



BONES FOR LIFE® 2024

ONLINE, LIVE VIRTUAL TRAINING FOR
CONTINUING EDUCATION, TEACHER
CERTIFICATION, AND YOUR OWN HEALTH.

WELCOME




JOIN US IN CRAFTING, MOVEMENT PROCESS-BY-MOVEMENT PROCESS, A NEW BODY AND A LIFE-GIVING RELATIONSHIP WITH GRAVITY.

Choose what works best for you.

Take the Immersions only or commit to yourself and your students by becoming a Teacher.

In each immersion you will receive:

- 22-26 new movement processes that systematically address specific areas of the body inviting an integrated whole.
- 20 hours of live, expert instruction.
- Lifetime access to replays means ongoing capability to revisit and deepen your capacity.
- 2 Optional Professional Discussion sessions with Sr. Trainer, Cynthia Allen, to break down applications to clients and answer your specific questions about processes learned in the prior 2-3 weeks.
- A Facebook group where you can ask questions, chat with each other and the instructors.
- Continuing Education Units (see last page for details).
- Access to peer-led progress pods after Immersion 1.
- Limited class sizes.



75% Live On-line
Attendance is required at
each Immersion for anyone
wanting CEUS or to certify
as a teacher.

WE HAVE SEVERAL IMMERSION OPTIONS FOR YOU.

Choose between three convenient dates/times:

Mondays, 10 a.m. to 2:30 p.m. EST with a 30-minute break

or

Wednesdays and Fridays. 6 p.m. to 8:15 p.m. EST

or

Saturdays, 10 a.m. to 2:30 p.m. EST with a 30-minute break.

You do need to choose an option, but you can mix and match according to your schedule needs. You can change the day of the week for Immersion 2 and 3 if needed when those times arrive.

IMMERSION 1

5-week program starting the week of April 1, 2024

IMMERSION 2

5-week program starting the week of May 29, 2024

IMMERSION 3

5-week program starting the week of July 22, 2024

Class minimums and maximums have been established.

Remember, in each 5-week Immersion, 2 professional discussions with Cynthia Allen are included. It is a chance to review the processes, the learning objectives within them, and their clinical applications.

Pro Discussion Dates

Immersion 1

April 16, 6 p.m.

May 16, 10 a.m.

Immersion 2

June 4, 6 p.m.

July 3, 10 a.m.

Immersion 3

August 6, 6 p.m.

August 22, 10 a.m.

FOR TEACHERS

REMEMBER: 75% Live On-line Attendance is required at each Immersion for anyone wanting CEUS or to certify as a teacher.

After you complete the 3 Immersions, you can officially join the **Teacher Training which includes:**

- 56 hours of online training with Cynthia Allen.
- 3 detailed manuals for the 90 Bones for Life processes.
- 10-point strategy for analyzing processes from functional application to safety precautions and underlying principles used.
- Multi-discipline team interaction expanding your knowledge exponentially.
- Marketing instruction appropriate to today's environment helping you to identify your target audience and talk in a language they are hungry to hear.
- 8-day live retreat outside of Cincinnati, Ohio where you will learn partner processes, honing your observational skills, and how to interact with students through touch when needed.
- Lifetime access to all recordings.
- 30 hours of student teaching (arranged on your own time with ample support and a time line that fits your life demands).
- 24 hours of mentoring (arranged on your own time with personal assistance from Cynthia Allen).
- 3 hours of private, one-to-one mentoring with Cynthia Allen.
- 6 hours in Neuro Linguistic Programming with Larry Wells to aid you in communication skills, speaking or workshop construction, confidence in teaching, and more.
- Access to Cynthia Allen's Posture, Power and Balance class recordings where you can experience an even deeper breaking down of processes for people with limited mobility.
- Teacher Resources such as research articles, videos, and even audio lessons of Ruthy Alon teaching.
- 1 year teacher-in-training membership to the Foundation for Movement Intelligence (our North American certifying body).

FOR TEACHER TRAINING



In addition to the 3 Immersions, when you register for the teacher training, you will also participate in 13 Online Saturday sessions in 2025.

PLUS

8-day in-person Retreat

October or November of 2025


In the Cincinnati, Ohio area

Teacher Training Online Saturday Sessions in 2025

These dates are yet to be determined.

Will be finalized by August of 2024.

This Teacher Training is among the highest quality and is a transformative experience.





YOUR JOURNEY HAS BEGUN

Let's Grow Together

Add a Each Immersion is eligible for 20 credits through NCBTMB
for massage and bodyworkers.

20 credits for Feldenkrais Practitioners through the Feldenkrais
Guild of North America.

Physical and Occupational Therapists: We can provide all the
documentation needed for you to apply through your
organization. Their direct fee to you is usually around \$25 per
immersion.

State Acupuncture requirements often accept this course.