
Thursday**October 21****2:00–3:30 pm**

a) The Science Behind the Magic — Understanding the Inner Mechanism for Lofty Lifers**Gail French**

We love to get and feel tall. Why? Because human beings evolved as gravity-defying creatures. In this workshop we'll explore our primal need for stability at full height. We'll discuss the anatomy, physiology, and neuromechanics of getting and staying tall — how getting tall is much more than standing up straight. Discovering the science behind the medley of BFL processes gives us a glimpse into facilitating core strength around our *Axis*, which allows each of us to reach our personal potential.

b) Matching *Bones for Life* Processes with Gentle Yoga Breath Awareness in order to meet the movement needs of individuals with Parkinson's Disease**Ann P. Foster**

Individuals with Parkinson's Disease find that "automatic movements" do not function well, or as experienced in the past. To facilitate functioning in everyday life, developing mental control of movements is particularly helpful — focusing on the breath, quieting the mind, and guiding mindful movements of the body. In this workshop breath-focusing techniques from yoga will be used to quiet and calm the mind, and then matched with several BFL processes. This combination of yogic approaches and BFL processes is beneficial for individuals with symptoms of Parkinson's Disease. This workshop is appropriate for all levels of physical ability.

c) Exploring the Magic of the *Bones for Life* Axis Response — Building a Foundation for Streamlined Posture, Power, and Bone Strength**Marcia Giudice**

Through presentation, discussion, and guided movement explorations we will examine the BFL *Axis* response and learn why it is the key to optimal posture, power, and bone strength. In particular, we will explore how this response is a brilliant alternative to popular approaches to core strengthening. During this workshop Marcia will share the processes, variations, and teaching strategies she has found most useful for teaching the *Axis* response; in the second half you will also be guided to explore one of Marcia's favorite sequences for facilitating it. And, hopefully, you will leave feeling taller, more aligned, more powerful — and ready for your day's next activity!

Thursday**October 21****4:00–5:30 pm**

d) The Internal and External Sphincters of the Digestive Track**Denise Deig**

In this experiential workshop Process #64 (Sphincters) will be expanded upon. We will locate the internal sphincters of the Alimentary Canal and then link them with the external sphincters, which are easier to access. Stimulating Chapman's Neurolymphatic Reflex Points, as they relate to the internal sphincters, will be introduced as a self-care activity. Through stimulation of these points, along with other movement activities, we will improve the functioning of the sphincters. By clarifying this core structure we discover another internal level of *Axis* activity, and increase our core strength in a unique, yet profound, fashion.

e) *Bones for Life* Concepts Applied to a Pilates® Mat Workout**Candia Garibay**

Building posture is a naturally ongoing and cyclic process; we resonate with the environment and transform our organization, which in turn shapes our surroundings. Posture is a continual dance with inner and outer space, a fluid and ephemeral action. Through my experience with BFL I have discovered gentle and effective ways to cue my *Pilates* clients for optimal lumbar pelvic stability during class, with the aim that their bodies remember how to arrange themselves in the face of daily challenges outside of class. In this presentation I share some applications of, and insights obtained from, the synergy of these two methods.

f) Improving Flexibility with *Bones for Life* — Using the *Wrap* to Overcome Difficulties**Marco Antonio Hernandez Morales**

In this workshop Marco will share his discoveries of playing with the *Bones Wrap* to help rehabilitate his father, who suffered a stroke. Combining BFL processes, *Feldenkrais Awareness Through Movement*® lessons, and a bit of creativity, he has designed a half-dozen sequential lessons that explore the connection of the leg joints with the lower back. He has also found these lessons to be beneficial for those with low-back pain, Carpal Tunnel syndrome, and frozen shoulder.

Friday**October 22****2:00–3:30 pm**

g) Pilot Research: *Bones for Life* Classes Improve Function and Balance in Community-Dwelling Elderly Adults**Sheree D. Farber**

The purpose of this study was to determine the efficacy of BFL as a method to facilitate improved functional status in a group of community-dwelling elderly adults. Preliminary results of quantitative data demonstrate significant differences over time with the group receiving a BFL course with respect to vitality, mental health, and a 20-second step count. Preliminary analysis of qualitative questions, asked of all participants during an exit interview, indicates a perceived improvement in Function (68.2%), in Balance (50.0%), in Posture (40.9%), and in Reduction of Pain (31.8%). Sheree D. Farber completed this study with Carol A. Montgomery and Cynthia M. Allen.

h) Three-Minute Miracles — Creating and marketing presentations that quickly and dramatically demonstrate how *Bones for Life* can help you feel younger and more alive**Tyr Throne**

Would you like to make more money each year, feel more comfortable in front of groups of people, have more fun, and get better results? *Three-Minute Miracles* will show you ways to create and market presentations that quickly and dramatically demonstrate how BFL can help you feel younger and more alive. This experiential workshop will give you tools for making effective presentations. We will explore which BFL processes and presentation styles guarantee a “Wow!” response that gets participants in your pocket, hungry for more; how to quickly get rapport and generate interest by creating a “knowledge gap” that stimulates curiosity and motivation; and how to relax yourself, and your participants, by creating unforgettable “sticky” experiences — ones that participants can’t wait to talk about with their friends — through using humor, metaphor, and storytelling.

i) Stable and Strong — A Fall Prevention Workout**Sonja Johansson**

Maintaining independence is a major focus for a growing number of older people in the US, where 12% of the population is already over the age of 65. This workshop will help you address the multiple systems that contribute to the ability to maintain balance when standing and moving. As we age, changes to these systems can compromise our ability to move safely. I have developed a quick-paced workout routine, based largely on the BFL program, that addresses many motor and sensory deficits. Perfect for restricted or frail adults, this workout is both invigorating and fun.

Friday**October 22****4:00–5:30 pm**

j) Pelvis, Pelvis, Pelvis**Nancy Haller**

We will explore the anatomy of the male and female pelvis, specifically the structural and functional variables that make a difference in movement patterns. Recent research that views the pelvis from the beginning of life — in the womb — sheds light on the difficulties incurred as we age. The many movements and restrictions of our pelvis directly relate to other regions of our body. When we clearly understand the role played by our pelvis, it becomes easier to mobilize and utilize. This presentation will be appropriate for all who are curious about the movements of the pelvis and its relevance to many BFL processes.

k) How to Fall — Safely, in the Real World**Don MacKay**

This workshop will address both the mental and physical elements of falling. The objective of the workshop is for all participants to come away with a true feeling of knowing how to fall safely. The learning will take place in a safe and comfortable environment. Past participants of this workshop have spared themselves serious injuries from falls.

Saturday**October 23****2:00–3:30 pm**

l) *Bones for Life* Spiral and Crown — Impacting the Health Care Community***Carol Montgomery***

The key to building a reliable and successful bridge between the BFL community and Health Care Professionals is knowing that “functional outcomes” [goals] drive not only reimbursement for services, but also drive which Continuing Education programs professionals choose to study. Through video and slide presentations we’ll examine how BFL processes #27 (Spiral) and #20 (Water Carrier Walk) are used with two clients. These clients are neurologically challenged (with stroke, and traumatic brain injury) and struggle with turning, standing, and walking — basic functions whose energy-efficiency and effortlessness are well facilitated, as functional outcomes, by the BFL curriculum.

m) Kinematics of the Human Spine — Exploring the Underpinnings of *Wave* and *Axis****Anastasi Siotas***

Our spine is unique among mammals, since only humans have evolved the capacity to walk long distances upright and to function well in the vertical dimension. In this workshop we will examine in detail the three distinct regions of our spine — cervical, thoracic, and lumbar — and their respectively unique articulations. Knowledge of vertebral form and function is useful in appreciating the distinction between distribution and transmission of forces through the spine. Our potential to optimally use our spine is elegantly explored by Ruthy in the *Wave* and *Axis* processes. These two patterns appear throughout the BFL material, and warrant further investigation.

n) Presence is All: Mining the Richness of *Bones for Life* for Presenting our Authentic Selves to an Audience***Deborah Elizabeth Lotus***

Even people who are familiar with presenting their art form or their teaching skills before an audience are sometimes prone to “stage fright” and loss of composure. How can we, as somatic educators, resolve this challenge for ourselves — as well as help others to stay present, calm, and self-composed — in order to convey our offerings with aplomb? We will discover the richness BFL offers us when preparing ourselves for presentations to an audience or class. Not only will we improve our own “image of self” but we will also explore which BFL processes are most helpful when working with musicians and other performers.

Saturday**October 23****4:00–5:30 pm**

o) Stay in Balance***Christiane Feuerstein***

This presentation is a report from an educational project in Austria, where BFL was introduced as a tool for “fall prevention” to movement teachers of the elderly; this training helped upgrade the skills of 176 movement specialists. Screenings of vision, hearing and living circumstances, as well as participants’ connections to local physicians, hospitals and physiotherapists were all incorporated into the project. A publicity campaign conducted via radio, TV and newspapers accompanied this project, and the local university of applied science evaluated the outcome. The project, called *Stay in Balance* [2005–2008], was sponsored by the Initiative for Safe Communities, the Vorarlberg, the Austrian Government’s Department for Elders, and the service institution Building without Barriers.

p) Put a Dance in Your Step***Anna Haltrecht***

Add some fun and spark to your classes. Learn some simple dance steps to integrate with the BFL processes. Give your students ideas of how to dance safely using the BFL concepts. In this workshop we will explore how different styles of dance — salsa, tango, contact, free dance — relate to particular BFL processes. We bridge the learning from the laboratory into full, fun movement through dance. For example, after *Narrow Pelvis* we explore salsa type steps to find safe ways to laterally sway the pelvis; integrating *Roman Sandals* into dance gives students a clear idea of the transmission of power from the feet; and dancing while wearing the *Crown* and *Bones Wrap* further strengthens the benefits of these processes. My students love when I add dance and music into the program — yours will too!