

Bones for Life®

A learning circle, sharing ranges of experience!

Calendar of Basic Processes for Everyone

2023

Thinking in Movement Studio

Dedicated to furthering The Feldenkrais Method® of Somatic Education

[REGISTRATION LINKS](#)

The calendar below includes the titles and dates for BFL® 90 basic processes!

BFL I ~ Jan 6 - Apr 21, 2023

BFL® II ~ May 5 - Aug 11, 2023

BFL® III ~ Sept 1 - Dec 8, 2023

Additional series and special lessons by request.

[Bones for Life®](#) information page with references and current poster

[Questions or Wishes](#)

* Impromptu Lessons on Selected Fridays at 2pm Pacific

November 11, December 9, 2022, January 13, February 17, March 10, April 14, May 12, June 9, July 14, Aug 11, Sept 8, Oct 13, Nov 10, and Dec 8, 2023

Sun Jan 1	Mon Jan 2	Tue Jan 3	Wed Jan 4	Thu Jan 5	Fri Jan 6	Sat Jan 7
					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	
Sun Jan 8	Mon Jan 9	Tue Jan 10	Wed Jan 11	Thu Jan 12	Fri Jan 13	Sat Jan 14
					BFL 1 Class #2 BFL #3 Aligning the Neck: Spreading fingers BFL #4 Wave Response: Counter-undulation of the curves	
Sun Jan 15	Mon Jan 16	Tue Jan 17	Wed Jan 18	Thu Jan 19	Fri Jan 20	Sat Jan 21
					BFL 1 Class #3 BFL #5 Axis Response: Moving in one unit BFL #6 Levels of Pressure: Levels of Pressure 20% optimal force	
Sun Jan 22	Mon Jan 23	Tue Jan 24	Wed Jan 25	Thu Jan 26	Fri Jan 27	Sat Jan 28
					BFL 1 Class #4 BFL #7 Stimulating the Roots of the Teeth: Jawbone determines tooth health BFL #8 Tapping Head/ Chest/ Kidneys: Kidneys Pressure confirms alignment	
Sun Jan 29	Mon Jan 30	Tue Jan 31	XX	XX	XX	
			XX	XX	XX	

XX	XX	XX	Wed Feb 1	Thu Feb 2	Fri Feb 3	Sat Feb 4
					BFL 1 Class #5 BFL #9 Aligning the Lumbar: Spreading fingers BFL #10 Tapping the Pelvis: Bridging the line of strength	
Sun Feb 5	Mon Feb 6	Tue Feb 7	Wed Feb 8	Thu Feb 9	Fri Feb 10	Sat Feb 11
					BFL 1 Class #6 BFL #11 Hand Pushes a Wall Spiraling the Spine: Safe arch in elongation BFL #12 Crossed Arms: Bridging the line of strength	
Sun Feb 12	Mon Feb 13	Tue Feb 14	Wed Feb 15	Thu Feb 16	Fri Feb 17	Sat Feb 18
					BFL 1 Class #7 BFL #13 Tantrum No Tantrum Yes The joy of carefree body expression BFL #14 Fragmented Breathing Paradoxical improvement	
Sun Feb 19	Mon Feb 20	Tue Feb 21	Wed Feb 22	Thu Feb 23	Fri Feb 24	Sat Feb 25
					BFL 1 Class #8 BFL #15 Roman Sandals The efficient focus of pressure in the foot BFL #16 Bicycle Stabilizing the hip joint	
Sun Feb 26	Mon Feb 27	Tue Feb 28	XX	XX	XX	XX
			XX	XX	XX	XX
XX	XX	XX	Wed Mar 1	Thu Mar 2	Fri Mar 3	Sat Mar 4
					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 Mar 5	Mon Mar 6	Tue Mar 7	Wed Mar 8	Thu Mar 9	Fri Mar 10	Sat Mar 11
					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	
Sun Mar 12	Mon Mar 13	Tue Mar 14	Wed Mar 15	Thu Mar 16	Fri Mar 17	Sat Mar 18

					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	
Sun Mar 19	Mon Mar 20	Tue Mar 21	Wed Mar 22	Thu Mar 23	Fri Mar 24	Sat Mar 25
					BFL 1 Class #12 BFL #23 Narrow Pelvis: Aligning the wheels BFL #24 Knee Bends a Knee: Spontaneous springiness	
Sun Mar 26	Mon Mar 27	Tue Mar 28	Wed Mar 29	Thu Mar 30	Fri Mar 31	
					BFL 1 Class #13 BFL #25 Silken Scarf along a Roller: Synchronized proportional flexibility BFL #26 The Function of Creeping: Sweeping the head from side to side	
XX	XX	XX	XX	XX	XX	Sat Apr 1
					XX	
Sun Apr 2	Mon Apr 3	Tue Apr 4	Wed Apr 5	Thu Apr 6	Fri Apr 7	Sat Apr 8
					EASTER	
Sun Apr 9	Mon Apr 10	Tue Apr 11	Wed Apr 12	Thu Apr 13	Fri Apr 14	Sat Apr 15
					BFL 1 Class #14 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	
Sun Apr 16	Mon Apr 17	Tue Apr 18	Wed Apr 19	Thu Apr 20	Fri Apr 21	Sat Apr 22
					BFL 1 Class #15 BFL #29 The Wrap: A loan of integration in sideways walking BFL #30 Jumping in Wrap: "Ha*3" breathing	
Sun Apr 23	Mon Apr 24	Tue Apr 25	Wed Apr 26	Thu Apr 27	Fri Apr 28	Sat Apr 29
					SKIP one week AFTER BFL I	
Sun Apr 30	XX	XX	XX	XX	XX	XX
	XX	XX	XX	XX	XX	XX
XX	Mon May 1	Tue May 2	Wed May 3	Thu May 4	Fri May 5	Sat May 6

					BFL 2 Class #1 BFL #31 Twisted Arms: Shifting the Differentiation to the Stiff Vertebrae of the Spine BFL #32 Hand on Head / Hand on Wall: the Head to the Chain of the Posture	
Sun May 7	Mon May 8	Tue May 9	Wed May 10	Thu May 11	Fri May 12	Sat May 13
					BFL 2 Class #2 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	
Sun May 14	Mon May 15	Tue May 16	Wed May 17	Thu May 18	Fri May 19	Sat May 20
					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 May 21	Mon May 22	Tue May 23	Wed May 24	Thu May 25	Fri May 26	Sat May 27
					BFL 2 Class #4 BFL #37. Stomach Lift: Revitalization BFL #38. Jaw: Releasing Tension by Integrating the Pelvis	
Sun May 28	Mon May 29	Tue May 30	Wed May 31	XX	XX	
				XX	XX	
XX	XX	XX	XX	Thu Jun 1	Fri Jun 2	Sat Jun 3
					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 Jun 4	Mon Jun 5	Tue Jun 6	Wed Jun 7	Thu Jun 8	Fri Jun 9	Sat Jun 10
					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	
Sun Jun 11	Mon Jun 12	Tue Jun 13	Wed Jun 14	Thu Jun 15	Fri Jun 16	Sat Jun 17

					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	
Sun Jun 18	Mon Jun 19	Tue Jun 20	Wed Jun 21	Thu Jun 22	Fri Jun 23	Sat Jun 24
					BFL 2 Class #8 BFL #45. Frontal Rising from Lying to Sitting: Strengthening the Back Vs. the Stomach BFL #46. Weights on Ankles: Upgrading Equilibrium	
Sun Jun 25	Mon Jun 26	Tue Jun 27	Wed Jun 28	Thu Jun 29	Fri Jun 30	XX
					BFL 2 Class #9 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	XX
XX	XX	XX	XX	XX	XX	Sat Jul 1
					XX	
Sun Jul 2	Mon Jul 3	Tue Jul 4	Wed Jul 5	Thu Jul 6	Fri Jul 7	Sat Jul 8
					BFL 2 Class #10 BFL #49. Knee Straightens A Knee: Seesaw of Heel / Toes BFL #50. Primal Swimming: Coordinating the Body with the Loop of the Leg	
Sun Jul 9	Mon Jul 10	Tue Jul 11	Wed Jul 12	Thu Jul 13	Fri Jul 14	Sat Jul 15
					BFL 2 Class #11 BFL #51. Water Carrier's Walk # 2: Coordinating Arm and Leg BFL #52. Rumba in the Strip: Proportional FlexibilitY	
Sun Jul 16	Mon Jul 17	Tue Jul 18	Wed Jul 19	Thu Jul 20	Fri Jul 21	Sat Jul 22
					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 Jul 23	Mon Jul 24	Tue Jul 25	Wed Jul 26	Thu Jul 27	Fri Jul 28	Sat Jul 29
					BFL 2 Class #13 BFL #55. Step Up / Step Down: Proximal Mobilization BFL #56. Combing the Hair: Passive Elongating of the Neck	
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
					BFL 2 Class #14 BFL #57. Getting Up by Dragging: Airplane Vs. Helicopter BFL #58. Running with Inclined Head: Continuity Determines Posture	
Sun Aug 6	Mon Aug 7	Tue Aug 8	Wed Aug 9	Thu Aug 10	Fri Aug 11	Sat Aug 12
					BFL 2 Class #15 BFL #59. Pillows in the Curves: Support Neutralizes Vulnerability BFL #60. Ha+3 / Ha+4 Choir in Stamping: Rhythm Stimulates Dynamic Motion	
Sun Aug 13	Mon Aug 14	Tue Aug 15	Wed Aug 16	Thu Aug 17	Fri Aug 18	Sat Aug 19
					SKIP two weeks after BFL I	
Sun Aug 20	Mon Aug 21	Tue Aug 22	Wed Aug 23	Thu Aug 24	Fri Aug 25	Sat Aug 26
					SKIP two weeks after BFL I	
Sun Aug 27	Mon Aug 28	Tue Aug 29	Wed Aug 30	Thu Aug 31	XX	XX
					XX	XX
XX	XX	XX	XX	XX	Fri Sep 1	Sat Sep 2
					BFL 3 Class #1 BFL #61. Bouncing on Elevation: Maneuvering the Surface to Effect Comfort in the Lumbar / Knees BFL #62. Foot Steps over Thigh / Finger along the Nose; Securing Continuity of Axis	
Sun Sep 3	Mon Sep 4	Tue Sep 5	Wed Sep 6	Thu Sep 7	Fri Sep 8	Sat Sep 9
					BFL 3 Class #2 BFL #63. Hip Joint Recoil: Increasing the Range of Step BFL #64. The Sphincters: The Integrative Network of the Anti-Gravity Lever	
Sun Sep 10	Mon Sep 11	Tue Sep 12	Wed Sep 13	Thu Sep 14	Fri Sep 15	Sat Sep 16
					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	
Sun Sep 17	Mon Sep 18	Tue Sep 19	Wed Sep 20	Thu Sep 21	Fri Sep 22	Sat Sep 23
					BFL 3 Class #4 BFL #67. Recovering Equilibrium: Gaining Stability by Risking It BFL #68. Water Carrier's Walk #3: Detachment of the Foot and the Economical Dynamics of Walking in Pendulum	

Sun Sep 24	Mon Sep 25	Tue Sep 26	Wed Sep 27	Thu Sep 28	Fri Sep 29	Sat Sep 30
					BFL 3 Class #5 BFL #69. The Function of Creeping: Leg Pulls aLeg BFL #70. Bouncing on One Foot: Neurological Diplomacy	
Sun Oct 1	Mon Oct 2	Tue Oct 3	Wed Oct 4	Thu Oct 5	Fri Oct 6	Sat Oct 7
					BFL 3 Class #6 BFL #71. Ankle in Kneeling: Reversing Roles of Center and Periphery BFL #72.Knee Relief: De-Programming Failure by Passive Mobilization	
Sun Oct 8	Mon Oct 9	Tue Oct 10	Wed Oct 11	Thu Oct 12	Fri Oct 13	Sat Oct 14
					BFL 3 Class #7 BFL #73. Shoulder Blades High and Low: Front / Back Interplay BFL #74. Squatting: Synchronized Surrender to Gravity	
Sun Oct 15	Mon Oct 16	Tue Oct 17	Wed Oct 18	Thu Oct 19	Fri Oct 20	Sat Oct 21
					BFL 3 Class #8 BFL #75. Tiger Walk: Crawling with Bending Elbows BFL #76. Sliding Pelvis from Side to Side: Bridging Pelvis, Spine, Head	
Sun Oct 22	Mon Oct 23	Tue Oct 24	Wed Oct 25	Thu Oct 26	Fri Oct 27	Sat Oct 28
					BFL 3 Class #9 BFL #77. <u>Rocking from Sitting to Lying</u> : Preparation and Momentum Stages BFL #78. <u>From Standing to Lying</u> : Overcoming Fear of Falling	
Sun Oct 29	Mon Oct 30	Tue Oct 31	XX	XX	XX	XX
			XX	XX	XX	XX
XX	XX	XX	Wed Nov 1	Thu Nov 2	Fri Nov 3	Sat Nov 4
					BFL 3 Class #10 BFL #79. Falling Down without Injury: Acquiring a Model of Safety BFL #80. Up and Down a Slope / Stairs: Adjusting Posture to Function	
Sun Nov 5	Mon Nov 6	Tue Nov 7	Wed Nov 8	Thu Nov 9	Fri Nov 10	Sat Nov 11

					BFL 3 Class #11 BFL #81. Morning Towel: Self-Adjustment BFL #82. Reaching Knees: Releasing Length of Spine	
Sun Nov 12	Mon Nov 13	Tue Nov 14	Wed Nov 15	Thu Nov 16	Fri Nov 17	Sat Nov 18
					BFL 3 Class #12 BFL #83. A Trunk of a Tree: Controlled Rotation around a Vertical Roller BFL #84. Heel to Ischium: Adjusting Spine to Accommodate Hip Joint	
Sun Nov 19	Mon Nov 20	Tue Nov 21	Wed Nov 22	Thu Nov 23	Fri Nov 24	Sat Nov 25
					BFL 3 Class #13 BFL #85. Short Back / Long Back: Shortcut to Upright Posture BFL #86. <u>Releasing the Lower Back</u> : Variations on Knee Circles	
Sun Nov 26	Mon Nov 27	Tue Nov 28	Wed Nov 29	Thu Nov 30	XX	XX
					XX	XX
XX	XX	XX	XX	XX	Fri Dec 1	Sat Dec 2
					BFL 3 Class #14 BFL #87. Yawning: Recovering Homeostasis BFL #88. <u>Reconciliation with Hope</u> : The Renaissance Imagery	
Sun Dec 3	Mon Dec 4	Tue Dec 5	Wed Dec 6	Thu Dec 7	Fri Dec 8	Sat Dec 9
					BFL 3 Class #15 BFL #89. Bones for Life Hug: Mutual Empowering BFL #90. Jumping in a Circle: Collective Awareness	
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
	XX	XX	XX	XX	XX	XX