Bones for Life®

I completed my Feldenkrais® training in 2015, and hungered for more! Aside from taking the four-year training all over again (really?) signing up for Bones for Life® was a perfect fit for me.

Ruthy Alon, one of the original 13 students of Dr. Moshe Feldenkrais, created this method designed to strengthen bones through movement. Please check out this website for more information: <http://movementintelligence.org/bones-for-life/>

When you consider that 50% of all women will experience osteoporosis in their life and that if you live long enough, everyone will experience some bone loss, this somatic method is so important and needed. It is also a wonderful alternative to taking drugs!

Ruthy Alon designed 90 processes that involve simple to complex movements that create “biological optimism” as we inspire the skeleton to continue its work of building bone health. The processes are done standing, sitting and lying down and sometimes use simple props like towels or rolled up socks. As we progress and students become more invested, students are asked to acquire a cloth body wrap and ankle and hand weights. Many processes also require a wall.

As a “Teacher in Training” I will teaching classes through Zoom, which I offer to anyone interested. Hopefully I will also be teaching in person at the Fort Wayne Dance Collective.

The Foundation for Movement Intelligence is the North American nonprofit sponsor of Ruthy Alon’s programs and **requires that any student taking a Bones for Life® class complete a “Memorandum of Understanding of Movement Intelligence”** form. Here is the link to googledocs.

**https://forms.gle/K6mNWwSemJ5dkFEq9**

So, before I can send a link to you for the class you must **first submit this form**.

I am so excited to start this journey with you to build a strong and stable skeleton that can serve you for the rest of your life!