

Bones For Life®

Intensive

Nov. 6-8

2017



NOVEMBER 6 - NOVEMBER 8, 2017

BONES FOR LIFE® INTENSIVE

Improve Your Overall Alignment & Strengthen Your Bones

Bones for Life® Intensive improves your overall alignment and strengthens your bones by adapting a dynamic and impactful style of moving that gently, precisely loads the body with higher tone of power. You'll learn to recreate the advantages of efficient, streamlined movement so that the forces of walking flow through your body in a safe domino effect that avoids compression and establishes the necessary foundation for resilient bone growth and pleasurable, powerful movement. Learn more at BonesforLife.com

REGISTRATION STARTING AT \$450
(Overnight stay not included)

DAILY SCHEDULE

MON	
1:00 pm	ORIENTATION & BFL LESSONS
5:30 pm	DINNER
7:00 pm	CLOSING BFL LESSONS
TUE	
9:00 am	BFL LESSONS
12:30 pm	LUNCH
2:00 pm	BFL LESSONS
5:30 pm	DINNER & CLOSING SESSION
WED	
9:00 am	BFL LESSONS
12:30 pm	LUNCH & FREE TIME AT REFUGE SPA



KALYANI GILLIAM, LAc.,

Feldenkrais Practitioner has been in private practice for 32 years. She's taught numerous workshops in the study of moving well and effortlessly. Along with teaching weekly Feldenkrais classes, she maintains a full-time private practice in Carmel, CA that offers a cornucopia of wellness techniques that include: Structural bodywork: Rolfing®; Somatic Education: Feldenkrais Method Bones for Life® mentoring and Pilates MAT classes; TCM Acupuncture and Designed Clinical Nutrition using Nutritional Response Testing. Lean more at www.Movementor.com.

LOCATION

Gardener Ranch, Carmel Valley

REGISTRATION

Retreats@GardenerRanch.com

CONTACT

GardenerRanch.com | 831-298-7360