

~ Ten Bones for Life® Basic Principles ~ a developing discussion with Katarina Halm <https://thinkinginmovement.ca/bfl-basic-principles/>

Click a link in this list

1. [Explorations of options: System chooses what is right for the situation present \(Organic Kinaesthetic Learning\)](#)
2. [Multi-Angle Pressure](#)
3. [Learning through Passivity](#)
4. [Use of Polarized Movement](#)
5. [Awareness of the Posterior](#)
6. [Proportional Flexibility](#)
7. [Use of surface contact](#)
8. [Cultivating the memory of the pathway of pressure](#)
9. [Accumulating consensus](#)
10. [Deprogramming the compulsive addiction through selective inhibition](#)

The above list of BFL Principles, immediately useful and inspiring, is now ordered numerically to enhance the flow of our reflections and teaching strategies during the coming weeks and months.

*\*CREDIT: The original list of principles was provided by Carol Montgomery during the Bones for Life® 3 training she taught in Phoenix AZ 2011 as a part of the Integrated Learning Center of Mid America's (ILCMA )BFL training program.*

*Bones for Life® and BFL® are service marks of Ruthy Alon.*