

Table 1

<p>Fri Feb 10</p> <p>BFL 3 Friday Feb 10 at 7:00 am Pacific time:</p> <p>BFL #87. Yawning: Recovering Homeostasis</p> <p>BFL #88. Reconciliation with Hope: The Renaissance Imagery</p> <p>BFL #89. Bones for Life Hug: Mutual Empowering</p> <p>BFL #90. Jumping in a Circle: Collective Awareness</p>
<p>BFL 1 <u>Jan 6 to April 14, 2023</u> Class #6 †† Fri 10 am (Pacific)</p> <p>BFL #11 Hand Pushes a Wall Spiralling the Spine: Safe arch in elongation</p> <p>BFL #12 Crossed Arms: Bridging the line of strength</p>
<p>†† <u>Bones for Life® Impromptu Lessons</u> <u>Monthly on the Second Friday</u> 2PM (Pacific) * 60-75 min</p>
<p><u>Amherst Study</u> Feldenkrais® practitioners /trainees *45-60 min Tuesday & Friday 5:00 pm (Pacific) or request a best time for you</p>
<p>Fri Feb 17</p> <p>BFL III * BFL I * Combined class Friday Feb 17 at 10:00 am Pacific time:</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> <p>BFL 1 <u>Jan 6 to April 14, 2023</u> Class #7 †† Fri 10 am (Pacific)</p> <p>BFL #13 Tantrum No Tantrum Yes The joy of carefree body expression</p> <p>BFL #14 Fragmented Breathing Paradoxical improvement</p>

Amherst Study
Feldenkrais®
practitioners /trainees
*45-60 min
Tuesday & Friday
5:00 pm (Pacific) or
request a best time for you

Fri Feb 24

BFL 1 Jan 6 to April 14, 2023

Class #8

†† Fri 10 am (Pacific)

BFL #15 Roman Sandals

The efficient focus of pressure in the foot

BFL #16 Bicycle

Stabilizing the hip joint

Amherst Study

Feldenkrais®

practitioners /trainees

*45-60 min

Tuesday & Friday

5:00 pm (Pacific) or

request a best time for you

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Fri Mar 3

BFL III * BFL I * Combined class

Friday Mar 3 at 10:00 am Pacific time:

BFL #85. Short Back / Long Back:

Shortcut to Upright Posture

BFL #86. Releasing the Lower Back:

Variations on Knee Circles

BFL 1 Jan 6 to April 14, 2023

Class #9

†† Fri 10:00 am (Pacific)

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

Amherst Study
Feldenkrais®
practitioners /trainees
*45-60 min
Tuesday & Friday
5:00 pm (Pacific) or
request a best time for you

Fri Mar 10

BFL 1
Class #10
†† Fri 10:00 am (Pacific)
Jan 6 to April 14, 2023

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

Amherst Study
Feldenkrais®
practitioners /trainees
*45-60 min
Tuesday & Friday
5:00 pm (Pacific) or
request a best time for you

Fri Mar 17

BFL 1
Class #11
†† Fri 10:00 am (Pacific)
Jan 6 to April 14, 2023

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

Fri Mar 17

† Bones for Life® & Movement Intelligence

†† Bones for Life® Impromptu Monthly
Lesson
2PM (Pacific)
* 60-75 min

Amherst Study
Feldenkrais®
practitioners /trainees
*45-60 min
Tuesday & Friday
5:00 pm (Pacific) or
request a best time for you

Fri Mar 24

BFL 1
Class #12
†† Fri 10:00 am (Pacific)
Jan 6 to April 14, 2023

BFL #23 Narrow Pelvis:
Aligning the wheels

BFL #24 Knee Bends a Knee:
Spontaneous springiness

Amherst Study
Feldenkrais®
practitioners /trainees
*45-60 min
Tuesday & Friday
5:00 pm (Pacific) or
request a best time for you

Fri Mar 31

BFL 1
Class #13
†† Fri 10:00 am (Pacific)
Jan 6 to April 14, 2023:

BFL #25 Silken Scarf along a Roller:
Synchronized proportional flexibility

BFL #26 The Function of Creeping:
Sweeping the head from side to side

Amherst Study
Feldenkrais®
practitioners /trainees
*45-60 min
Tuesday & Friday
5:00 pm (Pacific) or
request a best time for you

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Fri Apr 7