



Katarina dancing "Sophia,
the Goddess of Wisdom"

Information Page ~ Bones for Life® Teacher Training at Thinking in Movement Studio

Bones for Life® at Thinking in Movement Studio - Movement Intelligence [MI] Certification Training Hours

Quoting below from FMI & Informational Resources
~ *Bones for Life® Teacher training* ~

FMI Certification Protocols

1. Basic Program Certification

The Basic Program is comprised of **90 Bones for Life processes** as defined in the BFL Teacher's Manuals, written by and Intellectual Property of Ruthy Alon, which can be taught in different formats, such as in three sections (Segments I, II, & III), in two sections (Parts A & B), or in multiple weekly sessions. Anyone wishing to learn and enhance their personal well-being will benefit. This is also the beginning stage for those who intend to become Certified Bones for Life Teachers.

Participants completing the Basic Program will receive at least 60 hours of instruction from a Certified BFL Teacher or Trainer. Upon completion of a Segment or Part, students are eligible to purchase the BFL Teacher's Manuals from their country's Bones for Life Director as follows: Segment I and/or Part A, can purchase manual#1; Segment II & III and Part B, can purchase #2 & #3. **Upon**

completing the 90 processes of the Bones for Life Basic Program, graduates will receive a Bones for Life Basic Program Attendance Certificate from their country's Bones for Life Director (in the U.S. and Canada from the FMI). At this point in the certification process, graduates will have the entire program to use for their own health. If graduates are pursuing the Certified BFL Teacher track they can **begin practice teaching and be invited to join the online Bones Forum.**

90 Bones for Life Processes Basic Program Outline

- Become familiar with the dynamic style of springy pressure needed for stimulating bone strength
- Practice effective interaction with gravity while moving in the vertical plane
- Organize body alignment to withstand transmission of force in a “Domino Effect” trajectory
- Refine the skill of moving in the pattern of Wave (proportional flexibility), and in the pattern of Axis (one unit of alignment in antigravity activities)
- Train in the harmonious management of movement coordination for the strength-demanding functions of pushing, pulling, and moving against a controlled resistance
- Practice challenges of anti-gravity movements in bouncing on the heels, standing up from sitting and from lying, walking up and down steps/slopes, and jumping
- Integrate ways of lifting weights with the proportional engagement of the entire body
- Improve the quality of coordination through a variety of natural evolutionary modes of locomotion that propel movement, including

patterns of creeping, crawling on all fours, and primal swimming

- Learn strategies to secure personal safety, and options for coping with vulnerable joints, while applying a relevant balance between stabilization and enhancing freedom of movement
 - Cultivate the capacity to recover equilibrium, and empower self-confidence in coping with the fear of falling, and practicing uninjured falling
 - Tone up the sphincter network
 - Upgrade the ergonomics of one's daily habits
 - Inspire the urge to move, and to enjoy the “Biological Optimism” that comes from having a reliable skeleton
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2. Teacher Certification

After signing the Memorandum of Understanding Teacher Certification, the Teacher in Training Registration, and receiving the Basic Program Attendance Certificate there are **four steps in the Teacher Certification process to be completed in any order.**

1. Advanced Study of the Basic Program (60 hours) with a BFL Certified Trainer. If the Basic Program was completed with a Trainer, the advanced study can be taken with a Teacher.
2. Mentoring (24 hours) with a Certified BFL Trainer individually and/or in a group.
3. Practice Teaching (36 hours minimum) material from the Basic Program and journaling the experience. This can overlap with mentoring.
4. Attend the Teacher Training (30 Hours) with a Certified BFL Trainer for instruction in the pedagogy of BFL materials and concepts.

Upon completion of the four-step Teacher Training, graduates will

receive a Bones for Life Teacher Certificate from their country's Bones for Life Director (in the U.S. and Canada from the FMI). At this point in their certification process, graduates will be eligible to teach the Bones for Life Basic Program as a Certified Bones for Life Teacher, in compliance with their country's Bones for Life Director (in the U.S. and Canada the FMI). Please note: In order to actively teach Bones for Life® (BFL) and issue their country's (in the U.S. and Canada the FMI) certificates as a certified BFL Teacher, BFL Teachers must become a Professional Teacher Member and maintain annual membership in their country's association (in the U.S. and Canada the FMI).

The BFL Trainer, in rare instances, may suggest that a Teacher graduate who is not yet ready for teaching the Basic Program continue to learn and practice teach the program until further experience is acquired.

Responses to your questions
~ *Bones for Life® Teacher training* ~
Thinking in Movement Studio

FIVE QUESTIONS

1/ Question ~ what is involved?

“The BFL Program is designed for people who are looking for a safe, autonomous way to improve the quality of their movement and revitalize their bones and posture, as well as for people interested in becoming professional BFL Teachers.” *

2/ Question ~ how does one become certified?

Response: Certification:

* The current program provides up to 90 hours towards the 210 hours to complete BFL teacher training with Katarina.

* Here is a chart outlining the total hours: [Bones for Life® at Thinking in Movement Studio - Movement Intelligence \[MI\] Certification Training Hours](#)

* Please see the official FMI BFL® certification page at <http://www.bonesforlife.info/185745/Certification>

* **Question** ~ at what point may I teach classes?

Response: When you have completed your training.

* **Question** ~ will your training be online

* **Response:** Yes

* **Question** ~ what is the cost beyond the training classes?

* **Response:**

1/ A yearly fee to FMI payment for the appropriate amount for your location. <http://movementintelligence.org/join-us/> 2/ The BFL® Teacher's Manuals (twenty-five percent discount for trainers so you could order through me and have the manuals sent directly to you from the FMI office which is open once weekly early Wednesday mornings)

Bones for Life® at Thinking in Movement Studio Movement Intelligence [MI] Certification Training Hours

				Series B Didactic Individual (30 hours)
			Series B Didactic Group (22.5 hours)	
		Series B BFL® 3 Bones for Life® 61–90 Sept 30 2022 – Jan 27, 2023 (22.5 hours)		
	Series B BFL® 2 Bones for Life® 31–60 May 27 – Sept 23, 2022 (22.5 hours)			
Series B BFL® 1 Bones for Life® 1–30 Jan 21 – May 20, 2022 (22.5 hours)				

Credits:

- The Movement Intelligence Programs Bones for Life®, Walk for Life, Chairs, Mindful Eating, and Solutions are the intellectual property of Ruthy Alon, Ph.D. Bones for Life® is a registered mark of Ruthy Alon, Ph.D
- Feldenkrais® is a service mark, trademark, and certification mark of the Feldenkrais Guild® of North America (FGNA) in the USA
- Invitation © developed by Katarina Halm 2022

*Registration is now open

*[Please click to choose your times](#)

* Invitation:

Enjoy classes ~ Option to continue towards certification

Enjoy classes ~ option to continue towards certification

[More about BFL®](#)

[Bones for Life® at Thinking in Movement Studio - Movement Intelligence \[MI\] Certification Training Hours](#)

Questions/Wishes:

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