

Position Statement

Bones for Life®, Ruthy Alon (BFL) Sounder Sleep®, Michael Krugman (SS)

In response to Division and member enquiry regarding Bones for Life and Sounder Sleep programs, advice was sought from AusTab and the AFG Inc presents the following information in an attempt to clarify issues and suggest as guidelines.

- BFL and SS are dedicated to specific interventions. BFL - (preventative and therapeutic) to ameliorate loss of bone density. SS – specifically designed to promote better sleep patterns.
- Ruthy Alon and Michael Krugman are Feldenkrais Practitioners and belong to the Feldenkrais Method profession. Students and graduates of their teachings may not be.
- BFL and SS courses are open to non Feldenkrais Practitioners
- BFL and SS courses are run in a variety of countries

Question: *Is Bones for Life the Feldenkrais Method?*

Answer: No.

- BFL is not training in the Feldenkrais Method and does not graduate Feldenkrais Practitioners.
- R Alon does not employ the term ATM
- BFL is open to the general public to attend and train in, and is taught as Feldenkrais Method splinter skills.
- A person of the general public who undertakes a BFL training, is not entitled to call themselves a Feldenkrais Practitioner.

Question: *Can BFL or SS be regarded as Continuing Education or an Advanced Training?*

Answer: Cont Education - Yes
Advanced Training - No

BFL and SS are not training in the Feldenkrais Method and therefore do not comply with the description of an Advanced Training.

BFL and SS can be regarded as Continuing Education because of the broad criteria for Continuing Education. They can be seen as an intervention informed by the Feldenkrais Method.

Question: *Can BFL or SS be advertised on the AFG Inc website?*

Answer: Website members' guidelines provide a place for leeway under recording of "Special Interests". BFL and SS can be included as a special interest.