



Ruthy Alon's *Bones for Life!*®

Taught by Charlotte Chavez, GCFP

Facilitating the Increase and Maintenance of Bone Strength through Skeletal Alignment, Pressure and Rhythm

The Bones for Life program is a holistic approach to bone strengthening, supporting the evolution of a more functional skeletal organization by developing self awareness regarding posture and weight-bearing, using slow, gentle movements, resulting in the organization of a skeleton that efficiently transmits firm, yet low impact pressure through this improved alignment. Benefits include improved balance, increased stability, an optimistic outlook, and an overall increase in vitality.

Course Description: Fun, easy movements and breathing exercises, the workshop will focus on different aspects of skeletal alignment, balance, and the amount of pressure you can safely use to stimulate bone strength.

Place: Sutter Women's Health Resource Center (SWHRC), 625 Steele Lane in Santa Rosa

Date: Saturday Workshop, September 25th, 2010

Time: 9:30 am to 1:30 pm . **The workshop will include an hour presentation by Women's Health Specialist, Dr. Amy Shaw, discussing the latest medical aspects of bone health, including osteoporosis medications and nutritional supplements.**

What to Wear: Wear loose, comfortable, layered clothing

What to Bring: Heavy blanket or quilt to lie on the floor and extra padding, such as yoga mat, if needed for comfort.

Cost: \$45

Directions: From 101, east on Steele Ln, U-turn at Nordyke Ave. SWHRC is on the north side of Steele Ln

SPACE IS LIMITED so please sign up soon.

To Register:

Call Charlotte Chavez at 707-433-7674

email: centered@sonic.net

Or Send a check to: Charlotte Chavez, PO Box 191,
Geyserville, CA 95441

Please Include your contact information: email or phone number



Ruthy Alon

Developing vitality and
biological optimism
through bone
strength!

For information on Charlotte please visit her website at
www.feldenkraismethod-chavez.com