

*** BFL® at Thinking in Movement ~ Students PERSONAL Study & Teaching Log (2021 12 18)

BFL 1-90 Numerically listed for your reference	Teaching Hours	Study Hours	Study + Teaching Hours	Description	BFL 1-90 / Didactic	FMI Zoom Rooms	Community Notes	Personal Notes	Resource Notes
<p>Bones for Life® with Katarina Halm & Marie-Paule Wiley & Kim Reda-Wilson Enjoy classes and continue towards certification</p> <p>More about BFL®</p> <p>To Sign Up or for Questions/Wishes: katarina@thinkinginmovement.ca Telephone: 1-604-263-9123 Vancouver BC, Canada</p>	<p>This Gray area may be copied at the end of your training to constitute your FMI Study & Teaching Log</p> <p>Your Name</p> <p>Email</p> <p>Telephone</p> <p>Location</p> <p>Dates of Study</p> <p>Additional information for FMI</p>								

Certification: The programme provides continuing hours towards the 210 hours to complete BFL teacher training with Katarina and/or other Movement Intelligence Trainers.

[Bones for Life Teacher Certification hours ~Thinking in Movement Studio 2021](#)

[A ready made wrap : fabric for wraps ~ Notes from July 3, 2020](#)

Study & Teaching Log © developing with Katarina Halm 2017-2023

This log is for you to **adapt and develop as you wish** to document your total hours for FMI / summary of hours / specifics for some occasions / previous hours / continuing hours /...
 “Movement as nature meant” “Biological optimism”
 – Ruthy Alon, Founder of Movement Intelligence

Enjoy classes ~ Option to continue towards certification
 noting also the simple chart

[‘Biological Optimism’ -- BONES FOR LIFE® DAILY PRACTICE Katarina Halm 2021 12 18](#)

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 Invitation © developed by Katarina Halm 2021

Your Study & Teaching Log

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BFL #1 Bones for Life Introduction									
BFL #2 Bouncing on the Heels Pulsations of pressure build strength									
BFL #3 Aligning the Neck Spreading fingers									

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BFL #4 Wave Response Counter- undulation of the curves											
BFL # 5. Axis Response Moving in one unit											
BFL#6 Levels of Pressure 20% optimal force											
BFL #7 Stimulating the Roots of the Teeth Jawbone determines tooth health											
BFL #8 Tapping Head : Chest : Kidneys Pressure confirms alignment											
BFL #9. Aligning the Lumbar, Spreading fingers BFL # 10. Tapping the Pelvis: Bridging the line of strength											
BFL # 10. Tapping the Pelvis: Bridging the line of strength											
BFL #11 Hand Pushes a Wall Spiraling the Spine Safe arch in elongation											
# 12. Crossed Arms: Substitute bridges to the spinal curves											
BFL #13 Tantrum No Tantrum Yes The joy of carefree body expression											
BFL #14 Fragmented Breathing Paradoxical improvement											
BFL #15 Roman Sandals The efficient focus of pressure in the foot											
BFL #16 Bicycle Stabilizing the hip joint											
BFL #17 Red and Pink Visualization Oxygen to the lungs, food for the bone											
BFL #18 Inside : Outside Edges of the Feet Lateral flexion near a wall											

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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											
BFL #21 Aligning the Neck in Resistance Index finger between the teeth											
BFL #22 Aligning the Lumbar Releasing the length of the back by shortening the front											
BFL #23 Narrow Pelvis Aligning the wheels											
BFL #24 Knee Bends a Knee Spontaneous springiness											
BFL #25 Silken Scarf along a Roller Synchronized proportional fl excitability											
BFL #26 The Function of Creeping Sweeping the head from side to side											
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											
BFL #29 The Wrap A loan of integration in sideways walking											
BFL #30 Jumping in Wrap "Ha*3" breathing											
BFL #31 Twisted Arms Shifting the Differentiation to the Stiff Vertebrae of the Spine											
BFL #32 Hand on Head : Hand on Wall Connecting the Head to the Chain of the Posture											

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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 #35 The Function of Pulling Strengthening By Controlled Resistance											
BFL #36 Horizontal-Climbing: Reversing Proximal and Distal in Anti-Gravity Challenge											
BFL #37 Stomach Lift Revitalization											
BFL #38 Jaw Releasing Tension by Integrating the Pelvis Releasing Tension by Integrating the Pelvis											
BFL #39 Creeping- Head under the Elbow Head Under the Elbow Loading the Skeleton from the Arm											
BFL #40 Rocking in One Unit Readjusting the Spine											
BFL #41 Distance Between Heels Determines Stability Charlie Chaplin Vs. Parallel Feet											
BFL #42 Goat Skipping The Challenge of Rhythmic Anti-Gravity Motion											
BFL #43 Functional Reflexology Neurological Response: Heel / Lower Back											
BFL #44 Whipping a Fall into the Wall The Power in the Wave											
BFL #45 Frontal Rising from Lying to Sitting Strengthening the Back Vs. the Stomach											
BFL #46 Weights on Ankles Upgrading Equilibrium											

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BFL #47 Lifting Weights- Safety First Padded Lumbar Leans on a Wall/ Proportional Engagement of the Spine by the Trajectory of the Spiral											
BFL #48 Handcuffs Closed Cycle of Isometric Resistance											
BFL #49 Knee Straightens A Knee Seesaw of Heel / Toes											
BFL #50 Primal Swimming Coordinating the Body with the Loop of the Leg											
BFL #51 Water Carrier's Walk # 2 Coordinating Arm and Leg											
BFL #52 Rumba in the Strip											
# 53. Narrow / Wide Shoulder Blades: The Width Axis of the Posture											
# 54. Hand on Hand in the Strip: Redesigning Uprightness											
# 55. Step Up / Step Down : Proximal Mobilization											
# 56. Combing the Hair: Passive Elongating of the Neck											
# 57. Getting Up by Dragging: Airplane Vs. Helicopter											
# 58. Running with Inclined Head: Continuity Determines Posture											
# 59. Pillows in the Curves: Support Neutralizes Vulnerability											
# 60. Ha+3 / Ha+4 Choir in Stamping: Rhythm Stimulates Dynamic Motion											
# 61. Bouncing on Elevation Maneuvering the Surface to Effect Comfort in the Lumbar / Knees											

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# 62. Foot Steps over Thigh i Finger along the Nose Securing Continuity of Axis											
# 63. Hip Joint Recoil Increasing the Range of Step											
# 64. The Sphincters The Integrative Network of the Anti-Gravity Lever											
# 65. Bagel or Two Knots Shortcut to Upright Standing											
# 66. Bridge of the Foot The Zero Balance of the Lumbar in the Foot											
# 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											
# 69. The Function of Creeping Leg Pulls aLeg											
# 70. Bouncing on One Foot Neurological Diplomacy											
# 71. Ankle in Kneeling Reversing Roles of Center and Periphery											
# 72. Knee Relief De-Programming Failure by Passive Mobilization											
# 73. Shoulder Blades High and Low Front / Back Interplay											
# 74. Squatting Synchronized Surrender to Gravity											
# 75. Tiger Walk Crawling with Bending Elbows											
# 76. Sliding Pelvis from Side to Side Bridging Pelvis, Spine, Head											
# 77. Rocking from Sitting to Lying Preparation and Momentum Stages											
# 78. From Standing to Lying Overcoming Fear of Falling											
# 79. Falling Down without Injury Acquiring a Model of Safety											

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# 80. Up and Down a Slope / Stairs Adjusting Posture to Function											
# 81. Morning Towel Self-Adjustment											
# 82. Reaching Knees Releasing Length of Spine											
# 83. A Trunk of a Tree Controlled Rotation around a Vertical Roller											
# 84. Heel to Ischium Adjusting Spine to Accommodate Hip Joint											
# 85. Short Back / Long Back Shortcut to Upright Posture											
# 86. Releasing the Lower Back Variations on Knee Circles											
# 87. Yawning Recovering Homeostasis											
# 88. Reconciliation with Hope The Renaissance Imagery											
# 89. Bones for Life Hug Mutual Empowering											
# 90. Jumping in a Circle Collective Awareness											