

alignment, function, and rhythm resulting in better, more active lives

Movement Intelligence

Bones for Life[®] and Walk for Life

INTENSIVE or TEACHER TRAINING

2017/2018

- Invest in your own health as you learn; lengthen your professional life.
- Work across age groups and functional capacity.
- Earn continuing education credits for physical therapy and massage therapy.



Inspired
by African load
bearers.

Sponsored by:



VITALITY
CINCINNATI

FUTURELIFENOW
restoring you to your potential

BONES FOR LIFE

Phase One - For Your health and basic certification

Workshop I: October 20 - 22, 2017

Workshop II: November 17 - 19, 2017

Workshop III: January 26 - 28, 2018

Hours: Fri. 2:00 - 7:00 p.m.; Sat. - Sun. 9:00 - 5:30 p.m.

BONES FOR LIFE

Phase Two - Teacher Certification

Workshop I: March 2 - 4, 2018

Workshop II: May 4 - 6, 2018

Workshop III: July 7 - 9, 2018

Workshop IV: September 21 - 23, 2018

Hours: 9:00-5:30 p.m.

Mentoring

Six hours private time with Cynthia Allen by phone, video conference, meeting or e-mail included. Other time worked independently. Occasionally, additional time with Cynthia may be required, and if so, that will be charged on a hourly basis.

Practice Teaching and Journaling

This is arranged independently by the student.

WALK FOR LIFE

Phase Three - For Your health and basic certification

Workshop I: October 19 - 21, 2018

Workshop II: November 16 - 18, 2018

Hours: Fri. - Sun. 9:00-5:30 p.m.

“I love the program and must tell you that after the workshop a longtime student told me that he’d never seen my posture and walking look so good.

—Bonnie Angelie, RN, GCFP

**Do only
Phase I
or do all three.**

Tuition

Phase I only \$1200

Phase I and II \$3300 (Save \$200)

Phase III only \$900

Entire program \$3,900 (Save \$400)

A non-refundable down payment of \$600 is due to secure your spot, which will be applied toward your final balance. Additional consecutive payments of \$350 will be payable by the 10th of each month.

Minimum of 8 and maximum of 14 students will be accepted. Refunds in full will be made should the class minimum not be met.

“Bones for Life® provides a sound theoretical framework and a progressive set of activities that enhances patients’ functional performance. On a personal level, BFL has allowed me to undo my pain patterns and improve my posture.”

—Shereen D. Farber, PhD, OTR, FAOTA



Cynthia Allen has been working in holistic practices, health care management and organizational consulting for over 25 years. Some years ago, she embarked

on a career change and became a Certified Feldenkrais® practitioner and Certified Bones for Life® Teacher/Trainer. Sr. Trainer in Movement Intelligence and co-creator of Integral Human Gait Theory. She offers trainings throughout the U.S.

“Cynthia is a consummate professional with a sense of humor. She has a thought-provoking answer to every question, and brings a real diversity of elements to the learning process. Her students are free to contribute ideas, questions and perspectives, creating a lively and rich environment where laughter, play, discussion and movement co-exist.” — Meriah Kruse, BA, LMT, GCFP



Brian Shircliff pioneered teaching a Meditation elective and bringing meditation to the two sports he coached while a teacher at St. Xavier High School (1997 - 2013).

With many friends, Brian founded VITALITY Cincinnati in 2010 to share holistic self-care education. In addition to being a Bones for Life Teacher, he has been a tai chi practitioner/teacher since 1997, yoga teacher (registered through Yoga Alliance as an E-RYT200 & RYT500), Healing Touch Certified Practitioner, and recently a student of the Feldenkrais Method (certification expected 2019).

“I honestly can’t believe that those things Brian has us do from Movement Intelligence bring major relief to my neck...though they do every time!” —Student

Movement Intelligence

Created by Ruthy Alon, a somatic pioneer and student of Dr. Moshe Feldenkrais, Alon’s work is offered under the umbrella of Movement Intelligence. In addition to Walk for Life, it includes Bones for Life, Chairs, Solutions for Optimal Mobility and Mindful Eating.

What is Bones for Life®?

The complete Bones for Life® program consists of 90 fast-acting exercise processes. The safe, weight-bearing movements challenge bones to be strong and sturdy while improving balance and coordination. The work masterfully blends function, learning, and skeletal alignment. Inspired by the African water carriers, Alon has deciphered locomotion to bring us back to a vital healthy skeleton.

What is Walk for Life?

We all know that walking is nature’s best medicine. Nothing new here. What we may not know is that to get quality medicine, we need quality walking. The Walk for Life program uses trekking poles and somatic exercises to train upright posture, upper back health and core stability and pleasure in walking.

Learning objectives for Teacher’s include:

- Perform movement processes that alter and enhance the organization of the rib cage and thoracic spine.
- Discover how creeping and crawling improve core strength for standing.
- Articulate the dynamic relationship between the 3 spinal curves and the extremities.
- Gain a felt sense of optimal relationships not only between body parts, but also between self and environment.
- Teach others to get up and down from the floor, chair and bed efficiently and with ease.
- Gain expertise in providing appropriate and progressive levels of challenge in a functional situation without overwhelming the system.
- Effectively coach the release of unnecessary neuromuscular holding patterns.
- Use vibratory “press and release” motions against everyday surfaces in multiple planes to enhance proprioception and joint alignment.
- Understand tenets of the Bones for Life® program and discuss how they directly relate to the services of those individuals working in helping fields, specifically in the areas of education, professional competence, and self-care.

Full Learning Objectives available upon request. Each workshop builds on the prior one, to cultivate a deeper and more thorough knowledge of the above learning objectives and more.

CEU’s offered for Ohio Physical and Occupational Therapists; Massage Therapists through NCBMTB.

Sponsored by:

Vitality - 513-300-5174

and

Future Life Now - 513-541-5720



FUTURELIFENOW
restoring you to your potential

Bones for Life[®]

TEACHER TRAINING

Quick FAQs

I know I want to learn the basic program, but I am not sure I will want to go on and teach it. Can I still participate?

Absolutely. The pricing structure is different and we will be happy to go over that with you. There is a financial savings of over \$200 when you commit to the entire program.

What if I've already started my training? Can I complete it in Cincinnati in 2017/2018?

It may be possible to take it one workshop at a time. After 2017, the group will be specialized to meet committed participants' needs, so we are currently unable to say whether the 2018 dates would be right for you. Keep in touch and we can discover that together.

What extras are included in the fee?

A 7-meter wrap; PDF transcript of a prior Ruthy Alon training; all certification fees required by the national organization; trainer manuals (value over \$300).

Why don't you use the terms Segment I, Segment II and Segment III?

If you are familiar with Bones for Life, you know the curriculum is divided into "Segments." This training will not follow these Segments verbatim, but instead allow more time to understand processes before moving on.

Are there additional costs I should be aware of?

As part of your mentoring hours, it may be suggested that you read a book, experience another modality, or take an additional local class. You may wish to purchase optional products such as audio CDs of Ruthy Alon teaching the movement processes. Other costs will include your meals, any travel and accommodations. When you become a teacher you should join the Foundation for Movement Intelligence.

Is there a certification test?

As your trainer, Cynthia Allen will be mentoring you through the entire process. She is responsible for assessing whether you have not only met the hours and training requirements but have the competency to teach. It is extremely rare that someone would not be recommended for certification. We know that budding teachers are "young" and will continue to grow and develop over the course of their teaching lifetime.

■ **Still have questions?**

We'd be happy to hear from you. Contact Future Life Now at 513-541-5720 or support@futurelifenow.com; Vitality at 513-300-5174 or vitalitycincinnati@gmail.com.

Bones for Life[®] and Walk for Life

INTENSIVE TEACHER TRAINING

Registration Form

Name _____ Applicable credentials _____

Address _____

Phone: home _____ mobile _____

E-mail address _____

I am registering for: Phase One Only \$1200 Phase One & Two Only \$3300
 Phase Three Only \$900 Entire Program (all phases) \$3900

Non-refundable* down payment of \$600.00 due now.

Check enclosed, made payable to "Future Life Now".

Please bill my credit card.

Card type: Mastercard Visa Discover (We do not accept American Express.)

Name as it appears on card _____

Billing address including zip code _____

Phone number associated with card _____

CC# _____ Exp. date (mm/yy) _____

Vcode (3 digit number on back above right of signature line) _____

Subsequent payments will be automatically billed each month to your credit card.

Total

Additional payments of \$350 are due every other month by the 10th of the month starting October 10th, until the balance is paid:

With this registration I am indicating my intention to complete the program as indicated. I understand that if I choose not to complete the program, the balance remains payable to Future Life Now.

Signature _____

Date _____

*Refundable in full if due to program cancellation.

Bones For Life

PHASE ONE

Basic certification

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Bones For Life

PHASE TWO

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Arranged independently by student.

Walk For Life

PHASE THREE

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Workshop II: November 16 - 18, 2018

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restoring you to your potential

Please return this form to

Future Life Now
4138 Hamilton Ave., Ste. B
Cincinnati, OH 45223

513.541.5720
www.futurelifeflow.com