

**Itinerary for Bones for Life at East Bridgford Hill  
May 18/20<sup>th</sup> 2010**

**Day One 18<sup>th</sup> May**

8.30 – 9.30 - Orientation and welcoming by East Bridgford Hill

9.30 - 11 am – Workshop Itinerary;

1. Introduction to Bones for Life
2. Levels of pressure – 20% optimal force
3. Bouncing on the heels – pulsations of pressure build strength
4. Wave response – counter undulation of the curves

11.00 – 11.15 am – Fair trade Coffee, Infused herbal teas and organic fresh juices

11.20 - 1.00 pm – Workshop Itinerary

5. Inside/Outside edges of feet – lateral flexion near a wall
6. Aligning the neck – spreading fingers
7. Axis Response – moving in one unit
8. Roman Sandals – efficient focus of pressure in the foot
9. Stimulating the roots of the teeth – jaw bone determines tooth health

1.00 - 2pm – Welcome Lunch in the East Bridgford Hill Orangery.

2pm – 3.30 pm - Reflection and the option to indulge in our meditation room  
*(with an option for specific meditation and discussion)*

3.30 – 5.30 pm – Workshop Itinerary;

10. Aligning the lumber/Spreading the fingers
11. Tapping the pelvis – bridging the line of strength
12. From sitting to standing – consistent pace of spiraling

5.00 – 6pm – Relax & Change for dinner

6.00- 6.15 pm – Natural cocktails pre dinner drinks alcoholic/ non alcoholic drinks

6.30 – 7.30 pm – Dinner

7.30 – 9pm – Workshop / Showing of DVD about African Water Carriers.  
This DVD can be purchased as homework for £5 if you would like the evening off.

Thought for end of Day One:

## **Day Two 19<sup>th</sup> May**

8.30 – 9.30 – Country Breakfast with local organic produce and home reared hen's eggs.

9.30 - 11 am – Workshop Itinerary;

13. Tapping head/chest/kidneys – pressure confirms alignment
14. Bouncing on the heels in rotation – steering the spine from eyes or feet
15. Hand pushes a wall spiraling the spine – safe arch in elongation

11.00 – 11.15 am – Fair trade Coffee, Infused herbal teas and organic fresh juices

11.20 - 1.00 pm – Workshop Itinerary;

16. Aligning the neck in resistance – index finger between the teeth
17. Tantrum no/Tantrum yes – the joy of carefree body expression
18. Fragmented breathing – paradoxical movement
19. Aligning the lumber – elongating the back by shortening the front

1.00 - 2pm –Bones Soup - Lunch in the East Bridgford Hill Orangery.

2pm – 3.30 pm - Reflection and the option to indulge in our meditation room.  
*(with an option for specific meditation and discussion)*

3.30 – 5.30 pm - Workshop Itinerary;

20. Bones Wrap – a loan of integration on sideways walking
21. Bicycle – stabilizing the hip joint
22. Red and pink meditation – oxygen to the lungs, food for the bone
23. Water carriers walk 1 – chest/lower back integration

5.30 – 6pm – Relax & Change for dinner

6.00- 6.15 pm – Natural cocktails pre dinner drinks alcoholic/ non alcoholic drinks

6.30 – 7.30 pm – Dinner

7.30 – 9pm – Sitting (?) Room Itinerary;

24. Crossed arms – substitute bridges to the spine curves

Thought for end of Day Two:

### **Day Three 20<sup>th</sup> May**

8.30 – 9.30 - Country Breakfast with local organic produce and home reared hen's eggs.

9.30 - 11 am – Workshop Itinerary;

- 25. Narrow pelvis – aligning the wheels
- 26. Function of creeping – sweeping the head from side to side
- 27. Knee bends a knee – spontaneous springiness

11.00 – 11.15 am – Fair trade Coffee, Infused herbal teas and organic fresh juices

11.20 - 1.00 pm – Workshop Itinerary;

- 28. Knot on the wall – weight bearing posture from A to Z
- 29. Silken scarf along a roller – synchronized proportional flexibility
- 30. Jumping in the bones wrap – Ha+3 breathing

1.00 - 2pm – Farewell Lunch in the East Bridgford Hill Orangery.

2pm – 4.00 pm – Sitting Room Itinerary;

Where we are now

Certificates

Complimentary Surprise courtesy of “Bones For Life”

4.30 – 5.30 – Fair Trade Coffee or infused herbal teas as people depart.

This itinerary is to give you an idea, I prefer in real time to be a little more fluid and adjust to our needs as a group as we will do. Titles and content of workshop will all be included and again may be adjusted to accommodate the needs of the group although you will have the opportunity to do it all. The menu to some degree will be dictated by certain dietary requirement and local fresh produce. Further information about the course can be found at

<http://www.onewithnature.co.uk/classes/BFLUK/bfluk.html>

Further information about EBH can be found at

[www.eastbridgfordhill.com](http://www.eastbridgfordhill.com)

**Costs:**

Each segment of the Bones Program (1/2/3) costs £300/segment. If you wish to go on to teach or repeat a segment then it will cost £150. Once you have done Segment 1 you can do the other Segments in any order.

**Additional costs for accommodation or attendance on a daily basis are;**

For residential all inclusive is £85 per 24hrs shared so we can quote you when we have your arrival departure details. It's on a first come first served basis for single and on suite although there is other local accommodation we can help arrange if need be.

If you are a day visitor taking lunch and evening meals then it will cost £35 ~ tea, coffee, juice included. We strive to make all things possible so please ask.