

2022-2023 BFL® Calendar

More about [Bones for Life® & Movement Intelligence](#)

(skip Nov 25, 2022 Dec 23, 30, 2023)

* BFL I & BFL II ~ 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022

* BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed / from Fri: Nov 4, 2022 to Wed Jan 18, 2022

* BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 to Mar 10, 2023

[PDF Poster](#) * [Bones for Life® 2022- 2023](#) [REGISTRATION LINKS](#)

NOVEMBER 2022						
XX	XX	Tue Nov 1	Wed Nov 2	Thu Nov 3	Fri Nov 4	Sat Nov 5
					BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022	
					BFL 1 Class #1 BFL #1 Introduction: The program for stimulating bone strength through natural movement and weight-bearing posture BFL #2 Bouncing on the Heels: Pulsations of pressure build strength	

					<p>BFL 2 Class #16</p> <p>BFL #59. Pillows in the Curves: Support Neutralizes Vulnerability</p> <p>BFL #60. Ha+3 / Ha+4 Choir in Stamping: Rhythm Stimulates Dynamic Motion</p>	
Sun Nov 6	Mon Nov 7	Tue Nov 8	Wed Nov 9	Thu Nov 10	Fri Nov 11	Sat Nov 12
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	
					<p>BFL 1 Class #1</p> <p>BFL #1 Introduction: The program for stimulating bone strength through natural movement and weight-bearing posture</p> <p>BFL #2 Bouncing on the Heels: Pulsations of pressure build strength</p>	
					<p>BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>	

					<p>BFL 3 Class #1</p> <p>BFL #61. Bouncing on Elevation: Maneuvering the Surface to Effect Comfort in the Lumbar / Knees</p> <p>BFL #62. Foot Steps over Thigh / Finger along the Nose; Securing Continuity of Axis</p>	
	<p>BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022</p>		<p>BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022</p>		<p>BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022</p>	
	<p>BFL 1 Class #2</p> <p>BFL #3 <u>Aligning the Neck:</u> Spreading fingers</p> <p>BFL #4 <u>Wave Response:</u> <u>Counter-undulation of the curves</u></p>		<p>BFL 1 Class #3</p> <p>BFL #5 <u>Axis Response:</u> Moving in one unit</p> <p>BFL #6 <u>Levels of Pressure:</u> Levels of Pressure 20% optimal force</p>		<p>BFL 1 Class #4</p> <p>BFL #7 <u>Stimulating the Roots of the Teeth:</u> Jawbone determines tooth health</p> <p>BFL #8 Tapping Head/ Chest/ Kidneys: Kidneys Pressure confirms alignment</p>	
Sun Nov 13	Mon Nov 14	Tue Nov 15	Wed Nov 16	Thu Nov 17	Fri Nov 18	Sat Nov 19
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	

					<p>BFL 1 Class #2</p> <p>BFL #3 <u>Aligning the Neck:</u> Spreading fingers</p> <p>BFL #4 <u>Wave Response:</u> <u>Counter-undulation of the curves</u></p>	
					<p>* BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>	
					<p>BFL 3 Class #2</p> <p>BFL #63. Hip Joint Recoil: Increasing the Range of Step</p> <p>BFL #64. The Sphincters: The Integrative Network of the Anti-Gravity Lever</p>	
	<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>		<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>		<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>	
	<p>BFL 1 Class #5</p> <p>BFL #9 Aligning the Lumbar: Spreading fingers</p> <p>BFL #10 Tapping the Pelvis: Bridging the line of strength</p>		<p>BFL 1 Class #6</p> <p>BFL #11 Hand Pushes a Wall Spiraling the Spine: Safe arch in elongation</p> <p>BFL #12 Crossed Arms: Bridging the line of strength</p>		<p>BFL 1 Class #7</p> <p>BFL #13 Tantrum No Tantrum Yes The joy of carefree body expression</p> <p>BFL #14 Fragmented Breathing Paradoxical improvement</p>	
Sun Nov 20	Mon Nov 21	Tue Nov 22	Wed Nov 23	Thu Nov 24	Fri Nov 25	Sat Nov 26

	BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT		BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT		BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT	
	BFL 1 Class #8 BFL #15 Roman Sandals The efficient focus of pressure in the foot BFL #16 Bicycle Stabilizing the hip joint		BFL 1 Class #9 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			
Sun Nov 27	Mon Nov 28	Tue Nov 29	Wed Nov 30	XX X	XXX	XXX
				XX X	XXX	XXX
	BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022		BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022	XX X	XXX	XXX
	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		BFL 1 Class #11 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	XX X	XXX	XXX
			DECEMBER 2022			

XX	XX	XX	XX	Thu Dec 1	Fri Dec 2	Sat Dec 3
XX	XX	XX	XX		BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022	
XX	XX	XX	XX		BFL 1 Class #4 BFL #7 <u>Stimulating the Roots of the Teeth:</u> Jawbone determines tooth health BFL #8 Tapping Head/ Chest/ Kidneys: Kidneys Pressure confirms alignment	
XX	XX	XX	XX		* BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023	
XX	XX	XX	XX		BFL 3 Class #3 BFL #65. Bagel or Two Knots: Shortcut to Upright Standing BFL #66. Bridge of the Foot: The Zero Balance of the Lumbar in the Foot	
XX	XX	XX	XX		BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022	

XX	XX	XX	XX		<p>BFL 1 Class #12</p> <p>BFL #23 Narrow Pelvis: Aligning the wheels</p> <p>BFL #24 Knee Bends a Knee: Spontaneous springiness</p>	
Sun Dec 4	Mon Dec 5	Tue Dec 6	Wed Dec 7	Thu Dec 8	Fri Dec 9	Sat Dec 10
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	
					<p>BFL 1 Class #5</p> <p>BFL #9 Aligning the Lumbar: Spreading fingers</p> <p>BFL #10 <u>Tapping the Pelvis</u>: Bridging the line of strength</p>	
					<p>* BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>	

					<p>BFL 3 Class #4</p> <p>BFL #67. Recovering Equilibrium: Gaining Stability by Risking It</p> <p>BFL #68. Water Carrier's Walk #3: Detachment of the Foot and the Economical Dynamics of Walking in Pendulum</p>	
	<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>		<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>		<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>	
	<p>BFL 1 Class #13</p> <p>NOTE TYPO CORRECTED IN THE TITLE BFL #25 Silken Scarf along a Roller: Synchronized proportional flexibility</p> <p>BFL #26 The Function of Creeping: Sweeping the head from side to side</p>		<p>BFL 1 Class #14</p> <p>BFL #27 From Sitting to Standing: Consistent pace of spiralling Sitting Down on the Floor: Surrendering to gravity</p> <p>BFL #28 Knot on the Wall: Weight-bearing posture from A to Z</p>		<p>BFL 1 Class #15</p> <p>BFL #29 The Wrap: A loan of integration in sideways walking</p> <p>BFL #30 Jumping in Wrap: "Ha*3" breathing</p>	
Sun Dec 11	Mon Dec 12	Tue Dec 13	Wed Dec 14	Thu Dec 15	Fri Dec 16	Sat Dec 17
					<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>	

				<p>BFL 1 Class #6</p> <p>BFL #11 Hand Pushes a Wall Spiraling the Spine: Safe arch in elongation</p> <p>BFL #12 Crossed Arms: Bridging the line of strength</p>
				<p>BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>
				<p>BFL 3 Class #5</p> <p>BFL #69. The Function of Creeping: Leg Pulls a Leg</p> <p>BFL #70. Bouncing on One Foot: Neurological Diplomacy</p>
	<p>BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022</p>	<p>BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022</p>		<p>BFL I & BFL II ~ 2pm Pacific ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022</p>
<p>BFL 2 Class #1</p> <p>BFL #31 Twisted Arms: Shifting the Differentiation to the Stiff Vertebrae of the Spine</p> <p>BFL #32 Hand on Head / Hand on Wall: the Head to the Chain of the Posture</p>		<p>BFL 2 Class #2</p> <p>BFL #33 Ribs Around the Steering; From Rib Cage to Rib Basket</p> <p>BFL #34 The Hip Joint / Bow and Arrow: Asymmetry in the Height of the Sides</p>		<p>BFL 2 Class #3</p> <p>BFL #35 The Function of Pulling: Strengthening By Controlled Resistance</p> <p>BFL #36 The Function of Horizontal-Climbing: Reversing Proximal and Distal in Anti-Gravity Challenge</p>

Sun Dec 18	Mon Dec 19	Tue Dec 20	Wed Dec 21	Thu Dec 22	Fri Dec 23	Sat Dec 24
	BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT		BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT			
	BFL 2 Class #4 BFL #37. Stomach Lift: Revitalization BFL #38. Jaw: Releasing Tension by Integrating the Pelvis		BFL 2 Class #5 BFL #39. Creeping- Head under the Elbow: Loading the Skeleton from the Arm BFL #40. Rocking in One Unit: Readjusting the Spine		No class Friday, December 23 and 30 which will be the day before Christmas Eve and New Years Weekend	
Sun Dec 25	Mon Dec 26	Tue Dec 27	Wed Dec 28	Thu Dec 29	Fri Dec 30	Sat Dec 31
	BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT		BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT			
	BFL 2 Class #6 BFL #41. Distance Between Heels Determines Stability: Charlie Chaplin Vs. Parallel Feet BFL #42. Goat Skipping: The Challenge of Rhythmic Anti-Gravity Motion		BFL 2 Class #7 BFL #43. Functional Reflexology: Neurological Response: Heel / Lower Back BFL #44. Whipping a Fall into the Wall: The Power in the Wave		No class Friday, December 23 and 30 which will be the day before Christmas Eve and New Years Weekend	
			Year 2023			

Sun Jan 1	Mon Jan 2	Tue Jan 3	Wed Jan 4	Thu Jan 5	Fri Jan 6	Sat Jan 7
	BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT		BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT		BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT	
					BFL 1 Class #7 BFL #15 Roman Sandals The efficient focus of pressure in the foot BFL #16 Bicycle Stabilizing the hip joint	
					BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023	
					BFL 3 Class #7 BFL #71. Ankle in Kneeling: Reversing Roles of Center and Periphery BFL #72.Knee Relief: De-Programming Failure by Passive Mobilization	
	BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT		BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT		BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT	

	<p>BFL 2 Class #8</p> <p>BFL #45. Frontal Rising from Lying to Sitting: Strengthening the Back Vs. the Stomach</p> <p>BFL #46. Weights on Ankles: Upgrading Equilibrium</p>		<p>BFL 2 Class #9</p> <p>BFL #47. Lifting Weights- Safety First: Padded Lumbar Leans on a Wall/ Proportional Engagement of the Spine by the Trajectory of the Spiral</p> <p>BFL #48. Handcuffs: Closed Cycle of Isometric Resistance</p>		<p>BFL 2 Class #10</p> <p>BFL #49. Knee Straightens A Knee: Seesaw of Heel / Toes</p> <p>BFL #50. Primal Swimming: Coordinating the Body with the Loop of the Leg</p>	
Sun Jan 8	Mon Jan 9	Tue Jan 10	Wed Jan 11	Thu Jan 12	Fri Jan 13	Sat Jan 14
	BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT		BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT		BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT	
					<p>BFL 1 Class #8</p> <p>BFL #17 Red and Pink Visualization: Oxygen to the lungs, food for the bone</p> <p>BFL #18 Inside / Outside Edges of the Feet: Lateral flexion near a wall</p>	
					BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023	

					<p>BFL 3 Class #8</p> <p>BFL #73. Shoulder Blades High and Low: Front / Back Interplay</p> <p>BFL #74. Squatting: Synchronized Surrender to Gravity</p>	
	<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>		<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>		<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>	
	<p>BFL 2 Class #11</p> <p>BFL #51. Water Carrier's Walk # 2: Coordinating Arm and Leg</p> <p>(TITLE may now be CORRECTED) BFL #52. Rumba in the Strip: Proportional Flexibility</p>		<p>BFL 2 Class #12</p> <p>BFL #53. Narrow / Wide Shoulder Blades: The Width Axis of the Posture</p> <p>BFL #54. Hand on Hand in the Strip: Redesigning Uprightness</p>		<p>BFL 2 Class #13</p> <p>BFL #55. Step Up / Step Down: Proximal Mobilization</p> <p>BFL #56. Combing the Hair: Passive Elongating of the Neck</p>	
Sun Jan 15	Mon Jan 16	Tue Jan 17	Wed Jan 18	Thu Jan 19	Fri Jan 20	Sat Jan 21
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	

					<p>BFL 1 Class #9</p> <p>BFL #17 Red and Pink Visualization: Oxygen to the lungs, food for the bone</p> <p>BFL #18 Inside / Outside Edges of the Feet: Lateral flexion near a wall</p>	
	<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>		<p>BFL I & II ~ 10 Weeks: Mon, Wed, Fri: Nov 4, 2022 to Wed Jan 18, 2022 2pm PT</p>		<p>BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>	
	<p>BFL 2 Class #14</p> <p>BFL #57. Getting Up by Dragging: Airplane Vs. Helicopter</p> <p>BFL #58. Running with Inclined Head: Continuity Determines Posture</p>		<p>BFL 2 Class #15</p> <p>BFL #59. Pillows in the Curves: Support Neutralizes Vulnerability</p> <p>BFL #60. Ha+3 / Ha+4 Choir in Stamping: Rhythm Stimulates Dynamic Motion</p>		<p>BFL 3 Class #9</p> <p>BFL #75. Tiger Walk: Crawling with Bending Elbows</p> <p>BFL #76. Sliding Pelvis from Side to Side: Bridging Pelvis, Spine, Head</p>	
Sun Jan 22	Mon Jan 23	Tue Jan 24	Wed Jan 25	Thu Jan 26	Fri Jan 27	Sat Jan 28
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	

					<p>BFL 1 Class #10</p> <p>BFL #19 Bouncing on the Heels in Rotation: Steering the spine from eyes or feet</p> <p>BFL #20 Water Carrier's Walk #1 Chest / lower back interaction</p>	
					<p>BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>	
					<p>BFL 3 Class #10</p> <p>BFL #77. Rocking from Sitting to Lying: Preparation and Momentum Stages</p> <p>BFL #78. From Standing to Lying: Overcoming Fear of Falling</p>	
Sun Jan 29	Mon Jan 30	Tue Jan 31	XX	XX	XX	XX
			XX	XX	XX	XX
XX	XX	XX	FEBRUARY 2023			
XX	XX	XX	Wed Feb 1	Thu Feb 2	Fri Feb 3	Sat Feb 4

					BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022	
					BFL 1 Class #11 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 III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023	
					BFL 3 Class #11 BFL #79. Falling Down without Injury: Acquiring a Model of Safety BFL #80. Up and Down a Slope / Stairs: Adjusting Posture to Function	
Sun Feb 5	Mon Feb 6	Tue Feb 7	Wed Feb 8	Thu Feb 9	Fri Feb 10	Sat Feb 11
					BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022	

					<p>BFL 1 Class #12</p> <p>BFL #23 Narrow Pelvis: Aligning the wheels</p> <p>BFL #24 Knee Bends a Knee: Spontaneous springiness</p>	
					<p>BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>	
					<p>BFL 3 Class #13</p> <p>BFL #81. Morning Towel: Self-Adjustment</p> <p>BFL #82. Reaching Knees: Releasing Length of Spine</p>	
Sun Feb 12	Mon Feb 13	Tue Feb 14	Wed Feb 15	Thu Feb 16	Fri Feb 17	Sat Feb 18
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	

					<p>BFL 1 Class #13</p> <p>(TITLE may now be CORRECTED) BFL #25 Silken Scarf along a Roller: Synchronized proportional flexibility</p> <p>BFL #26 The Function of Creeping: Sweeping the head from side to side</p>	
					<p>BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>	
					<p>BFL 3 Class #14</p> <p>BFL #83. A Trunk of a Tree: Controlled Rotation around a Vertical Roller</p> <p>BFL #84. Heel to Ischium: Adjusting Spine to Accommodate Hip Joint</p>	
Sun Feb 19	Mon Feb 20	Tue Feb 21	Wed Feb 22	Thu Feb 23	Fri Feb 24	Sat Feb 25
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	

					<p>BFL 1 Class #14</p> <p>BFL #27 From Sitting to Standing: Consistent pace of spiralling Sitting Down on the Floor: Surrendering to gravity</p> <p>BFL #28 Knot on the Wall: Weight-bearing posture from A to Z</p>	
					<p>BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>	
					<p>BFL 3 Class #15</p> <p>BFL #85. Short Back / Long Back: Shortcut to Upright Posture</p> <p>BFL #86. Releasing the Lower Back: Variations on Knee Circles</p>	
Sun Feb 26	Mon Feb 27	Tue Feb 28	XX	XX	XX	XX
			XX	XX	XX	XX
			MARCH 2023			
XX	XX	XX	Wed Mar 1	Thu Mar 2	Fri Mar 3	Sat Mar 4

					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	
					<p>BFL 1 Class #15</p> <p>BFL #29 The Wrap: A loan of integration in sideways walking</p> <p>BFL #30 Jumping in Wrap: "Ha*3" breathing</p>	
					<p>BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>	
					<p>BFL 3 Class #16</p> <p>BFL #87. Yawning: Recovering Homeostasis</p> <p>BFL #88. Reconciliation with Hope: The Renaissance Imagery</p>	
Sun Mar 5	Mon Mar 6	Tue Mar 7	Wed Mar 8	Thu Mar 9	Fri Mar 10	Sat Mar 11
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	

					<p>BFL 2 Class #1</p> <p>BFL #31 Twisted Arms: Shifting the Differentiation to the Stiff Vertebrae of the Spine</p> <p>BFL #32 Hand on Head / Hand on Wall: the Head to the Chain of the Posture</p>	
					<p>BFL III ~ 10am Pacific ~ 15 Weeks: Fridays Weekly Nov 11, 2022 - Mar 10, 2023</p>	
					<p>BFL 3 Class #17</p> <p>BFL #89. Bones for Life Hug: Mutual Empowering</p> <p>BFL #90. Jumping in a Circle: Collective Awareness</p>	
Sun Mar 12	Mon Mar 13	Tue Mar 14	Wed Mar 15	Thu Mar 16	Fri Mar 17	Sat Mar 18
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	
					<p>BFL 2 Class #2</p> <p>BFL #33 Ribs Around the Steering; From Rib Cage to Rib Basket</p> <p>BFL #34 The Hip Joint / Bow and Arrow: Asymmetry in the Height of the Sides</p>	

Sun Mar 19	Mon Mar 20	Tue Mar 21	Wed Mar 22	Thu Mar 23	Fri Mar 24	Sat Mar 25
					BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022	
					BFL 2 Class #3 BFL #35 The Function of Pulling: Strengthening By Controlled Resistance BFL #36 The Function of Horizontal- Climbing: Reversing Proximal and Distal in Anti-Gravity Challenge	
Sun Mar 26	Mon Mar 27	Tue Mar 28	Wed Mar 29	Thu Mar 30	Fri Mar 31	XX
					BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022	XX
					BFL 2 Class #4 BFL #37. Stomach Lift: Revitalization BFL #38. Jaw: Releasing Tension by Integrating the Pelvis	

More about [Bones for Life® & Movement Intelligence / Fridays](#)

(BFL I ~ Fri Jan 21 to May 20, 2022)

* BFL II ~ Fri May 27 to Sep 23,

then skip Sept 30 and all of Oct /

resume for the last class of BFL II on Fri Nov 4, 2022

* BFL III ~ Fri Nov 11, 2022 to Fri Mar 10, 2023

APRIL 2023						
XX	XX	XX	XX	XX	XX	Sat Apr 1
XX	XX	XX	XX	XX	XX	
Sun Apr 2	Mon Apr 3	Tue Apr 4	Wed Apr 5	Thu Apr 6	Fri Apr 7	Sat Apr 8
					BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022	
					BFL 2 Class #5 BFL #39. Creeping- Head under the Elbow: Loading the Skeleton from the Arm BFL #40. Rocking in One Unit: Readjusting the Spine	
Sun Apr 9	Mon Apr 10	Tue Apr 11	Wed Apr 12	Thu Apr 13	Fri Apr 14	Sat Apr 15
					BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022	

					<p>BFL 2 Class #6</p> <p>BFL #41. Distance Between Heels Determines Stability: Charlie Chaplin Vs. Parallel Feet</p> <p>BFL #42. Goat Skipping: The Challenge of Rhythmic Anti-Gravity Motion</p>	
Sun Apr 16	Mon Apr 17	Tue Apr 18	Wed Apr 19	Thu Apr 20	Fri Apr 21	Sat Apr 22
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	
					<p>BFL 2 Class #7</p> <p>BFL #43. Functional Reflexology: Neurological Response: Heel / Lower Back</p> <p>BFL #44. Whipping a Fall into the Wall: The Power in the Wave</p>	
Sun Apr 23	Mon Apr 24	Tue Apr 25	Wed Apr 26	Thu Apr 27	Fri Apr 28	Sat Apr 29
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	

					<p>BFL 2 Class #8</p> <p>BFL #45. Frontal Rising from Lying to Sitting: Strengthening the Back Vs. the Stomach</p> <p>BFL #46. Weights on Ankles: Upgrading Equilibrium</p>	
Sun Apr 30	XX	XX	XX	XX	XX	XX
	XX	XX	XX	XX	XX	XX
			MAY 2023			
XX	Mon May 1	Tue May 2	Wed May 3	Thu May 4	Fri May 5	Sat May 6
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	
					<p>BFL 2 Class #9</p> <p>BFL #47. Lifting Weights- Safety First: Padded Lumbar Leans on a Wall/ Proportional Engagement of the Spine by the Trajectory of the Spiral</p> <p>BFL #48. Handcuffs: Closed Cycle of Isometric Resistance</p>	
Sun May 7	Mon May 8	Tue May 9	Wed May 10	Thu May 11	Fri May 12	Sat May 13

					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	
					<p>BFL 2 Class #10</p> <p>BFL #49. Knee Straightens A Knee: Seesaw of Heel / Toes</p> <p>BFL #50. Primal Swimming: Coordinating the Body with the Loop of the Leg</p>	
Sun May 14	Mon May 15	Tue May 16	Wed May 17	Thu May 18	Fri May 19	Sat May 20
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	
					<p>BFL 2 Class #11</p> <p>BFL #51. Water Carrier's Walk # 2: Coordinating Arm and Leg</p> <p>BFL #52. Rumba in the Strip: Proportional Flexibility</p>	
Sun May 21	Mon May 22	Tue May 23	Wed May 24	Thu May 25	Fri May 26	Sat May 27
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	

					BFL 2 Class #12 BFL #53. Narrow / Wide Shoulder Blades: The Width Axis of the Posture BFL #54. Hand on Hand in the Strip: Redesigning Uprightness	
Sun May 28	Mon May 29	Tue May 30	Wed May 31	XX	XX	XX
				XX	XX	XX
			JUNE 2023			
XX	XX	XX	XX	Thu Jun 1	Fri Jun 2	Sat Jun 3
XX	XX	XX	XX		BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022	
					BFL 2 Class #13 BFL #55. Step Up / Step Down: Proximal Mobilization BFL #56. Combing the Hair: Passive Elongating of the Neck	
Sun Jun 4	Mon Jun 5	Tue Jun 6	Wed Jun 7	Thu Jun 8	Fri Jun 9	Sat Jun 10
					BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022	

					<p>BFL 2 Class #14</p> <p>BFL #57. Getting Up by Dragging: Airplane Vs. Helicopter</p> <p>BFL #58. Running with Inclined Head: Continuity Determines Posture</p>	
Sun Jun 11	Mon Jun 12	Tue Jun 13	Wed Jun 14	Thu Jun 15	Fri Jun 16	Sat Jun 17
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	
					<p>BFL 2 Class #15</p> <p>BFL #59. Pillows in the Curves: Support Neutralizes Vulnerability</p> <p>BFL #60. Ha+3 / Ha+4 Choir in Stamping: Rhythm Stimulates Dynamic Motion</p>	
Sun Jun 18	Mon Jun 19	Tue Jun 20	Wed Jun 21	Thu Jun 22	Fri Jun 23	Sat Jun 24
					<p>BFL I & BFL II 7am Pacific ~ 30 Weeks: Fridays Weekly Nov 11, 2022 to June 23, 2022</p>	
Sun Jun 25	Mon Jun 26	Tue Jun 27	Wed Jun 28	Thu Jun 29	Fri Jun 30	XX
						XX

			JULY 2023				
XX	XX	XX	XX		XX	XX	Sat Jul 1
XX	XX	XX	XX		XX	XX	
Sun Jul 2	Mon Jul 3	Tue Jul 4	Wed Jul 5		Thu Jul 6	Fri Jul 7	Sat Jul 8
Sun Jul 9	Mon Jul 10	Tue Jul 11	Wed Jul 12		Thu Jul 13	Fri Jul 14	Sat Jul 15
Sun Jul 16	Mon Jul 17	Tue Jul 18	Wed Jul 19		Thu Jul 20	Fri Jul 21	Sat Jul 22
Sun Jul 23	Mon Jul 24	Tue Jul 25	Wed Jul 26		Thu Jul 27	Fri Jul 28	Sat Jul 29
			AUGUST 2023				
Sun Jul 30	Mon Jul 31	XX	XX		XX	XX	XX
		XX	XX		XX	XX	XX
XX	XX	Tue Aug 1	Wed Aug 2		Thu Aug 3	Fri Aug 4	Sat Aug 5
Sun Aug 6	Mon Aug 7	Tue Aug 8	Wed Aug 9		Thu Aug 10	Fri Aug 11	Sat Aug 12

Sun Aug 13	Mon Aug 14	Tue Aug 15	Wed Aug 16	Thu Aug 17	Fri Aug 18	Sat Aug 19
Sun Aug 20	Mon Aug 21	Tue Aug 22	Wed Aug 23	Thu Aug 24	Fri Aug 25	Sat Aug 26
Sun Aug 27	Mon Aug 28	Tue Aug 29	Wed Aug 30	Thu Aug 31	XX	XX
					XX	XX
			SEPTEMBER 2023			
XX	XX	XX	XX	XX	Fri Sep 1	Sat Sep 2
	XX	XX	XX	XX	XX	
Sun Sep 3	Mon Sep 4	Tue Sep 5	Wed Sep 6	Thu Sep 7	Fri Sep 8	Sat Sep 9
Sun Sep 10	Mon Sep 11	Tue Sep 12	Wed Sep 13	Thu Sep 14	Fri Sep 15	Sat Sep 16
Sun Sep 17	Mon Sep 18	Tue Sep 19	Wed Sep 20	Thu Sep 21	Fri Sep 22	Sat Sep 23
Sun Sep 24	Mon Sep 25	Tue Sep 26	Wed Sep 27	Thu Sep 28	Fri Sep 29	Sat Sep 30

OCTOBER 2023						
Sun Oct 1	Mon Oct 2	Tue Oct 3	Wed Oct 4	Thu Oct 5	Fri Oct 6	Sat Oct 7
Sun Oct 8	Mon Oct 9	Tue Oct 10	Wed Oct 11	Thu Oct 12	Fri Oct 13	Sat Oct 14
Sun Oct 15	Mon Oct 16	Tue Oct 17	Wed Oct 18	Thu Oct 19	Fri Oct 20	Sat Oct 21
Sun Oct 22	Mon Oct 23	Tue Oct 24	Wed Oct 25	Thu Oct 26	Fri Oct 27	Sat Oct 28
Sun Oct 29	Mon Oct 30	Tue Oct 31	XX	XX	XX	XX
			XX	XX	XX	XX
NOVEMBER 2023						
XX	XX	XX	Wed Nov 1	Thu Nov 2	Fri Nov 3	Sat Nov 4
Sun Nov 5	Mon Nov 6	Tue Nov 7	Wed Nov 8	Thu Nov 9	Fri Nov 10	Sat Nov 11
Sun Nov 12	Mon Nov 13	Tue Nov 14	Wed Nov 15	Thu Nov 16	Fri Nov 17	Sat Nov 18

Sun Nov 19	Mon Nov 20	Tue Nov 21	Wed Nov 22	Thu Nov 23	Fri Nov 24	Sat Nov 25
Sun Nov 26	Mon Nov 27	Tue Nov 28	Wed Nov 29	Thu Nov 30	XX	XX
					XX	XX
			DECEMBER 2023			
XX	XX	XX	XX	XX	Fri Dec 1	Sat Dec 2
XX	XX	XX	XX	XX		
Sun Dec 3	Mon Dec 4	Tue Dec 5	Wed Dec 6	Thu Dec 7	Fri Dec 8	Sat Dec 9
Sun Dec 10	Mon Dec 11	Tue Dec 12	Wed Dec 13	Thu Dec 14	Fri Dec 15	Sat Dec 16
Sun Dec 17	Mon Dec 18	Tue Dec 19	Wed Dec 20	Thu Dec 21	Fri Dec 22	Sat Dec 23
Sun Dec 24	Mon Dec 25	Tue Dec 26	Wed Dec 27	Thu Dec 28	Fri Dec 29	Sat Dec 30
Sun Dec 31	XX	XX	XX	XX	XX	XX