

“Movement as nature meant” “Biological optimism”
 – Ruthy Alon, Founder of Movement Intelligence

Bones for Life® with Cate Thomas, Marie-Paule Wiley, Katarina Halm
 Enjoy classes and continue towards certification
<https://thinkinginmovement.ca/bones-for-life/>

APRIL 2021							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Sun Apr 11	Mon Apr 12	Tue Apr 13	Wed Apr 14	Thu Apr 15	Fri Apr 16	Sat Apr 17	Sat Apr 17
			BFL 2 Class #1 BFL #31 Twisted Arms Shifting the Differentiation to the Stiff Vertebrae of the Spine BFL #32 Hand on Head : Hand on Wall the Head to the Chain of the Posture	BFL 2 Class #2 BFL #33 Ribs Around the Steering; From Rib Cage to Rib Basket BFL #34 The Hip Joint : Bow and Arrow Asymmetry in the Height of the Sides	BFL 2 Class #3 BFL #35 The Function of Pulling Strengthening By Controlled Resistance BFL #36 Horizontal-Climbing: Reversing Proximal and Distal in Anti-Gravity Challenge	FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] STUDIO PAGE WITH MORE! https://thinkinginmovement.ca/fmi-zoom-rooms/ Everyone is welcome to the FMI Zoom Room! The one pre-requisite is to Join FMI as a Friend or Trainee or Teacher or Trainer for the year of 2021 http://movementintelligence.org/join-us/	BFL 1 Class #1 # 1. Intro: The program for stimulating bone strength through natural movement and weight-bearing posture #2 Bouncing on the Heels: Pulsations of pressure build strength
Sun Apr 18	Mon Apr 19	Tue Apr 20	Wed Apr 21	Thu Apr 22	Fri Apr 23		Sat Apr 24
			BFL 2 Class #4 # 37. Stomach Lift: Revitalization # 38. Jaw: Releasing Tension by Integrating the Pelvis	BFL 2 Class #5 # 39. Creeping-Head under the Elbow: Head Under the Elbow Loading the Skeleton from the Arm # 40. Rocking in One Unit: Readjusting the Spine	BFL 2 Class #6 Didactic BFL 31-40		BFL 1 Class #2 BFL #3 Aligning the Neck: Spreading fingers BFL #4 Wave Response: Counter-undulation of the curves
Sun Apr 25	Mon Apr 26	Tue Apr 27	Wed Apr 28	Thu Apr 29	Fri Apr 30		Sat May 1
			BFL 2 Class #7 # 41. Distance Between Heels Determines Stability: Charlie Chaplin Vs. Parallel Feet # 42. Goat Skipping: The Challenge of Rhythmic Anti-Gravity Motion	BFL 2 Class #8 # 43. Functional Reflexology: Neurological Response: Heel / Lower Back # 44. Whipping a Fall into the Wall: The Power in the Wave	BFL 2 Class #9 # 45. Frontal Rising from Lying to Sitting: Strengthening the Back Vs. the Stomach # 46. Weights on Ankles: Upgrading Equilibrium		BFL 1 Class #3 BFL # 5. Axis Response: Moving in one unit BFL #6 Levels of Pressure: Levels of Pressure 20% optimal force
MAY 2021							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Sun May 2	Mon May 3	Tue May 4	Wed May 5	Thu May 6	Fri May 7	Sat May 8	Sat May 8

				BFL 2 Class #10 # 47. Lifting Weights- Safety First: Padded Lumbar Leans on a Wall/ Proportional Engagement of the Spine by the Trajectory of the Spiral # 48. Handcuffs: Closed Cycle of Isometric Resistance	BFL 2 Class #11 # 49. Knee Straightens A Knee: Seesaw of Heel / Toes # 50. Primal Swimming: Coordinating the Body with the Loop of the Leg	BFL 2 Class #12 Didactic BFL 2 41-50	FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi-zoom-rooms/	BFL 1 Class #4 BFL #7 Stimulating the Roots of the Teeth: Jawbone determines tooth health BFL #8 Tapping Head : Chest : Kidneys Pressure confirms alignment
	Sun May 9	Mon May 10	Tue May 11	Wed May 12	Thu May 13	Fri May 14	Sat May 15	Sat May 15
				BFL 2 Class #13 # 51. Water Carrier's Walk # 2: Coordinating Arm and Leg # 52. Rumba in the Strip: Proportional Flexibility	BFL 2 Class #14 # 53. Narrow / Wide Shoulder Blades: The Width Axis of the Posture # 54. Hand on Hand in the Strip: Redesigning Uprightness	BFL 2 Class #15 # 55. Step Up / Step Down : Proximal Mobilization # 56. Combing the Hair: Passive Elongating of the Neck		BFL 1 Class #5 BFL #9. Aligning the Lumbar: Spreading fingers BFL # 10. Tapping the Pelvis: Bridging the line of strength
	Sun May 16	Mon May 17	Tue May 18	Wed May 19	Thu May 20	Fri May 21	Sat May 22	Sat May 22
				BFL 2 Class #16 # 57. Getting Up by Dragging: Airplane Vs. Helicopter # 58. Running with Inclined Head: Continuity Determines Posture	BFL 2 Class #17 # 59. Pillows in the Curves: Support Neutralizes Vulnerability # 60. Ha+3 / Ha+4 Choir in Stamping: Rhythm Stimulates Dynamic Motion	BFL 2 Class #18 Didactic BFL 51-60	FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi-zoom-rooms/	BFL 1 Class #6 #11 Hand Pushes a Wall Spiraling the Spine Safe arch in elongation BFL #12. Crossed Arms: Bridging the line of strength
	Sun May 23	Mon May 24	Tue May 25	Wed May 26	Thu May 27	Fri May 28	Sat May 29	Sat May 29
				BFL 1 Didactic Practicum	BFL 1 Didactic Practicum	BFL 1 Didactic Practicum	Check-in Call for those with Paris Kern TH Mar 25, TU Apr 27, Sat May 29, 2021 @ 12PM NY and 8 PM NY	BFL 1 Class #7 #13 Tantrum No Tantrum Yes The joy of carefree body expression BFL #14 Fragmented Breathing Paradoxical improvement
	Sun May 30	Mon May 31	Tue Jun 1	Wed Jun 2	Thu Jun 3	Fri Jun 4	Sat Jun 5	Sat Jun 5
				BFL 2 Didactic Practicum	BFL 2 Didactic Practicum	BFL 2 Didactic Practicum		BFL 1 Class #8 #15 Roman Sandals The efficient focus of pressure in the foot BFL #16 Bicycle Stabilizing the hip joint
	Sun May 30	Mon May 31	Tue Jun 1	Wed Jun 2	Thu Jun 3	Fri Jun 4	Sat Jun 5	
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	Sun May 30	Mon May 31	Tue Jun 1	Wed Jun 2	Thu Jun 3	Fri Jun 4	Sat Jun 5	

	Sun Jun 6	Mon Jun 7	Tue Jun 8	Wed Jun 9	Thu Jun 10	Fri Jun 11	Sat Jun 12	Sat Jun 12
				BFL 3 Class #1 # 61. Bouncing on Elevation Maneuvering the Surface to Effect Comfort in the Lumbar / Knees # 62. Foot Steps over Thigh i Finger along the Nose Securing Continuity of Axis	BFL 3 Class #2 # 63. Hip Joint Recoil Increasing the Range of Step # 64. The Sphincters The Integrative Network of the Anti-Gravity Lever	BFL 3 Class #3 # 65. Bagel or Two Knots Shortcut to Upright Standing # 66. Bridge of the Foot The Zero Balance of the Lumbar in the Foot		BFL 1 Class #9 #17 Red and Pink Visualization: Oxygen to the lungs, food for the bone BFL #18 Inside: Outside Edges of the Feet
	Sun Jun 13	Mon Jun 14	Tue Jun 15	Wed Jun 16	Thu Jun 17	Fri Jun 18	Sat Jun 19	Sat Jun 19
				BFL 3 Class #3 # 67. Recovering Equilibrium Gaining Stability by Risking It # 68. Water Carrier's Walk #3 Detachment of the Foot and the Economical Dynamics of Walking in Pendulum	BFL 3 Class #5 # 69. The Function of Creeping Leg Pulls aLeg # 70. Bouncing on One Foot Neurological Diplomacy	BFL 3 Class #6 Didactic BFL 3 61-70	FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi- zoom-rooms/	BFL 1 Class #10 BFL #19 Bouncing on the Heels in Rotation Steering the spine from eyes or feet BFL #20 Water Carrier's Walk #1 Chest / lower back interaction
	Sun Jun 20	Mon Jun 21	Tue Jun 22	Wed Jun 23	Thu Jun 24	Fri Jun 25	Sat Jun 26	Sat Jun 26
				BFL 3 Class #7 # 71. Ankle in Kneeling Reversing Roles of Center and Periphery # 72.Knee Relief De- Programming Failure by Passive Mobilization	BFL 3 Class #8 # 73. Shoulder Blades High and Low Front / Back Interplay # 74. Squatting Synchronized Surrender to Gravity	BFL 3 Class #9 # 75. Tiger Walk Crawling with Bending Elbows # 76. Sliding Pelvis from Side to Side Bridging Pelvis, Spine, Head		BFL 1 Class #11 #21 Aligning the Neck in Resistance Index finger between the teeth #22 Aligning the Lumbar Releasing the length of the back by shortening the front
	Sun Jun 27	Mon Jun 28	Tue Jun 29	Wed Jun 30				
	JULY 2021							
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	,	,	,	,	Thu Jul 1	Fri Jul 2	Sat Jul 3	Sat Jul 3
							FMI Zoom Room 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/ fmi-zoom-rooms/	BFL 1 Class #12 #23 Narrow Pelvis Aligning the wheels #24 Knee Bends a Knee Spontaneous springiness
	Sun Jul 4	Mon Jul 5	Tue Jul 6	Wed Jul 7	Thu Jul 8	Fri Jul 9	Sat Jul 10	Sat Jul 10

				BFL 3 Class #10 # 77. Rocking from Sitting to Lying Preparation and Momentum Stages # 78. From Standing to Lying Overcoming Fear of Falling	BFL 3 Class #11 # 79. Falling Down without Injury Acquiring a Model of Safety # 80. Up and Down a Slope / Stairs Adjusting Posture to Function	BFL 3 Class #12 Didactic BFL 3 71-80		BFL 1 Class #13 BFL #25 Silken Scarf along a Roller Synchronized proportional fl excitability BFL #26 The Function of Creeping Sweeping the head from side to side
	Sun Jul 11	Mon Jul 12	Tue Jul 13	Wed Jul 14	Thu Jul 15	Fri Jul 16	Sat Jul 17	Sat Jul 17
				BFL 3 Class #13 # 81. Morning Towel Self-Adjustment # 82. Reaching Knees Releasing Length of Spine	BFL 3 Class #14 # 83. A Trunk of a Tree Controlled Rotation around a Vertical Roller # 84. Heel to Ischium Adjusting Spine to Accommodate Hip Joint	BFL 3 Class #15 # 85. Short Back / Long Back Shortcut to Upright Posture # 86. Releasing the Lower Back Variations on Knee Circles	FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https://thinkinginmovement.ca/fmi-zoom-rooms/	BFL 1 Class #14 BFL #27 From Sitting to Standing Consistent pace of spiralling Sitting Down on the Floor: Surrendering to gravity BFL #28 Knot on the Wall Weight-bearing posture from A to Z
	Sun Jul 18	Mon Jul 19	Tue Jul 20	Wed Jul 21	Thu Jul 22	Fri Jul 23	Sat Jul 24	Sat Jul 24
				BFL 3 Class #16 # 87. Yawning Recovering Homeostasis # 88. Reconciliation with Hope The Renaissance Imagery	BFL 3 Class #17 # 89. Bones for Life Hug Mutual Empowering # 90. Jumping in a Circle Collective Awareness	BFL 3 Class #18 Didactic BFL 3 81-90		BFL 1 Class #15 BFL #29 The Wrap A loan of integration in sideways walking BFL #30 Jumping in Wrap "Ha*3" breathing Completion of BFL 1-30
	Sun Jul 25	Mon Jul 26	Tue Jul 27	Wed Jul 28	Thu Jul 29	Fri Jul 30	Sat Jul 31	Sat Jul 31
				BFL 3 Didactic Practicum	BFL 3 Didactic Practicum	BFL 3 Didactic Practicum		Didactic BFL 61-90
AUGUST 2021								
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	Sun Aug 1	Mon Aug 2	Tue Aug 3	Wed Aug 4	Thu Aug 5	Fri Aug 6	Sat Aug 7	
				BFL 1,2,3 Didactic Practicum	BFL 1,2,3 Didactic Practicum	BFL 1,2,3 Didactic Practicum	FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https://thinkinginmovement.ca/fmi-zoom-rooms/	
	Sun Aug 8	Mon Aug 9	Tue Aug 10	Wed Aug 11	Thu Aug 12	Fri Aug 13	Sat Aug 14	
	Sun Aug 15	Mon Aug 16	Tue Aug 17	Wed Aug 18	Thu Aug 19	Fri Aug 20	Sat Aug 21	
							FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https://thinkinginmovement.ca/fmi-zoom-rooms/	
	Sun Aug 22	Mon Aug 23	Tue Aug 24	Wed Aug 25	Thu Aug 26	Fri Aug 27	Sat Aug 28	

	Sun Aug 29	Mon Aug 30	Tue Aug 31					
	SEPTEMBER 2021							
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	`	`	`	Wed Sep 1	Thu Sep 2	Fri Sep 3	Sat Sep 4	
							FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi- zoom-rooms/	
	Sun Sep 5	Mon Sep 6	Tue Sep 7	Wed Sep 8	Thu Sep 9	Fri Sep 10	Sat Sep 11	
	Sun Sep 12	Mon Sep 13	Tue Sep 14	Wed Sep 15	Thu Sep 16	Fri Sep 17	Sat Sep 18	
							FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi- zoom-rooms/	
	Sun Sep 19	Mon Sep 20	Tue Sep 21	Wed Sep 22	Thu Sep 23	Fri Sep 24	Sat Sep 25	
	Sun Sep 26	Mon Sep 27	Tue Sep 28	Wed Sep 29	Thu Sep 30			
	OCTOBER 2021							
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	`	`	`	`	`	Fri Oct 1	Sat Oct 2	
							FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi- zoom-rooms/	
	Sun Oct 3	Mon Oct 4	Tue Oct 5	Wed Oct 6	Thu Oct 7	Fri Oct 8	Sat Oct 9	
	Sun Oct 10	Mon Oct 11	Tue Oct 12	Wed Oct 13	Thu Oct 14	Fri Oct 15	Sat Oct 16	
							FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi- zoom-rooms/	
	Sun Oct 17	Mon Oct 18	Tue Oct 19	Wed Oct 20	Thu Oct 21	Fri Oct 22	Sat Oct 23	
	Sun Oct 24	Mon Oct 25	Tue Oct 26	Wed Oct 27	Thu Oct 28	Fri Oct 29	Sat Oct 30	
	Sun Oct 31							
	NOVEMBER 2021							
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	`	Mon Nov 1	Tue Nov 2	Wed Nov 3	Thu Nov 4	Fri Nov 5	Sat Nov 6	

							FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi- zoom-rooms/	
	Sun Nov 7	Mon Nov 8	Tue Nov 9	Wed Nov 10	Thu Nov 11	Fri Nov 12	Sat Nov 13	
	Sun Nov 14	Mon Nov 15	Tue Nov 16	Wed Nov 17	Thu Nov 18	Fri Nov 19	Sat Nov 20	
							FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi- zoom-rooms/	
	Sun Nov 21	Mon Nov 22	Tue Nov 23	Wed Nov 24	Thu Nov 25	Fri Nov 26	Sat Nov 27	
	Sun Nov 28	Mon Nov 29	Tue Nov 30					
DECEMBER 2021								
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	,	,	,	Wed Dec 1	Thu Dec 2	Fri Dec 3	Sat Dec 4	
							FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi- zoom-rooms/	
	Sun Dec 5	Mon Dec 6	Tue Dec 7	Wed Dec 8	Thu Dec 9	Fri Dec 10	Sat Dec 11	
	Sun Dec 12	Mon Dec 13	Tue Dec 14	Wed Dec 15	Thu Dec 16	Fri Dec 17	Sat Dec 18	
							FMI Zoom Rooms 1st & 3rd 2020 Saturday FMI friends and colleagues ~ A movement process from the book Mindful Spontaneity by Ruthy Alon [11 am pacific] https:// thinkinginmovement.ca/fmi- zoom-rooms/	
	Sun Dec 19	Mon Dec 20	Tue Dec 21	Wed Dec 22	Thu Dec 23	Fri Dec 24	Sat Dec 25	
	Sun Dec 26	Mon Dec 27	Tue Dec 28	Wed Dec 29	Thu Dec 30	Fri Dec 31	Sat Jan 1	
JANUARY 2022								
	Sun Jan 2	Mon Jan 3	Tue Jan 4	Wed Jan 5	Thu Jan 6	Fri Jan 7	Sat Jan 8	