

Spa & Multi-Sport Vacation in HAWAII!



Save \$25 - Register for both!

- Warm sun, sandy beaches, azure seas...
- Gentle, non-jarring exercises... Safe for your joints & stimulate bone strength!
- Relax, recreate, pamper yourself, snorkel, swim, kayak, hike, explore...
- Align your skeleton & improve posture
- Improve your balance
- Develop a dynamic, "springy" walk
- Dolphins, sea turtles, tropical fish...
- Relieve pain related to poor posture & worn-out, overused movement habits.

Bones for Life® & FELDENKRAIS®-in-Action with Shari Lee

The *FELDENKRAIS* Method & *Bones for Life*® are comprehensive programs that stimulate healthy movement patterns to improve posture, balance, power and efficient action. Gentle movements are safe for joints, reduce stiffness and pain, contribute to dynamic action, greater vitality, increase energy, deepen relaxation, strengthen the core & regenerate bone tissue to beat osteoporosis.

Hawaii Bed & Breakfast Multi-Sport Eco-Tour

Jan. 24-27, 2008

Big Island's Sunny Kona Side!

☀ 4 days/3 nights B&B stays (dbl) ☀ 3 Healthful, tasty meals daily ☀ 1 *FELDENKRAIS* or BFL class daily ☀ Off-the-beaten-path beach walks, sea kayaking, snorkeling, cultural exploration ☀ Active recreation with classes designed to make your activities easier & more pleasurable! \$1175

*Hawaii Oceanside Spa & Retreat

Jan. 27-Feb. 3, 2008

☀ 8 days/7 nights (dbl) ☀ 3 nutritious, delicious meals daily ☀ 3 hrs. *Bones for Life*® classes daily ☀ One ½ hr. individual *FELDENKRAIS*® session ☀ Hula class ☀ Swimming pool, Jacuzzis, sauna, tropical grounds, ocean overlook ☀ A perfect blend of recreation & relaxation! \$1395

***You may take this program for your own benefit, to beat osteoporosis, or to train to become a *Bones for Life* teacher.**

Shari Lee, M.S.

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Certified *Bones for Life*® Teacher Trainer

Certified *FELDENKRAIS*® Practitioner

Movement Therapist, Personal Trainer

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FELDENKRAIS® is a registered Service Mark of the *FELDENKRAIS*® Guild of North America.