



Katarina Halm's Thinking in Movement Studio

~ A Community for Study & Practice ~

BONES FOR LIFE®
at
THINKING IN
MOVEMENT STUDIO

Bones for Life® Teacher



Kim Reda-Wilson

Feldenkrais® Practitioner
& Movement Intelligence
Trainer



Katarina Halm

Feldenkrais® Practitioner
& Movement Intelligence
Teacher



Marie-Paule Wiley

Bones for Life®

with

Katarina Halm, Kim Reda-Wilson, Marie-Paule Wiley

REGISTRATION

MORE INFORMATION



Bones for Life® Informational Gatherings Friday, January 21, 2022

Please Click to join us One or Two times: 9:45 am and/or 4 pm Pacific (45 min)

* Introduction to BFL® and Ruthy Alon's work

* Meet Katarina and Kim and Marie-Paule and second year BFL trainees

* Introducing our new series: a wonderful learning circle sharing ranges of experience.

* We look forward to seeing current students and those interested in beginning their BFL



Series A Fridays, 9:45 am -11:00 am Pacific (75 min) Below / Series B for Oceana TBA

BFL® 1 Bones for Life® 1–30

Jan 21 – May 20, 2022 (22.5 hours)

BFL® 2 Bones for Life® 31–60

May 27 – Sept 23, 2022 (22.5 hours)

BFL® 3 Bones for Life® 61–90

Sept 30 2022 – Jan 27, 2023 (22.5 hours)

Didactic Group (22.5 hours) TBA

Didactic Practice (30 hours) TBA

TUITION

\$180 BFL 1 (Student's link)

\$180 BFL 2 (Student's link)

\$180 BFL 3 (Student's link)

\$15 Drop-in by prior arrangement

\$180 BFL 1 (Sponsor's link)

\$180 BFL 2 (Sponsor's link)

\$180 BFL 3 (Sponsor's link)

\$15 Drop-in (Sponsor's link)

* Work study scholarships

* Sponsors provide scholarships

* Refunds during first two weeks of a segment

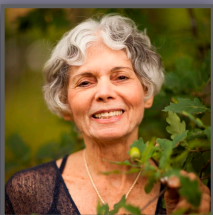
* Ten sign-ups confirm a segment

* Sponsors are much appreciated

welcoming your wishes /questions

<https://thinkinginmovement.ca/contact/>

katarina@thinkinginmovement.ca



RUTHY ALON

Founder of Movement Intelligence®

“Movement as nature meant.”

“Biological optimism.”

[Foundation of Movement Intelligence \(FMI\)](#)

• [2021 FMI Membership Directory](#)

• [Bones for Life®](#)

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Bones for Life® is a registered mark of Ruthy Alon, Ph.D. FMI is a 501(c)(3) founded in the state of Maine in 2007 operating with tax-exempt EIN 14-1996888 under the IRS category “E50” — Rehabilitative Medical Services. We support the growth of Movement Intelligence in North America, including Bones for Life® — a program created by Ruthy Alon and trademarked in the US in August 2004 under patent #2,874,949 as “Health-related movement classes for achieving improved flexibility and bone strength.” In Canada the registered trademark [Sept. 2006] is No. 672,566. FMI's mailing address: 22 Monument Square, Suite 501, Portland, ME 04101 | Telephone: (207) 239-0260 | [Email: info@movementintelligence.org](mailto:info@movementintelligence.org)

Invitation developed by Katarina Halm & designed by Rosie Casciero 2021