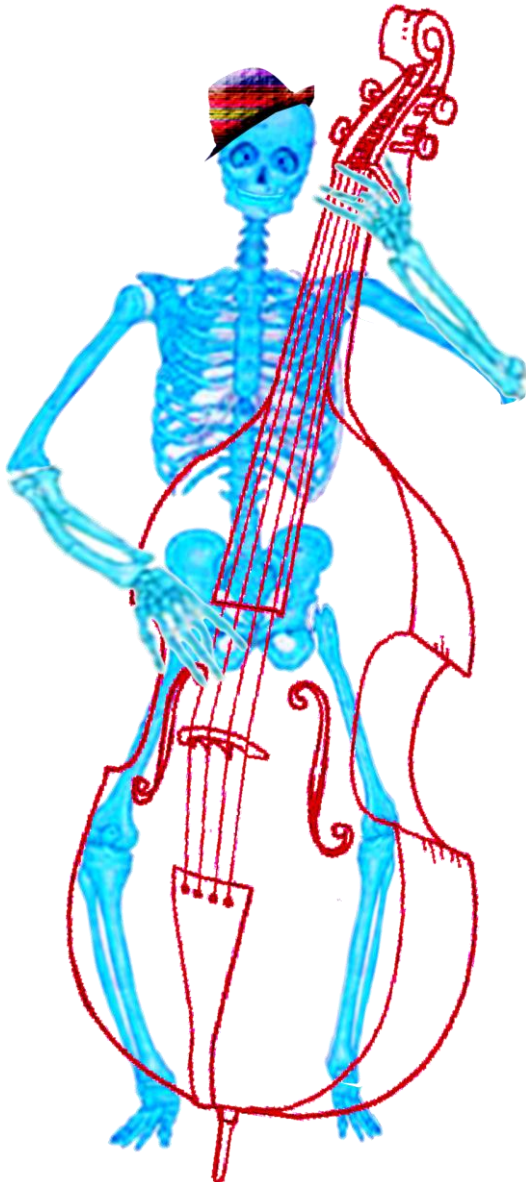


## BASS2012 COPENHAGEN

### MUSICALIFICIO GRANDE BLU

LABORATORY OF INTEGRATED MEDICINE  
SCIENCES AND ARTS  
Piazza Dante 12 - 00185 Roma - Italy  
www.traiettorieblu.it



## PLAY YOUR BASS WITH YOUR BONES

GET YOUR BODY READY TO PLAY FLUID MUSIC

### Bones for Life® by Ruthy Alon

Through “Bones for life” by Ruthy Alon method we invite you to research fluidity in your body movement. This method is based on Dr. Feldenkrais’ approach to somatic learning by the movement intelligence of the bone strength and weight-bearing posture.

It gives answer to habitual dysfunctional movement, postural defects and any painful situations, through a natural and harmonic coordination of your body parts. To relieve your body from tension will improve the fluidity of your music and to strengthen your bones will make easier to cope with challenges that demand strength.

It helps you to trust your body in a natural research of an efficient alignment able to sustain your body weight and enhance the pleasure of moving. It also prevents and helps to fight osteoporosis and arthrosis.

**It is an intensive four day course from the 15<sup>th</sup> till the 18<sup>th</sup>, August 2012**

The Course will be held during the **BASS2012 COPENHAGEN** in the **Copenhagen OPERA HOUSE** for one and half hour each day from: **08am till 9,30am or 1pm till 2,30pm**

for a maximum of twelve people in each session,  
wear comfortable clothes and socks.

The cost is 60€ without Tax

To **subscribe** or to ask for more **information** contact Shelly Bisirri e-mail: [bisirri0@gmail.com](mailto:bisirri0@gmail.com)

