

Change Your Brain, Reduce Your Pain and Lower Your Stress: is moving online for the summer!

Befriend Your Body with Feldenkrais®, Awareness Through Movement® (ATM) & Bones for Life® (BFL) Classes

6 Thursday Mornings
June 22-August 10, 2017
(No classes June 29, July 6)

Now offered ONLINE—students can attend in real time and/or asynchronously doing lessons later!

8:30-10:00 am EDT

[Download FREE Zoom App](#) (required)

\$190 for 6 classes prepaid
or \$37/session via [Paypal](#)

Please wear loose-fitting, comfortable clothes suitable to move around in.

Contact Olivia to register and to be oriented to Zoom! @ 617-413-5680

Befriend your body the Feldenkrais®, Bones for Life®, Awareness Through Movement® and Leadership Embodiment Way!

This online class promises you a way to learn how to:

- Eliminate your **pain** in moving and **strengthen your bones**
- Improve **flexibility, coordination, and balance**
- Discover ways to move **gracefully without effort**
- Shift from **Reactive** to **Centered** states when under pressure

Olivia Cheever, EdD, GCFP, CLC, Instructor

Guild Certified Feldenkrais Practitioner^{cm}

Bones for Life® Trainer

Leadership Embodiment Somatic Coach

*Adjunct Faculty, Expressive Therapies Division, Lesley University
Faculty, Mind/Body Program, Longy School of Music of Bard College*

For more information visit my website:

www.oliviacheever.com

**or call or email me at: cell: 617-413-5680 or
ocheever@comcast.net**

Feldenkrais and Leadership Embodiment can lead us to life style change to enhance our exercise and living!



Olivia Cheever, MA, EdD

“Self-knowledge through awareness is the goal of re-education. As we become aware of what we are doing, the way to improvement is wide open to us.”

—Moshe Feldenkrais, D.Sc.
Founder of the Feldenkrais Method®

“Your individual unique way of moving reflects not only the level of wellness but your entire personality.”

—Ruthy Alon, Certified Feldenkrais Trainer and Founder of Bones for Life®

“We inhabit a body that communicates and processes information on a sensory level far more encompassing than our cultural view leads us to believe.”

—Wendy Palmer
Founder of Leadership Embodiment