

Change Your Brain, Reduce Your Pain and Lower Your Stress: Neuroplasticity in Action!

Befriend Your Body *Feldenkrais* ATM & BFL Class

10 Thursday Mornings
September 22 – December 15, 2016

(no classes October 20 & 27, November 24)

9:30-11:00 am

The Center at Westwoods
590 Gay Street, Westwood, MA 02090
Olivia Cheever, Ed.D., Instructor

\$325 for 10 weeks prepaid,
or \$35/session

Register and pay online at:
www.oliviacheever.com/westwood

*Attend all 10 classes and get 10% off the next series
or bring 3 friends to 1 class and get 10% off the next series
or bring 1 friend to 3 classes and get 10% off the next series*

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

*Befriend your body the *Feldenkrais*®, *Bones for Life*®
in *Chairs*, and *Leadership Embodiment Way*!*

This class promises you a way to learn how to:

- **Mindfully** slow down and **sense** yourself especially when under pressure
- Move from **Reactive** to **Centered** states while **compassionately** relating to yourself and others
- Easily discover new **intriguing** ways to move while **gracefully** weeding out and eliminating **unnecessary effort**
- Artfully choose moving with **pleasant** sensation while **playfully** improving **flexibility, coordination, and balance**

**For more information on the *Feldenkrais Method*®, *Bones for Life*®, *Leadership Embodiment* visit my website: www.oliviacheever.com
or call me at: 781-449-1410 or cell: 617-413-5680**

***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*