

Build Healthy

Bones for Life™

Are you at risk of, or do you already have osteoporosis or osteopenia?

Your bones are reliable

but only if your posture can sustain your body weight in efficient alignment.

Your bones are strong

but only if your activity is dynamic and able to cope with challenges that demand strength.

“Bones for Life” gradually and safely teaches you how to:

- stimulate your bone strength
- experience greater security and strength
- coordinate a springy and dynamic walk
- align posture for safe weight-bearing
- develop your skill in restoring balance
- use weights safely and efficiently
- enhance the pleasure you take in moving

Marion Harris draws on her vast experience of 33 years teaching Yoga, Feldenkrais®, relaxation, and stress management techniques. Marion is a Guild Certified Feldenkrais Practitioner (1983), an authorized teacher of Sounder Sleep System™ and a certified Bones for Life™ teacher and trainer.

Workshop

Saturday February 2
1:30 – 4:30 pm
\$50 - early bird \$45

Classes

Wednesdays Jan 9 - Mar 26
2:15 - 3:15 pm
\$216 - early bird \$195

Pre-registration is required - save 10% by paying 10 days in advance
All prices include GST

The Feldenkrais® Centre
390 Dupont Street, St. 201
Toronto, ON M5R 1V9

416-928-3505
marion@feldenkraiscentre.com
www.feldenkraiscentre.com

