

Fall 2009 Community Education

Bones for Life

Based on the Feldenkrais Method®

Enhance your skeletal strength
for improved osteo health

Develop safe strategies for coping
with vulnerable joints

Re-educate movement habits
Learn to relax

Find better coordination and balance
Create a healthier and happier life

Learn through gentle movement to
improve your posture which will strengthen
your bones, increase your flexibility,
stability, balance and over all health.

Instructor: Penny Neu LMT, GCFP

Course: ID # PO73

Cost: \$ 70

Room: 31-105

Saturdays 9-11am

October 31 to November 21, 2009



To register online go to www.yc.edu/ce or by phone call 717-7755
or stop by the Community Education office in Building 31.

Yavapai
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