

Bones for Life®



A Revolutionary
Program for
Health and Capability

~

**BECAUSE THERE IS
NO PILL FOR POSTURE**

www.onewithnature.co.uk

A collection of words by Ruthy Alon, originator of Bones for Life and her
tutors/students world wide in explanation of the Bones for Life Program,
gathered by Adam Ward

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Foreword

Human beings are subject to stresses at all levels. It is the success of the individual at mastering these stresses into the flow of life that dictates our wellbeing.

Bones for Life will stimulate your intelligence and ability to do this, evolving your capabilities, mentally, emotionally and physically through movement, it is life refreshing.

Learning at a neural level means making simple movements and in the background your brain makes connections, smiles and laughter often follow as you discover aspects of yourself you may well have not realised you have, a bit like discovering a Rembrandt in your attic, the benefits are far reaching.

The programme is Simple by design, available to every person, in any age or condition, provided you can get on and off the floor yourself. Performed in comfortable clothes it is gentle, fun, relaxing and often becomes quite fascinating to do.

Adam Ward

Front cover; "Because there is no pill for posture" Elena Gordon – many thanks.

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Brief History**Adam Ward**

Adam is the Country Coordinator and Pioneer Trainer of Bones for Life in the United Kingdom. He has worked and trained with Ruthy Alon for several years. Previous to this he studied the Feldenkrais Method with Mia Segal for five years, qualifying as a practitioner in this method. He is a Remedial Masseur, and a practicing Yogi of over twenty years. Adam runs a thriving business specialising in Human Performance, be it for personal health or sporting/personal achievement. He works in research with Universities and designs specialist movement courses and programs for specific sports or people.

Ruthy Alon

Bones for Life is a remarkable body of work in creative movement education. It is set around 90 different processes perceived by Ruthy Alon. She began working with Moshe Feldenkrais in 60's Israel and is considered one of the foremost teachers and trainers of the Feldenkrais Method in the world; she has been a dancer and lived in Africa for a number of years. The grace of the African woman carrying water on their heads was in part an inspiration for Bones for Life. She is author of Mindful Spontaneity and was one of Moshe Feldenkrais original students.

Moshe Feldenkrais

Moshe Feldenkrais (1904-1984) was a physicist, engineer and founded the judo club of Paris the largest outside Japan. He turned his mind to human health mid life and had several books published from 1949 with Body and Mature Behaviour, The Elusive Obvious, Awareness through Movement and many others. He proffered the stimulation and rejuvenation of brain stem cells some thirty years before it was scientifically proven from his insight working with those with brain damage and stroke. Moshe and Ruthy both worked with NASA and the astronauts at various times. The Feldenkrais Method, foundation to Bones for Life, is an incredible body of work, a landmark in stimulating and understanding human evolution, helping people unravel themselves to ever greater self expression. One of the worlds best kept secrets is the Method of Feldenkrais.

Improving

Through human motion we can challenge the non supportive habits that reside in our subconscious minds. In such a way we can awaken in the nervous system that innate primal wisdom which enables it to correct its own actions. This is a process of re educating adult neuromotor functioning towards restoring innocent grace, efficiency and ease.

Bones for life is a series of Ninety Movements that give your mind and body an opportunity to experience various configurations, sequences and patterns of moving and being.

The foundation for Bones for Life is the Feldenkrais Method which takes some years study to begin to understand, it works with the central nervous system and through this we realise that all movements are actually complex electrical patterns in the mind. If the mind has not experienced a particular pattern then it can not produce a specific movement or body configuration.

Bones for Life is light and simple to do. Because of the way we are, once the brain experiences a configuration it likes – and believe me it likes health very much – then it is likely to adopt that pattern of movement. Bones for Life methodically offers a wealth of wave and axis of motion patterns that increase your awareness and ability all round, your brain then chooses what's right for your life in each moments. So simple yet quite profound and totally individual just like you. (Ruthy Alon)

Posture

This word often conjures a static image but posture is a dynamic. Wrong posture costs us health, vitality and energy and that's just the beginning. The human body provides locomotion; it does this by using its own energy and gravity. It deals with transmission in two directions, however these forces

need to be transmitted through the body in three dimensions which is not simple, only your brain can know how; Bones for Life helps it in finding new healthy choices, allowing you to find you.

Standing, you can have perfect potential, one part above another so that it costs little energy to be static and ready to fall into any action with gravity stored to help you, not so of poor posture. You are set apart from other animals by the ability to have this uprightness; it allows swift turning around the spinal axis, the neck is aligned, so relaxed, assisting rotation and in this configuration the chest opens so that we are able to breathe properly, a happy circle of good energy which in turn is good health. Learn to align the three areas of your spine, organise the hip joints, rotation of the legs, striking of the feet right through to paradoxical breathing. All the things you are equipped to do but maybe are not so clear about; a little like a body user's guide. Health is a continual Do It Yourself process of creation, think about that. (Adam Ward)

An outcome is that you're relaxed, stand with presence, level headed, well balanced and naturally your Body Language of Gentle Assertion and Leadership is improved

Optimism

Certain activities in the Bones for Life Program are raising not only the strength of body and bone, but also free up joy and laughing, that inspires biological optimism.

Heidi McGovern BFL teacher in South Carolina *remarks;* One of the benefits of the Bone for Life work is the Optimism that follows; there is a type of joy which most of my students, if not all, experience after a class. This is no small thing. Confidence follows optimism. (It is a much better place to be

for healing vs. a person who is not optimistic or confident.) I feel part of that stems from the connection with bone, deeper than muscle. "We 'feel' it in our bones. We've tapped into our structure, that which gives us support, and we carry on a conversation with our support system through the many processes. We continue to invite vitality with pressure and vibration and diversity.

Anna Haltrecht BFL Teacher/Trainer & Feldenkrais Practitioner on Salt Spring Island, Canada *remarks*; All my students feel ease of movement, more fluidity and a sensation of length after class, and actually say that when they miss a class they feel stiffer.

One student, an 80 year old woman, recently returned from a long trip to visit her great grandchildren, she was thrilled to report that doing Bones for Life gave her the confidence to make such a big trip all on her own. And when she was there she happily played on the floor with them and even showed them how she can jump!

Dr Carol Hall, Psychologist, BFL Student in UK *remarks*; In 3 days you realize how much better life can be. What is experienced is clearly explained, logical, intelligent and great fun. A life changing experience that will have a positive impact on all aspects of life now and importantly in the future.

Balance

This learning process entails personal investment and openness to change habits. It succeeds as it is derived from the optimal model of locomotion in Nature, which proved efficiency throughout millions of years of perfecting evolution. You use the floor and wall to build confidence, experience options in transmission from the point and nature of contact with the feet,

alignment of the hip joint and the streaming of transmission through your system. Find your ingenious here.

Tatsy Guild Bones for Life in Massachusetts *remarks*; I got into 'Bones' because my balance, in movements, could use improving. 'Bones' was definitely helpful to me here.' I have a balance-disorder following an accident as a fairly high-performing athlete; it has been very, very frustrating. After about ten years of excursions into both mainstream and alternative healing modalities, I arrived at Feldenkrais-work the only route in which I have made significant headway. BFL is an empowerment model of learning; the medical model is that something outside of you fixes you.

Bones for Life® has been wonderful. Not only in terms of enhancing my balancing capacities directly, but also in terms of alignment/posture and balancing my head over my spine. This skeletal awareness has been priceless.

Leslie Schwartzman, Bones for Life & Feldenkrais practitioner – Illinois *remarks*; In Moshe's ATM (Awareness Through Movement) book, he writes (I paraphrase) that using musculature to perform activity for which it is not designed/structured interferes with the capacity of that musculature to perform the activities for which it is designed/structured. (I speculate a reason: perhaps by occupying the Central Nervous System resources associated with it and making it/them less available.) Thus, musculature used to hold weight (an activity that should instead take place by aligning the skeleton for uprightness and letting the planet hold one's weight), is constrained from its intended activity.

Recall that balance occurs as a dynamic process, repeatedly moving between stable and unstable positions. As the skeleton

becomes more aligned through this work, the weight-bearing burden on musculature is reduced, and the relevant muscles become less chronically diverted. If any of the formerly held muscles are involved in the dynamic process of balance (probably so, since balance involves so much of the organism), their increased availability increases the organism's capacity to respond to deviations from stable position. In responding more quickly and efficiently, one recovers more smoothly and from smaller deviations: hence, improved balance.

Charlotte A. Chavez **Bones for Life teacher in California USA** *remarks;* Improved balance is a result that can help anyone!

Katrina Patterson **Bones for Life teacher in London England** *remarks;* There are people who want to take responsibility for their continued good health and balance (that includes me!)

Core Ability®

It is healthy to strengthen your core but a mistake to make stronger a dysfunctional pattern. Many modern practices appear oblivious to this fact or perhaps at a loss as to what to do about it; the core muscles play a great part in homeostasis and we encourage you to an intelligent approach. Lifting weight in the program is done carefully in ergonomic safety, while standing with the back leaning onto a wall, where the lumbar is padded and stabilised, and the trajectory of the lifting arm, distinct from the conventional way, is outlining a slight spiral, along the central line of the body, which engages each vertebra gradually. The power of lifting is derived from the foot thrusting the ground, and when the pace is smooth and continuous the effort is minimal. A side effect is that many people transform also their attitude to the task of lifting weight

in life. (Adam Ward & Ruthy Alon)

Creating Harmony

Many people many reasons

Green house conditions update movement habits

The unique contribution of the bones for life program is its commitment to the participants' safety. The friendly learning intends to bypass any frustration or excessive effort which sacrifices well being. Only that which feels supportive and makes sense will be adopted by the organism for spontaneous use. The safety is achieved in a number of ways that we are sure you will enjoy. (Ruthy Alon)

Louise Runyon BFL Teacher in Atlanta, Georgia remarks; I use Bones for Life processes with virtually all of my individual Feldenkrais clients, and I have all kinds of people in my Bones for Life classes. Some are there because of osteoporosis, some are there because it is Feldenkrais, and some are there for posture, some for movement. My experience is not narrowly limited to improving bone strength at all, and people experience all kinds of positive changes as a result of doing Bones for Life.

The learning style allows sensitivity to individual pace, gradual clarification of movement procedure for both concepts and patience. People are navigating their level of movement in order to listen inside and refine their own body intelligence, rather than imitating outside authoritarian standards.

Kalyani Gilliam-Salman, LAc. BFL Teacher Certified

Rolfer/Movement Teacher Feldenkrais practitioner, Licensed Acupuncturist in California America *remarks;* I've been involved in Structural Rebalancing and Movement Education for 25 years, working with mostly, but not limited to, folks 45 years old plus and their....situations.

Utilizing self touch of hands in Bones for Life serves as a short cut to mechanical adjustment for improving posture in addition to giving insights of orientation to areas that are hidden from awareness, especially the posterior of the spinal curves. I help folks with chronic habituated pain from asymmetric body function. Folks who recognize the need to change the patterns and habits of their movement that have lead to creation of their discomfort. (I have lots of these in my practice. And if they don't recognize this truth they soon do after hanging with me for one session:

Folks who want to improve their balance. Folks who want to improve their posture. They know it's a good thing to have posture "as beautiful as yours" they tell me, and then I show them how to get it.

Anna Haltrecht BFL Teacher/Trainer & Feldenkrais Practitioner on Salt Spring Island, Canada *remarks;* Today one of my students thanked me for teaching her how to visualize her body; she now is piecing together her parts to create a whole image of herself.

A 70 year old student, who attended class for the first time today, said she would not jump. At the end of the class as we were all wrapped in the "mini wrap", I saw her happily jumping! She was amazed that she did it and commented that she was positively inspired by the rest of the group.

Another older woman initially came to class with a large upper

back curve, kyphosis; after just 3 classes, her friends and daughter began making comments on how much taller she was standing. And she felt better too, with a more positive outlook on life. She is an inspiration to all the rest of the class members.

One of my younger students in her 40's commented that she was very pleased to realize at the end of class that her annoying ache in her shoulder was gone. She added that she is continually amazed that the gentle Bones for Life movements have such an impact whereas the other "stretching" type movements she does have little effect.

Jane – Student Australia *remarks*; I love the way Bones for Life does not rely on a practitioner moving me around and putting me in the correct place. I learn so much more by exploration and the clean instructions and insights in the Bones for Life System. I have learned to have an eye in the palm of each hand if I was to see more, I put my hand on the place where I need to see.

Beverley Anne Jansen, CFP, BFL Student Brisbane, Australia *remarks*; Doing Bones processes makes me feel younger and springier, significantly reduces anxiety for me, assists me to think more clearly, increases my self-confidence, improves my strength and stamina and brings my focus to the present moment. Thank you Ruthy. I am inspired by how you bring your curiosity, creativity and ingenuity together to evolve this work

Healthy Ageing

The issue is how to help people to acquire the capacity to be able to retain or gain good movement patterns that are at one with their nature, without a backlash of self sacrificing effort

and frustration, but authentically cultivating skill that the body can accept from its individual skill level. The somatic learning of the program is offered gradually and with emphasis on sensitivity to individual pace, range and capacity. There are many supporting means which serve as greenhouse climate for friendly learning. This way of improving habits is based on the method of Dr. Feldenkrais, Awareness Through Movement and Functional Integration, through a group guidance people are exploring minor variations on a given theme, awakening their organism to detach from their automatic habits, encouraging the organism to trust its own observations and sensations leading it to more satisfactory and efficient self management. This way of testing unpredictable options, assessing them by one's own sensation is an application of the autonomous process, through which the growing baby acquires its functioning in the beginning of life. (Ruthy Alon)

This self perfecting movement is quite contrary to the conventional exercising in trying hard with discipline to imitate an authoritarian final product, presented as an ideal standard to follow. The natural way spares the frustration, the injuries, the loss of self trust and motivation to move out of free will, that many times results in the no pain no gain policy. People find it hard to imagine that they can get results without fighting their body. When they begin to discover the trust in their own movement intelligence and restore their attitude to move out of acceptance, they are getting not only better results in range, flexibility, power management and harmony, but also rekindle their biological optimism. (Ruthy Alon)

Charlotte A. Chavez, BFL Teacher Feldenkrais Practitioner Geyser Ville, America *remarks*; One of my students (84 years old), who came to my Bones for Life class last Saturday, told our class today that she went home and worked in her garden for 3 hours after the Bones class and then

again the following day as well. She also has dexa scan results, dating from 2004, showing that she has increased her bone density by 0.5 units, going from -2.2 to -1.7 over the years....so far!

I have been teaching Bones for Life since 2002 and continue to study the processes and derive more insight each time I repeat one.

Terhi Summa BFL Teacher/Trainer Finland *remarks;* Healthy or successful aging which Bones for Life has an impact by increasing the neuromuscular capacity and speed and cognitive capacity. The latter is being linked with preventing Alzheimer's and other neurological disorders.

Shoulders

There are ten specific processes for the shoulders although it is important to say we work with the holistic brain and body as an extension of that, so no part is separated, attention one place improves another, magical with the right spark in mind.

The shoulder work was remarkable for me. At the beginning of the day in standing, my shoulders hunched forward, my hands hanging toward the front on my thighs. After the process I felt I stood taller and prouder, my shoulders hanging in a relaxed way with my chest broad and open. My arms and hands being to the sides more. Walking felt easier and unconstrained. I felt like a Queen – regal and proud. There was an emotional shift too. I felt full of joy, and as though happiness bubbled up through me. It was very empowering liberating and centring. I feel like Bones for Life is awakening my body it is “remembering” how it was designed to move. Thankyou Ruthy for this amazing work! Anna

Spine Hips Pelvis

Protecting the vulnerable joints in dynamic movement, neck, lower back and Hip joint and security of joints is the primary concern of Bones for Life. The program provides neural motor strategies for aligning the neck and the lumbar in a safe disposition, which is reinforced by movement.

The hip joint is occupying a large part of the programme, starting with selectively inhibiting its articulating as emergency care in cases of pain and movement hindrance. Then using a cloth harness around the loins in a certain way, serves to secure the stability of the joint in movement. In progressive sessions the practice relates to asymmetry between sides, opening anatomical freedom in the joint, following primal formulas of locomotion, and eventually integrating all body parts to adjust and work in harmony with the corrected style of activating the hip joint.

Enhancing proportional flexibility to the spine by establishing a more proportional distribution of labour among the vertebrae works to engage the core issue of movement dysfunction. The capacity to inhibit over articulating tendency in the loose areas of the extreme incurves of the spine, while at the same time channelling the activity to the stiff and unused section in the rounded out upper back, is done in the program. (Ruthy Alon)

Terhi Summa BFL Teacher/Trainer Finland *remarks;* I have had Kyphosis condition since I was about 16 and about 6 weeks ago my upper back straightened with Bones. It just literally cracked open with the last part of #11 Hand Pushes a Wall Spiralling the Spine. Of course other things had been preceding it but it happened in one minute. I had my PT and Chiropractor verify it and both said it was the first time they witnessed anything like it. Now I am walking around with a

free back, first time since 1970s.

Yvonne Waldvogel Student Australia *remarks;* After doing the baby crocodile lesson on the floor, I stood up and started to walk without thinking about what my “bad” leg was going to do for the first time in months. For a moment I felt great walking without a limp. Then I caught myself limping again, out of habit rather of “necessity”. There is some lesson to learn from that for me. During the lesson when I was leaning on a high table with my knees bent, I rediscovered the joy of pushing my “bad” foot through the spine and coordinate the movement of turning my head from side to side. I was so surprised when I walked after that, to feel the powerful forward propulsion of my “bad” leg. Each day, I go from ongoing to ecstasy and vice versa. I hope to finish the training with more ecstasy and a spring in my walk.

Annie Hastwell Student Australia *remarks;* The day we worked on the hips, I noticed that the side that usually feels instable and it became more settled and I could stand on it with some more confidence and in a relaxed way. Some of the processes seemed to bring life and warmth into the precious weaker hip. The following day, I noticed the strength remained. It was no longer the weaker hip. I felt evenness when standing. Weight was distributed on both feet evenly without the feeling of fragility in the “bad” hip.

Mary Sutherland – BFL Student, Feldenkrais practitioner, physiotherapist, Armidale N.S.W. Australia. *remarks;* I have been able to learn to walk without a limp. Coincidentally, I did have an appointment with an orthopaedic surgeon today for this hip “advanced OA hip” for a total hip replacement. I have cancelled it! Yesterday I was able to walk quickly without pain.

Knees and Feet;

Restoring spontaneous springiness.

Knees are an indispensable factor in the chance to produce springy, bone building walk and general well being. Recovering original flexibility, as well as impact tolerance in the knees, is gained through the use of a wall, which spares the fear of losing equilibrium while re learning safe patterns of bending and straightening knees, in alignment with body axis. Bones for Life shows you how to lift a knee and bend it in a passive manner, detaching it from the counter productive programming of habit. Controlling the knee in this way to begin serves also to train the feet in the pre solid ground way of stepping, to retrieve primal gentleness for all shock absorbing joints.

Focus of pressure in the foot determines posture. Good transmission here affects vital reflexes from foot to spine creating a chain of healthy movement. Bones for Life, participants explore a variety of ways of placing the feet on the ground, which enables the organism to trust its own judgment, re consider and find the optimal way to correct the failing habit. Years of walking in limiting conditions of tight shoes and hard, flat floors, void of any challenge, take away our flexible feet. The rediscovery we offer introduces sensitivity to the interaction with gravity, full of new life. (Ruthy Alon)

Streamline Posture

Anna Haltrecht Feldenkrais Practitioner & BFL Teacher/Trainer on Salt Spring Island, Canada remarks; I find I often explore Bones for Life movements and concepts with my clients. After working with one woman for several weeks, she remarked that when she thought of the image of African women carrying water on their heads, she found it easy

to feel taller and use her skeleton efficiently. I thought this was lovely, especially since I had never mentioned to her about Ruthy's inspiration for Bones for Life.

Performance

Sports

Imagine sport performance like each frame of a cartoon. You shape shift instantly from one frame to the next, the quality and success of performance relying on adopting the perfect shape for the challenge of each moment, uniquely we open the athletes mind to a vast array of shapes in which to shift and the fluidity to get swiftly from one to another during performance, also the ability to return to centre shape for complete recovery, avoiding fatigue and injury. Bones for Life empowers you, heightening your instinct to transmission and movement mastery, it's not massively time consuming either; increasing self awareness, you will know yourself well, reducing risk of injury and knowing realistically what you do, you can do what you want.

Your energy goes further, your recovery is swifter, and it's no surprise to us when you create a new sweet spot sequence of winning shapes few have performed before. (Adam Ward)

Adam Ward BFL Teacher, Feldenkrais Practitioner Nottingham England *remarks*; I have worked with cyclists and horse riders on a relatively small scale with some great results. I have been doing a research program with horse riders with some remarkable results over the past five years. At Nottingham Trent University statistically we found that horse riders had a 99.8% chance of improving if they worked with me.

I am told it's a match made in heaven for skiers it certainly improved mine tenfold. (Tatsy Guild)

Dancing, Singing

Bones for Life allows your system to experience in greenhouse conditions (safe and optimal for growth) coordination and relationship of one body part to another. This never fails in increasing your repertoire of movement and in turns your ability to express yourself.

Christiane Michailat BFL practitioner in Paris, France
remarks; Just a few words about Bones and the pupils I have and their motivation. None of them are concerned by osteoporosis (apart from me!). All of them are concerned with posture, and what goes with it, self-confidence.

I recently taught the second part of the program here in Paris. It was great fun! This morning I received a letter from one of the students, who is a dancer and a theatre actress. She is also a Feldenkrais practitioner. She writes "this work is of great value to me: at the moment I am "coaching" a sixty-year old singer for a one woman show by teaching her numerous elements of Bones, and that gives her more energy and zest than anything else. She was a regular Feldenkrais student of mine for a long time, but what she seemed to have learnt and to remember is so much the aspect of fluid and effortless movement that tonicity was absent. So the use of the wrap, the pom-poms, the water carrier's walk, the various pushing's into the wall, the floor, have made her resentment against "force" melt away.

And of course I practice the sequences for myself: they are a gold mine for my everyday life and my life as a dancer...."

Gretchen Langner Bones for Life Teacher Trainer New

Hampshire *remarks*; I'm collaborating with a young dancer who loves the work. We are offering an inter-generational short program and targeting artists, any media. So the class includes people we both know from ages 27 - 65 or so. We're thinking of some sort of feedback; most likely how the work enhances creativity.

We're thinking in terms of the "Software of Reclaiming your Authentic Movement; all descriptor credit to Ruthy including: "you don't find it in the frustration of competition or self-tyranny When you come to relearn your authentic way of moving you rely on your own awareness; the exclusive human talent to imagine the smallest detail of doing." I also think in terms of organic, green, sustainable....In Portland there's a social group - (HUGE) that is called Green drinks. In fact that is where I met this dancer; waiting in line for a beer! I would think that there would be great metaphor for those in the Green Industry from sustainable building, farming food, ecology... on & on. To Move is to be Young. Bones for Life

Musicians

Deborah Lotus BFL Teacher Massachusetts America *remarks*; I think the uses of Bones for Life are so diverse as to have unlimited potential. Olivia Cheever and I are using Bones for Life in terms of working with musicians at the Longy School of Music in Cambridge, MA, we are part of the "Mind/Body in Performance" Program/Department. Together with June La Pointe, who also uses Bones for Life with musicians. Here are some of the things musicians are especially grateful for.

Processes dealing with "posture of leadership" help with presentation of 'image of self' in performance/audition settings.

"Fragmented breathing" or 'self alignment of spine, especially the cervical and lumbar spine combined with soft knees and pom-poms help settle a person into themselves pre practicing/performing. Performing of such processes in the middle of practicing breaks up the repetitive quality of practicing, and is like hitting the 'refresh button' to resume practicing again. Many process helps with pre-performance/audition anxiety, especially those which help establish balance, breathing, anything which deals with head, neck, shoulder, arms, wrist, finger tension--not just 'awareness' of these tensions but the small 'three-minute miracle' ("Twisted Arms" #31) ("one (or two) knots on the wall") type of quick interventions. Specific processes such as 'ribs around the steering', "silken scarf", 'Narrow/Wide Shoulder Blades', etc. all lead to movement organization which better supports playing a musical instrument (including voice!).

Rehabilitation

Chairs

Tammy Spitzer BFL Trainer in Maryland USA

Remarks; I use a combination of Ruthie's Bones for Chairs program and the regular Bones for Life processes that are easy and safe enough for a large senior class. The Chairs program is designed beautifully for those in wheelchairs or persons with unstable balance. Not only does the program help with posture, but is wonderful for making a person more stable in upright. I have used **Bones for Life** successfully in nursing centres, from wheelchair level and chair level for up to 22 people. They loved the fun dynamics of the program.

The Bones for Chairs is a huge potential. Most sitting at a computer station for 8 hours at work- returning home for more of the same. The Bones for Life program has cleverly been adapted for chairs. This allows for assistance to those who

spend a lot of time in chairs for vocation, those limited to chairs by life circumstance and a perfect starting block for those who ended up there and do not know how to move on. (Gretchen Langar)

After three days of Bones for Life (Chairs) I find myself able to walk long distances without back pain for the first time in years. I feel this is only the beginning of the benefits I will experience from this workshop.

Nutrition and Blood Flow;

Not only the nourishing of the body is suffering without dynamic walking, but also the cleansing of the residue of the metabolic process is slowed down, when blood supply is weaker. This factor has a meaningful ramification on health in general, especially regarding the circulating blood in the veins, which has to run against gravity. It can be maintained that to the degree that the returning blood is slowed down by the necessity of overcoming gravity, in comparison with the nourishing blood streaming down with gravity from the heart in the arteries, there is a risk of losing vitality and developing potential of illness from these accumulating toxins in the tissues.

Nature took care of the imbalance disposition to gravity and equipped the veins with several one way valves, which work to keep maintain flow back to the heart. The Russian space engineer Alexander Mikulyn, had a severe heart complication at the age of 50, with little chance to survive. He was lying in the hospital, wondering with engineer's eyes how the doctors were handling the human machine. He figured out that bouncing the heels onto the floor would jump up body liquids. He practiced that all his life, and was playing Tennis at the age of 83. (Ruthy Alon)

As well as provocation to flow through agitation the musculature of the lower limb is encouraged to perform a function as a secondary heart – clever nature when it's used. (Adam Ward)

Pre/Post Operation

To have an idea of how your system can be allows you to navigate back to good health, particularly if you know of ninety ways to adjust yourself to well being. (Adam Ward)

Marsha Rodrigues American Student in Australia *remarks;*

I do not know which process on what day triggered the initial response, but I discovered so many things about who I am inside my skin – the slow, mindful sensations from top to bottom coupled with isometric resistance processes, particularly with the knees released something in the neck, and eyes which did not reach the horizon, when I walked I mostly looked down. Now I can walk with an upright head and it's unusual not to look down.

I also learned with an unstable back (L4, L5) that I couldn't do relational movements with the foot, knee, legs, and hip on coming from as it causes instability on the dysfunctional side. – Pushing the knees forward in the walk was an insight that also improved my overall gait. My walk distinctly changed for the better. I also now know and feel my abdominal muscles. This helps facilitate getting out of a chair without effort and can feel them in walking – the result is easier lowering of the pelvis getting onto a chair.

I have gained so many more techniques to help heal myself and to pass on to students, family and friends. The work of Bones for Life is life changing for me, as I age; I am becoming more vital, more lively, becoming more efficient and many times

pain free. I have learned so much from the Program, I have more confidence and self respect for me as a person. Bless you.

Osteoporosis; Vibration and Bone Strength

Obviously there is a chemical aspect of the process of bone deteriorating. Coming from movement education though, we can only offer our knowledge and experience in the domain of autonomous self organization, following the model of ergonomic movement in Nature. Bones for Life program is about what people can do by themselves to recover the original capacity and coordination of the natural, bone building dynamic walk. (Ruthy Alon)

The effect of a varied active lifestyle is a reduction in fracture risk of bones by half and is a fact published on the National Osteoporosis website. Modern thinking for skeletal health agrees that weight bearing and resistance exercises, strength grouped with coordination, balance, rhythm and flexibility are required for bone health and these are all bi products of the bones for life program. Success in maintaining or regaining such a lifestyle relies on coordinated functioning of many underlying abilities that you experience in Bones for Life. We offer you safe strategies that are fun to do, easy to measure your progress and bring results that will keep you an independent lifestyle. In fact the freedom of movement is the main benefit of the program, whereas the bone strength is the bonus. (Adam Ward)

The world of matter is held together by vibration and common sense tells us that your bones are not exempt from these laws. Good posture is vital to your health, aligning the skeleton for propulsion and safe weight bearing is the configuration that allows for vibration through the skeleton that builds healthy bone. Bones for Life assists your body to find within it the

knowledge of correct organisation so that every step is your personal health. (Adam Ward)

Posture that nature intended allows the muscles that work together to find neutral, vibration through bone and muscle working in harmony induces stretches and contractions in muscle and tendon building muscle strength and power equally, which places the skeleton under greater stress and bone responds to this by becoming stronger. We know an important part is intelligent postural alignment, an inherent dynamic you clearly uncover with Bones for Life, without which damage or wear to joints occurs where bone health was intended. (Ruthy and Adam)

Correct posture allows the weight of the body to stream down to earth through the bone, creating passage of vibration with and against gravity with each step. With incorrect posture the muscle and joints rob the bone of this life generating experience turning it to loss, wear and heat. Correctly each step accelerates blood circulation, increasing its streaming supply in the blood vessels, empowering it to reach the extremities, from where it is absorbed into the body tissues. The impact of the sure footed step assists in the thin capillaries giving enough power to transfuse into the body tissues, providing nourishment through to the solid tissues of the bone. The intelligent postural organization stimulated by Bones for Life which energizes blood circulation, is providing at the same time safe and healthy transmission of vibration through joints from bone to bone creating a destiny of healthy bone and body. (Ruthy)

The ideal model for building bone strength can be found in the phenomenon of the African water carriers who walk with a load on their heads. This act evoked a lot of curiosity in quite a number of scientists, who published researches about it. They wondered how women who are not especially big and do not

look strong, are capable of carrying on their head a load of more than a third of their body weight, repeating it day after day, to meaningful distances, without their breathing or heart beat getting compensated, and in addition they present the most gorgeous posture in the world. On top of all that one research found that a bone fracture is a rare incidence for them, 1% in comparison to women in the west, and this is in spite of their bone density not being higher, but lower, than that of women in the west. (Ruthy Alon)

All these factors can be learnt through the medium of the Bones for Life Course

Rhonda Ohlson BFL Teacher – Australia *remarks*; I have done a research paper as requirement to be a trainer in Bones for Life. I have found that strong bones and strong voice go hand in hand. The auditory and motor centre's are directly linked and reinforce each other. Many people with weak bones also have a weak voice in the world. The program gives people the posture of a leader and also the voice of a leader. I am happy to send you my research paper if you would like to see it.

Falls Prevention

We encourage resourcefulness of balance and teach you how to fall without injury. Your stability and self confidence are built up in the program by training in risking the loss of equilibrium, in small gradual portions. Participants systematically learn how to transform a panic and useless reaction to fear of falling, into wise strategies which can restore both the balance and the confidence. Learning to fall has remarkable effect on your life for a being who can not fall safely is most often in great danger and possibly subconsciously rarely able to relax. 'Falls are a major cause of disability and the leading cause of mortality due

to injury in people aged over 75 in the UK'. Safely learning to fall is a most empowering facet of the Bones for Life Program and something a human body must be capable of to function correctly.

Tammy Spitzer BFL Practitioner in Maryland USA
remarks; Much of my work has been in nursing homes. One of the all-too-frequent reasons for entry into a nursing home is after a fall. Most Nursing Centres have a formal or informal Falls Prevention Program and are interested in successful ways of reducing fall risk, thus less potential fractures. Implementing a class in this setting can be successful and well-appreciated.

Since I'm a Physical Therapist, I'm also able to offer Medicare-reimbursable small group classes using principles of Bones for Life. The rhythmic stamping and variations of bouncing on the heels alone can be fun in this setting. Also, I've taught public classes in this population, offering these classes as a way to improve their overall balance in standing and more awareness in self to reduce potential of falls. BFL III teaches several processes to use for more advanced classes or groups. The Activity Director who coordinated the class also participated. She fell down the steps a few months after the classes ended. She said lessons from the class "flashed before her" while she was falling and she credited the classes for probably not receiving any injuries. Who knows? 'Falls Prevention Program' is kind-of-a buzz phrase from long-term care settings, but Ruthie's program, I feel, fits perfectly with it.

Adam Ward Feldenkrais/Bones Practitioner in Nottingham England
remarks; I am a racing cyclist, last year sprinting with all of my strength my chain derailed and I was thrown from my bike, what amazed me was that my body adopted the patterns for falling I learned and teach through the Bones

program. It was like falling into a cocoon of movement that carried me without injury through the experience – I was uninjured and felt quite elated.

Arthritic and Rheumatic Conditions

Aging chronically injured and overworked joints are susceptible to osteoarthritis, the most common form of arthritis and joint pain. More than 20 million people suffer the achy stiffness and chronic soreness that comes with arthritis.

The Bones for Life educational program of Movement Intelligence is approaching Human Wellbeing through its functional aspect of the missing quality in the way people organise themselves in static as well as through dynamic movement and walk.

The crucial issue of the functional approach is how people with a poor level of fitness, who are especially in need for bone strength and solutions to painful joints and musculature, could produce dynamic movements without hurting themselves? Indeed, the unique contribution of the Bones for Life program is in its safety strategies for developing personal skills of moving. (Ruthy Alon)

Ruthy Alon's program has become a chain of learning and teaching. People are learning and teaching others. With some growth a transformation in the population might be seen. It will be feasible for people to reach mature age without losing their freedom of movement, vitality of walking with a spring in their step, as well as owning their bone strength for all their life.

Who is it for...

Individually

The programme is a boon for all people to discover how wonderful their bodies can be and how to care and look after themselves. We have tried to cover many of the aspects of the help Bones for Life brings to a persons life in this booklet. If any of this ring true for you, or you see something of interest then we hope to meet you soon. The people who do Bones for Life and the reasons why are diverse. We say if you have Bones then come along. Once learned your system will keep it, you may find yourself doing it all over the place just because its so enjoyable; form your own abridged version of each process to care for you simply, as you need and as often is the case you will end up sharing it with family and friends.

Teachers, Physical Therapists, Personal Trainers

We make it simple for you to become a teacher, it is an interesting path. Basically you complete the 3 segments twice through, we provide you with a mentor and there is some written work followed by didactic and teacher training, please contact us for the full detail. The network of teachers globally is growing and you will be invited to join the Bones International Forum. Our research and development means once you qualify there are various fascinating options to develop your career if you would like to do this. The course is backed up with excellent manuals for each segment and DVD's. You will meet some wonderful people.

Bones for Life will provide you with the advanced knowledge and skills you will need to perform meaningful postural assessments and to prescribe processes to promote healthy human functioning finding intelligent solutions for your clients

needs. With Bones for Life, you'll be able to work with mixed ability clients, tailor to specific groups from geriatrics to cutting edge performance, doctor referrals or falls prevention working in a health club, hospital, village centre, nursing home or your very own practise you will really see the difference you can make and so will others.

One to one or in class format you will find your empowered to promote healthy human function, to guide the skeleton and muscular system to harmony, Professionals who genuinely understand how exercise can work for performance and health of their clients are sought after. Bones for Life will really make that difference in your world.

Many medical professionals have found Bones for Life beneficial to there work and life. We are working toward making the program a recognised CPD.

Once you have become a teacher the next step you may like to take is to become a trainer in Bones for Life.



www.movementintelligence.co.uk