

Bones for Life®

with Sonja Johansson

- Reliable Skeleton - Build strong, resilient bones and healthy joints
- Better Posture - Feel taller and move with power and confidence
- Fluid Movement - Discover ease and comfort in everyday activities
- Increased Energy and Vitality - Look and feel younger

SEGMENT I:

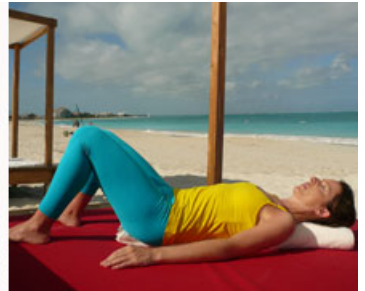
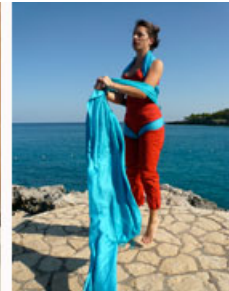
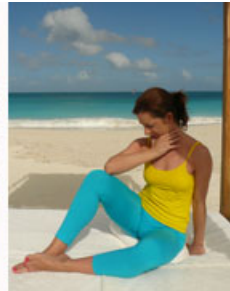
8 April 2011
9 April 2011
10 April 2011

SEGMENT II:

17 June 2011
18 June 2011
19 June 2011

SEGMENT III:

7 October 2011
8 October 2011
9 October 2011

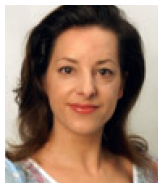


Melville Water Polo Club, 5 Durdham Cr., Bicton, WA

First Time Students - EARLYBIRD \$420 (14 days prior to segment), \$450 after
Repeating Students - EARLYBIRD \$220 (14 days prior to segment), \$250 after

BONES FOR LIFE® (BFL) is an innovative program created by Ruthy Alon, master Feldenkrais Method® Trainer. Her approach is an organic evolution of the Feldenkrais work applied directly to improving bone health. The complete BFL program of 90 processes is taught in three, 30 process segments, and effectively constitutes a training in optimal human biomechanics. BFL uses weight-bearing in the context of body alignment to teach ergonomically sound ways of sitting, standing, walking, running and jumping, with safety and ease.

POSTURE. BALANCE. COORDINATION.



"Sonja is a delightful BONES FOR LIFE trainer, with inspiring enthusiasm and fine tuned caring for the inner dynamics that make the difference. Her presence conveys the Biological Optimism of this program."

Ruthy Alon



To learn more about the program visit: www.SonjaJohansson.com

Join us for a Bones for Life Introduction - Thursday 7 April, 2011
7pm-9pm \$20/\$25 at door

Sonja Johansson is a Bones for Life Trainer and Feldenkrais Practitioner. She graduated from Perth's first Feldenkrais training over 10 years ago. She has been living in New York since 2002, where she has studied extensively with Bones for Life creator Ruthy Alon and has filmed much of her work. She has been assistant practitioner for Larry Goldfarb's NYC training and studies Kinesthetic Anatomy with Irene Dowd.

For enquiries and enrollment, please contact Jane Morrissey
emorriss@une.edu.au Ph: 0407 938 515

LEARN. TEACH. GROW.