

'Biological Optimism' ~ BONES FOR LIFE® DAILY PRACTICE ~ ©Katarina Halm, Thinking Movement Studio, Vancouver, BC, Canada ~  
*"When moving as nature intended - harmoniously coordinated and intelligently coping with gravity - we not only strengthen our bones, we also embody a sense of dignity, confidence & joy that I call biological optimism."* – Ruthy Alon

Day	Bouncing on Heels/ sitting bones/ pelvis	Aligning neck Bridging head & chest	Aligning lumbar Bridging chest & pelvis	Tapping bones 20% pressure	Awareness of breathing	Wave pattern	Axis - stick pattern	Time with the wrap	Notes
1									
2									
3									
4									
5									
6									
7									

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Day	Bouncing on Heels/ sitting bones/ pelvis	Aligning neck Bridging head & chest	Aligning <u>lumbar</u> Bridging chest & pelvis	Tapping bones 20% pressure	Awareness of breathing	Wave pattern	Axis - stick pattern	Time with the wrap	Notes
8									
9									
10									
11									
12									
13									
14									

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15									
16									
17									
18									
19									
20									
21									

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22									
23									
24									
25									
26									
27									
28									

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29									
30									
31									

