movement practices in the service of osteoporosis prevention and reversal.

*Our current Board Members are:*

**Ruthy Alon,**  
President and  
Founder

**Doug Boltson,**  
Webmaster

**Linda Howell, P.T.,**  
GCFP

**Cici Runge, P.T.,**  
GCFP

**Tyr Throne, GCFP**

**Sheila Zangara,**  
GCFP

FMI coordinates activities of North American instructors of *Bones for Life*® in the U.S. and Canada.

## FOR THE NEXT WAVE AND AXIS!

***Wave and Axis* needs your submissions! For the *Winter* issue, deadline December 31st, I would like to focus on individual members and their BFL — as well as their extracurricular — activities. In short, a member profile. If you would like to write about yourself, or someone in the FMI community whom you admire, then please do send me an article, photos, a poem. Anything will be considered!**

**The *Winter* issue of *Wave and Axis* will also be devoted to reports about the Osteo~Blast! Conference.**

*Wave and Axis* is published quarterly. We welcome all your articles (setting up a practice, lessons learned, insurance issues, finding wraps and weights, processes explored more fully, etc.) as well as your anecdotes, research projects, photos, interesting links, upcoming BFL training dates, personal milestones (e.g., birthdays or births), news of travel and teaching *Bones* in new places, recommended reading, reports from trainings you have attended, discussions of processes, use of BFL in daily life, etc. Any reasonable submission will be considered, space permitting.

The deadline for the next issue is December 31st, 2010. Please send your submissions to:

[chrish@chrishkresge.com](mailto:chrish@chrishkresge.com)

With thanks to all for your contributions, help, and encouragement!

Chrish Kresge,  
*Editor*

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### We're on the Web!

See us at

[www.movementintelligence.org](http://www.movementintelligence.org)

[www.bonesforlife.com](http://www.bonesforlife.com)

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**Editor: Chrish Kresge**

**Proofreader:  
Doug Boltson**

**E-Mail for submissions**

[chrish@chrishkresge.com](mailto:chrish@chrishkresge.com)

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**In the Next Issue of *Wave and Axis*, due out in January 2011:  
FMI Member Profiles & Reports on the Osteo-Blast!  
*Happy Hallowe'en and Happy Fall to All!***