

# 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  
January 19 – March 30, 2017**

*(No classes February 2, 23, and March 2)*

**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<sup>cm</sup>, CLC, Instructor**

*Guild Certified Feldenkrais Practitioner<sup>cm</sup>*

*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](http://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