

Change Your Brain, Reduce Your Pain and Lower Your Stress: A Class to ENJOY moving !

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

**8 Thursday Mornings
April 13-June 15, 2017**

(No classes May 4 & 11)

**Now offered at TWO NEW times:
9:00-10:30 am & 10:45 am-12:15 pm**

The Center at Westwoods
590 Gay Street, Westwood, MA 02090

**\$245 for 8 classes prepaid (1 class for free!)
or \$35/session check or cash
or \$37/session via Paypal**

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

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

This 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^{cm}, 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