

Restore the *Spring* in Your Step with

Bones for Life®



*A program to develop suppleness and vitality,
stimulate bone strength, and
improve posture, balance, and walking*

Facts about Bone Building

To regenerate bone tissue naturally the human organism requires rhythmic and repetitive weight-bearing movement. As we know, it is the circulation of the blood which transports nutrients and oxygen in order to keep the body functioning well. To assist the blood to penetrate the tissues of our bones, furnishing them with the fuel necessary for the creation of new bone cells, it is helpful to adopt a streamlined posture and a springy style of walking that is both supple and dynamic.

The Bones for Life® Program

The Bones for Life® program teaches a series of movements that help us to relearn the “art” of safely and optimally regenerating bone tissue. One of the key elements of this program involves our ability to correctly sense and align our posture such that the weight of our body is spontaneously carried in the least taxing and most efficient manner. An improved alignment ensures that all of our daily activities better support oxygenation and nutrient supply to our ever-changing bones.

Clear and concise, the Bones for Life® instructions proceed step by step, and are easy to follow. They are adapted and paced to the needs and abilities of each participant, so that even when the program is taught in groups everyone benefits personally.

Who Can Benefit?

Bones for Life® is not only a preventative program; it can also help with existing problems. It improves both physical and mental well-being, and is intended as a self-help program for all, including:

- People who have difficulty with balance and walking
- People recovering from skeletal injuries
- People experiencing loss of bone density
- People with chronic pain
- People involved in athletic activities such as running, lifting weights, aerobics, or other sports
- People who perform repetitive movements at work, sit for long hours, or who are engaged in heavy physical labor
- Healthcare professionals seeking to expand their knowledge of complementary healing practices

Principal Concepts

- Revisit developmental and evolutionary movement patterns in order to reintegrate them and reinstate harmony and proportional flexibility throughout the entire body
- Reinforce bones through adopting postures capable of supporting body weight efficiently, with a minimum of effort
- Cultivate springy dynamic movement to stimulate optimal growth of bone tissue
- Explore patterns of walking and weight-bearing in a safe, secure, and non-competitive environment

During Bones for Life Classes, You Discover . . .

- Exercises to help you align your bones and optimize their cellular architecture
- Your innate capacity to streamline your skeleton in the field of gravity
- New ways to sense your body in order to make helpful and necessary adjustments
- How to better distribute your effort for easier sitting, standing, and walking
- The power and vitality that comes from moving rhythmically
- How to adjust your breathing to best sustain yourself both in activity and at rest