



April 2022
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Ortho-Bionomy® NEWSletter



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PRESIDENT'S ADDRESS



Greetings everyone!

It's amazing how the first quarter of 2022 has flown by. I hope this beginning portion of the year finds all of you navigating with ease and resolve.

Some notes from the last letter:

Our 2nd office person was unable to continue so we are interviewing a new person and will keep you in the loop as that progresses. The Board believes it is in the best interest of SOBI to have a backup person for Keri and someone to take some of the load off her.

The licensing agreement is final and will be posted to the website soon.

Erin and Renee are still working on the Grievance Policy. It is interesting how complex that one is turning out to be.

Moving on to new/old business, there are a lot of discussions going on about the website upgrades. We are very grateful for the members who responded to the survey on the website and are working on incorporating your suggestions. There are also some new things being discussed and hopefully by next newsletter I can be more specific. Just know for now that the website is on the front burner.

The final version of the first draft of the new brochure is almost ready. Hoping to be able to get it out to all of you for review and suggestions soon.

Another front burner item is the 2023 Conference. We have convened a Conference committee and they will be meeting soon and getting the planning underway.

A few new things your Board has accomplished this last quarter:

Renewed ads in ABMP magazine to market Ortho-Bionomy and to advertise our classes in the ABMP CE class listings.

Approved new Chapman's charts now on sale in the SOBI bookstore.

Approved new International Policy to replace expired and outdated reciprocity agreements.

One last piece. I have worked with Keri to compile a very simple 2021 Budget report for your review (please see page 5). I think it is important for you to have an idea of what is needed to keep the basics of SOBI operating and where we get our income. We will be presenting a detailed 2022 Budget at this year's AGM.

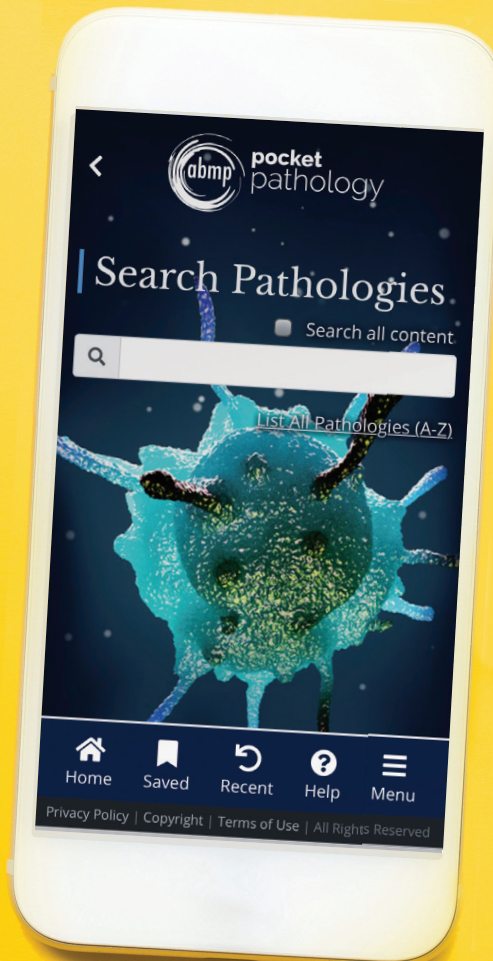
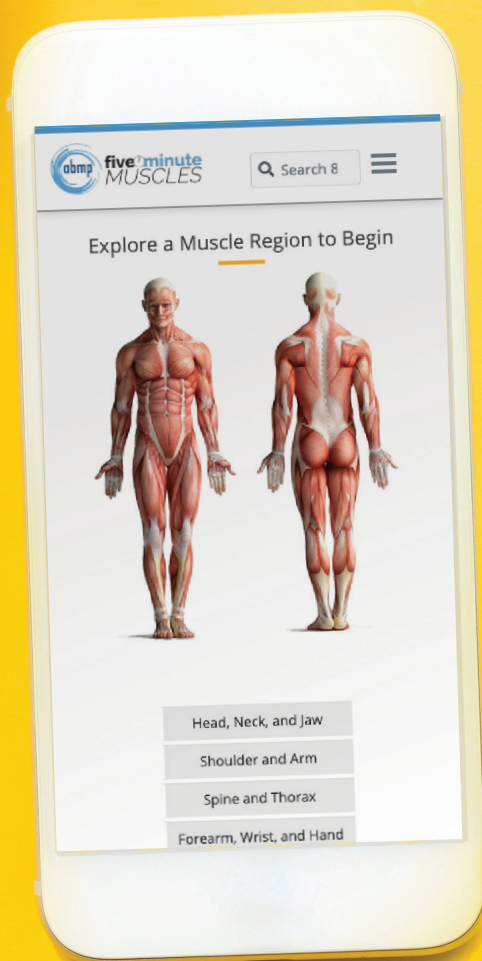
In your service,
Cathy Krenicky, President

www.ortho-bionomy.org

TWO NEW REASONS TO LOVE ABMP

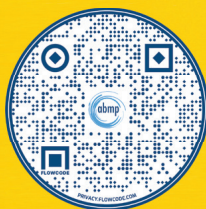


"The new applications are amazing!" —Kelley



ABMP Five-Minute Muscles

Muscle-specific palpation and technique videos, plus actions, origins, and insertions at your fingertips.



ABMP Pocket Pathology

A quick reference app created with Ruth Werner to give you the info needed to make treatment decisions for your clients.

Included with membership at [ABMP.com/abmp-apps](https://www.abmp.com/abmp-apps)

Love Your Massage Association. (Seriously, we mean it).

Get the best association experience in the massage and bodywork profession, with professional liability insurance, free CE, personalized benefits, and exceptional customer service to help you thrive. Discover why our members **expect** more, and get more, from ABMP membership.

Join and save at [ABMP.com/SOBI](https://www.abmp.com/SOBI)

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The Mission of the Society of Ortho-Bionomy is to support its membership in their Ortho-Bionomy Practices, to promote public education and awareness of Ortho-Bionomy, to regulate the registration of Practitioners and Instructors, and to continue the evolvement of Ortho-Bionomy in accordance with its own philosophy and principles.

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NEWSLETTER DISCLAIMER

Ortho-Bionomy News is published quarterly by the Society of Ortho-Bionomy International® (SOBI) as an informational and educational tool for members of SOBI, Ortho-Bionomy® enthusiasts, and anyone interested in learning more about Ortho-Bionomy. Feel free to print portions to hand out to advertise your business. Remember to attach your label with your contact info. Printed newsletters can be ordered from the SOBI Office. See order form on SOBI website.

Information contained in the Ortho-Bionomy News does not necessarily reflect the opinions or beliefs of the Society of Ortho-Bionomy International and/or the staff of Ortho-Bionomy News.

The Society of Ortho-Bionomy International reserves the unrestricted right to accept or reject any submissions within its sole discretion, determine when to publish a certain piece of work, edit materials where appropriate, reject copyrighted material unless the consent of the copyright holder is obtained in writing; and assumes no responsibility for errors, corrections, omissions, or modifications in publication.

The Society of Ortho-Bionomy International may also elect to request further information to determine compatibility with its publication's editorial policy.

NEW CERTIFICATION PROGRAM STARTING IN DENVER COLORADO 2021 - 2023

DENVER 2021 - 2022 - 2023 *Schedule(rv)*

WE OFFER EVERY CLASS YOU NEED WITHIN A ONE YEAR TIME FRAME BETWEEN OUR TWO CAMPUSES.

Week 1 Denver

Phase 4:
Spine & Shoulders August 23rd & 24th, 2021

Practitioner
Training August 25th, 2021

Phase 5 August 26th & 27th, 2021
 Cost: \$800

Week 2 Denver

Phase 4:
Extremities October 4th & 5th, 2021

Ethics Class October 6th, 2021

Exploration of
Movement October 7th and 8th, 2021
 Cost: \$800

Week 3 Denver

Isometrics &
Isotonics December 6th and 7th, 2021

Study Group 1 December 8th, 2021

Phase 6 December 9th and 10th, 2021
 Cost: \$750

Week 4 Denver

Anatomy 1 February 7th & 8th, 2022

Study Group 2 February 9th, 2022

Emotions
and Trauma February 10th and 11th, 2022
 Cost: \$750

Week 5 Denver

Posture &
Post Techniques May 2nd & 3rd, 2022

Practitioner Training Part 2 May 4th, 2022

Chapman's Reflexes May 5th & 6th, 2022
 Cost: \$800

Week 6 Denver

Phase 4 Advanced Spine August 22nd & 23rd, 2022

Study Group 3 August 24th, 2022

Advanced Neck
and Shoulders August 25th & 26th, 2022
 Cost: \$750

Week 7 Denver

Anatomy 2 October 3rd & 4th, 2022

Visceral October 5th, 6th & 7th, 2022
 Cost: \$800

Week 8 Denver

Advanced Pelvis December 5th & 6th, 2022

Study Group(s) 4 & 5 December 7th, 2022

Fascia December 8th & 9th, 2022
 Cost: \$825 with 2 study groups

Week 9 Denver

Phase 4 Review February 6th and 7th, 2023

Study Group 6 February 8th, 2023

Cranial February 9th & 10th, 2023
 Cost: \$800

Residential - Moab, UT - Red Cliffs Lodge

March 12th thru 18th, 2023

Online classes will include:

Elements of Successful Practice - 16 Hrs. - Demonstration Skills - 16 Hrs. - Possibly 2 or 3 Study Groups

"Take a class, stay for a week or enroll in our Practitioner Training Program"

****Some dates subject to change

Revised November 19th, 2021

SOBI Budget Worksheet

Expenses 2021		Income 2021	
Accounting	2,100	Member Dues	65,505
Advertising	1,800	Evolverment Fees	3,500
Banking		Advertising	1,645
Bank Fees	131	Accounts Receivable	2,865
CC Processing	271	Study Groups	1,130
Business Taxes			
IRS	0	INCOME TOTAL	74,645
State	0		
Sales Tax	491		
Business License	22		
Insurance	2,966		
Legal	201		
Office			
Rent	2,322		
Equipment	912		
Supplies	332		
Software	1,700		
PO Box	322		
WiFi	444		
Postage	216		
Newsletter			
Graphic Design	3,420		
Printing	325		
Editor	400		
Payroll	30,300		
Technology	2,068		
Website & Data Maintenance	3,764		
TOTAL EXPENSES	54,507		

NEW CERTIFICATION PROGRAM STARTING IN GRAND JUNCTION, COLORADO 2022

Grand Junction 2022 - 2023 - 2024 Schedule(rv)

WE OFFER EVERY CLASS YOU NEED WITHIN A ONE YEAR TIME FRAME BETWEEN OUR TWO CAMPUSES.

Week 1 Cost \$800	
Phase 4: Spine & Shoulders	June 13th and 14th, 2022
Practitioner Training	June 15th, 2022
Phase 5	June 16th and 17th, 2022

Week 2 Cost \$800	
Phase 4: Extremities	August 8th and 9th, 2022
Ethics Class	August 10th, 2022
Exploration of Movement	August 11th and 12th, 2022

Week 3 Cost \$750	
Isometrics & Isotonics	Oct 31st & Nov.1st, 2022
Study Group	November 2nd, 2022
Phase 6	November 3rd and 4th, 2022

Week 4 Cost \$750	
Anatomy 1	January 23rd and 24th, 2023
Study Group 2	January 25th, 2023
Resolving Trauma (Emotions)	January 26th and 27th, 2023

Week 5 Cost \$800	
Posture & Post Techniques	April 3rd and 4th, 2023
Practitioner Training Part 2	April 5th, 2023
Chapman's Reflexes	April 6th and 7th, 2023

Week 6 Cost \$750	
Phase 4: Advanced Spine	June 5th and 6th, 2023
Study Group 3	June 7th, 2023
Advance Neck	June 8th and 9th, 2023

Week 7 Cost \$800	
Anatomy 2	September 11th and 12th, 2023
Visceral	September 13th, 14th and 15th, 2023

Week 8 Cost \$825	
Advanced Pelvis	November 6th and 7th, 2023
Study Group(s) 4 & 5	November 8th, 2023
Fascia	November 9th and 10th, 2023

Week 9 Cost \$750	
Phase 4 Review	January 2nd and 23rd, 2024
Final Study Group 6	January 24th, 2024
Cranial	January 25th and 26th, 2024

Week 10 Utah	
Residential Moab, UT Red Cliffs Lodge Sheri Covey Sara Spehar	March 2024

****Some dates subject to change

Online classes will include:
 Elements of successful practice - 16 units
 Demonstration skills - 16 units

"Take a class, stay for a week or enroll in our Practitioner Training Program"

Remembering Rosi

BY SARA SUNSTEIN

I miss Rosi Goldsmith. She died in June 2021, within months of a diagnosis of aggressive brain tumor. Unfortunately, I didn't know she was ill, didn't speak to her then, and I'm very sorry I didn't get to say good-bye.

I met Rosi in 2011, when she attended her first O-B class, a Phase 4. I don't remember what drew Rosi to O-B, but on several occasions during the class I had to "correct" her to do only Phase 4, not Ph 5 or 6—this of course confused her, knowing nothing about the other phases! When she took Ph 6, it totally resonated with her, and she dived into O-B full-speed, connected me with one of the local massage schools, and in a way "sponsored" me to teach regularly in Portland, OR.

Around that time, she also began a training in Functional Neurology for Bodyworkers, dense on the interplay of bodywork and neurological function. She'd share specifics of what she learned, and how she was applying it to help injuries and Parkinson's symptoms. So Rosi became my teacher too, providing me left-brain info about what my hands knew, and stimulating new O-B approaches for me as well.

Richard Valasek, another of Rosi's O-B instructors, was struck by the breadth of her curiosity and study. She was the forever learner—with relentless determination about whatever she put her mind to:



healing her own body (beginning with severe Mercury poisoning/brain damage in her 20s), communicating with Nature Divas, gardening, helping others, thriving on a creative raw food diet, doing bodywork research. She so much wanted O-B practitioners to do case studies to document the efficacy of our work, and in fact received two Honorable mentions from Massage Therapy Foundation, in 2013 and 2014, for her own case studies.

Just one essay and paperwork shy of becoming a Practitioner, Rosi was in a car accident that resulted in concussion and brain injury. "Sara, I don't remember how to do O-B! My brain isn't connecting the right way." She thought she'd be out of integrity if she applied to be a Practitioner at that point. Over the next several years, Rosi's brain re-connected, and she was

approaching her Practitioner application yet again. She was happily doing Zoom sessions with clients during the pandemic, and then boom! Brain tumor diagnosis. Such irony, given her in-depth fascination with and studies of the brain.

Rosi knew the power of love as well. She lived it. She'd been drawn to working with elderly and disabled people while living in a Sai Baba community for four years. Friends asked her to be with their parents in hospice, and more recently Rosi also sat with friends themselves who were dying. When her mother was nearby in assisted living, Rosi visited and sang to her almost every day for years. On days she couldn't visit in person, with the help of the home's aide, Rosi sang via FaceTime. Although her mother could no longer talk, she would visibly light up during the visits—which I got to witness one day.

Rosi had a certain innocence and trust amidst a strong spiritual life—connections with fairies and devas, Sai Baba's teachings and community, and as well as a lifelong practice of Judaism, all of which peacefully co-existed. Singing in her congregation's choir meant so much to her. Rosi embodied her spirituality, evidenced in her radiant smile, presence, and seemingly boundless love.

I wish that I'd gotten to know her better, and that her life could have

been longer. Yet I satisfy myself knowing that Rosi died peacefully in her own perfect timing.

Colleagues remember Rosi:
Melissa Malm: I was so sad to hear of her death. I had never been close to Rosi, but I would “run into her” on Facebook and always be glad to see her at the conferences. My memories of her are of a huge, caring, empathetic heart, a shining spirit behind her eyes, a ready laugh and a bright smile.

Elizabeth Mixon: I was so very sorry to hear about Rosi’s passing. We did do some trade, and I got to work with her a lot after her (one of her) car accidents. When I moved

to Bend my contact with her lessened, but I thought of her often. Rosi was continuously curious, investigating often, various ways to address the body for healing—through O-B and anything else she learned that was applicable. She was a generous spirit, frequently thinking of others and their suffering. I will miss her.

To get a glimpse of Rosi yourself, and even learn along the way, check out her website, <https://integrationmassage.com>. Her family has maintained the site due to its wealth of information, including working with Parkinson’s, raw food recipes, and talking with nature.

Biography

Sara Sunstein, M.A., Registered Advanced Instructor of Ortho-Bionomy®, has enjoyed teaching Chapman’s Reflexes for over 30 years, and continues to learn about them, benefiting her clients and herself. Sara is praised for her warmth, expertise, and clarity. She maintains a practice in Berkeley, helping people feel better, heal from trauma, and learn about, and befriend their bodies.



Phase 7 for Life Mastery

Have you learned Phase 7?

If so, would you like to dive deeper into Phase 7, ground it in your body, and use it to improve your life?

Join us for this new innovative training that provides:

- In-depth discussions about principles, tools, and techniques
- Embodiment Energy Meditations that ground and bring to life the magic of each Phase 7 step and deepen your access to the profound, mysterious power of Universal Love
- Ways to implement Phase 7 in daily life to improve wellbeing, day-to-day mood, results with clients, relationships, and success in life.

For more information and to register, [click here](#)

Or contact Ann Hoeffel at:
suncenter@wholisticlifecenter.com

New! Online Classes!



Facilitated by Advanced Instructors
Rouel Cazanjan
Ann Hoeffel

Do you need Study Group Credits?

Study Groups are held on the 3rd Thursday of every month. These Study Groups are taught by Ortho-Bionomy® Instructors who have a passion for aiding you in a deeper understanding of Ortho-Bionomy.

Member cost \$45, non-members \$65

Instructors interested in participating please email: office@ortho-bionomy.org

Instructor	Date	Topic
Sara Sunstien	21-Apr	Self-Care Intro to Chapman's Reflexes
Office	19-May	Evolution Paperwork Tutorial - Free/No credit
Lynne Marotta & Melissa Malm	16-Jun	SOBI Trademark Policy Review
Jim Berns	21-Jul	Applications of the Circle Theory
Susan Smith	18-Aug	Equine Spinal Junction /Function
Melinda Doden	15-Sep	The Hand
Bettina Beaucamp	20-Oct	Applying Ortho-Bionomy to Create Balance and Abundance
Luann Overmyer	17-Nov	Ethics of Practice
Rouel Cazanjan	15-Dec	Phase 7 & Life Mastery

To Register for the next Study Group go to:

<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/online-study-groups>

Call for Articles for the July 2022 Newsletter

We need to hear from you!

The newsletter is just a collection of news from the office and advertising without articles from you. Please help us share more about how Ortho-Bionomy has been showing up in your life, and in your practice. You never know how your experience can resonate and support others on their Ortho-Bionomy journey.

CLASS LISTINGS

For full class descriptions, class information, Instructor contacts by state, and the most up to date class listings, go to Find a Class Online on SOBI's Class Page.

<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/classes>

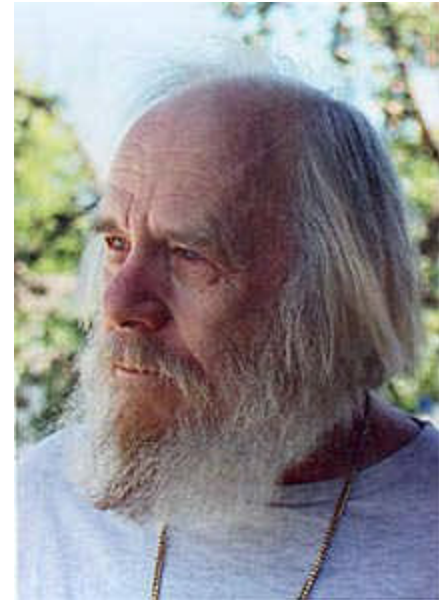
SOBI MEMBERSHIP BENEFITS

- Personal online member profile access to the “Find Members” searchable directory on the SOBI website.
- Ability to update your own online business profile directly.
- If Associate level or above, listing in “Find a Practitioner” searchable directory for the public.
- Receive via email the quarterly “Ortho-Bionomy® Newsletter.”
- Discount Pricing in SOBI Online Store
- Purchase DVD’s and Books to aid you in your Ortho-Bionomy Journey.
- Go to: <https://ortho-bionomy.org/aws/SOBI/pt/sp/shop> to place your order.
- Receive a discount on Conference pricing.
- Discount on Associated Bodywork & Massage Professionals (ABMP).
- ABMP includes insurance coverage for bodywork professionals if you qualify (the United States only).
- If you are already a member of ABMP, you may call 1-800-458-2267 to join and receive a discount for being a SOBI member.
- ABMP provides a customized url to every member at no additional charge.
- For Instructors-Classes included on the ABMP Online CE listing.
- Emails keeping you informed of what is happening in the Ortho-Bionomy Community, such as Practitioner Support Groups, online SOBI sponsored Study Groups, Conferences, and more.
- Professional Referrals (Associates and above). Contact office@ortho-bionomy.org or call during office hours.
- Use of Ortho-Bionomy Trademark and Logo for Practitioner level and above.

Letter from Arthur 1982:

All organizations have rules and regulations, so I will state what I believe to be the basic things to follow to help make Ortho-Bionomy a better and more integrated society. This is not to say that some things will not, from time to time need revision and amendment. I am, as I have always been, open to suggestion and constructive criticism. As times change, we must change with them. But then, advancement has always been like that. There are countless examples in history where we humans have been so loathe to change that we have held up our evolution, or slowed it down to the point of sheer madness. But, if we are to understand, we must also understand why this is so. In evolving there will always be those who want to charge ahead into new frontiers and there will always be those who, having carved a little niche for themselves, want to keep things at the place they think they should be. In these two situations there is one similarity. Those involved had a choice which way they wanted their reality to be. Remember, our realities will differ no matter what the outcome, but we can agree to partly share a common one, we can agree to share our common reality of the interpretation of Ortho-Bionomy. I think this has been accomplished to a degree, or I have failed in my purpose. All I wanted to do in the beginning was to set forth a force that would be recognized and that would be self-perpetuating for those who chose to seek this force within themselves. I believe, to a degree, that this has happened. I realize I can only speak for myself, but all my life I have searched for the mood, the atmosphere that I somehow knew

existed. I spent many years in the wilderness that was within me. I have tasted, which was to me, the depths of despair, but somehow, even in this state, I knew there was something out there, or within me, that I needed to find. Slowly it came to me that there was nothing out there that was not also within me. I began to feel the mood that I had sought for so long. It came to me quite suddenly when I was working with someone in the early days of Ortho-Bionomy, I felt a response that I recognized. The response told me that surely this was the thing that I had sought for all these years, and in so many different ways. It was not a technique that could be taught, it was something that had to be experienced. From this I felt other responses, other changes in moods. The feeling this gave me I cannot begin to describe, although many of you know of what I speak. The next problem started when I attempted to show this to others. A few got it, but many misinterpreted it to the point where I created enemies, not only toward myself, but to this mood which I had projected so badly. I once more returned to my self-imposed state of despair. There were things I did not understand, or, at best, failed to recognize. Then, as I suffered in my little self-created hell, it came to me that I was not alone. There was this indomitable mood, this atmosphere that I knew existed, the way of communication, this way of seeing, feeling and becoming part of the whole existence. So I had a choice. I could be me and act this role in three ways. I could be the me that others would like me to be. I could be me as I thought is the me I should be, or I could be the me as I AM. This is the ME I choose to



be. I have had a great conflict for years of never wanting to offend anyone, so I remained quietly in the background and hoped I wouldn't be noticed. But then, as I began to observe and do things, I began to be noticed. I always thought as a child that there was something wrong with this, so I played the role of the fool. I found this an easy role to play. Everyone laughed at me and I felt good getting attention, but was not taken seriously. This suited me, but then came the pain of never being taken seriously, even the few times I wanted to be. The first fear came when I was beginning to be taken seriously, but I found an answer to that as well. I always opted out because I felt I could not meet what was expected of me. In other words, I was so used to failure and it was so common to me, I did not recognize success when it began to come my way. But then what really is success? I believe it is what we get when we have done something that gives us that feeling that we have within us that is indescribable. It is the following on of the response that exists with us all. Poets have been trying – and some have succeeded in this, not by the words but by the follow-on response that was created by the reader of

poetic works. So in the revelations we seek, we will find our instinct, the only reality within us. If we are wise, we follow this instinct. This will lead us to the part of ourselves that is the mood, the indescribable. I call this mood Ortho-Bionomy, the laws of life. You call it what you want. But, if you choose to use the name that I have chosen, let us have a common understanding, that to use this name means that I stand responsible. If this be so, then I will

allow those to use it who share the common reality of what it implies. This does not mean that you have not the freedom to express this mood the way you, personally, feel about it. I want, more than anything, for all you to realize your instinctive powers to the full and seek your own path in whatever you do. But, no matter how great any person, the system they create can never be anything else but what the teachers of that system

bring out. I feel that to bring this out properly they must first experience the mood I speak of. To those who have experienced it, there is no need to speak of it- IT IS THERE! So think, not so much of teaching, but in helping yourselves, and others, to experience that mood of which I speak. This, to me is the only BLISS that exists.

Arthur

WEST COAST ORTHO-BIONOMY® INSTRUCTION

Date	Class	Instructor	Location
April 11-12	Subtle Physical and Unwinding Techniques (Phase 5)	Berns	Davis, CA
May 14-15	Releases for the Upper Extremities (Phase 4)	Berns/Malm	Ashland, OR
May 17-18	Ortho-Bionomy Releases for the Breath	Berns	Ashland, OR
May 24-25	Isometrics/ Isotonics	Berns	Davis, CA
June 1,2,8,9	Ethics & Emotional Issues	Berns	ZOOM
June 4-5	Releases for the Upper Extremities (Phase 4)	Malm	Corvallis, OR
June 21-22	Advanced Energy Releases (Phase 6)	Berns	Davis, CA
June 25-26	Releases for the Spine & Pelvis (Phase 4)	Malm	Ashland, OR
June 25-26	Ethics & Emotional Issues	Berns	Davis, CA
July 9-10	Releases for the Upper Extremities (Phase 4)	Berns/Malm	Portland, OR
July 23-24	Subtle Physical and Unwinding Techniques (Phase 5)	Berns	San Francisco, CA

Jim Berns, Registered Advanced Instructor: objimberns@gmail.com
Melissa Malm, Registered Instructor: melissa_malm@yahoo.com

Ortho-Bionomy® Trainings NCBTMB Approved Provider #296455-00

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INSTRUCTOR REMINDER TO ADD YOUR CLASSES TO THE SOBI AND ABMP WEBSITES

As you begin to schedule your classes this year remember to add them to the SOBI website. Follow this link and login into the Members Only page. Scroll down to the Add a Class option to complete the process. The office will add your class information to the website and notify you when the process is complete. Remember, your classes will now be added to the ABMP online CE listing when they are being added to the SOBI website.

https://www.ortho-bionomy.org/aws/SOBI/pt/sp/home_page

EXPANDING HORIZONS
West Coast Residential
APRIL 24 - 29, 2022
Pacific Woods Lodge at Twin Rocks Friends Camp • Rockaway Beach, OR

LAST CHANCE! ENROLL BY APRIL 7TH

Learn & Laugh, Play & Move
Live & Release with Ortho-Bionomy®

Jim Berns, Advanced Registered Instructor
Melissa Malm, Registered Instructor

Info: Beth Youngdoff — floatinglotusbeth@gmail.com

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Photo Credit: Melissa Malm

2022 CALENDAR

April	Ortho-Bionomy News Quarterly Newsletter & Annual Report Available
May 20	Annual General Meeting via Zoom
June 1	Newsletter Article Submissions & Advertising Due
June 15	Board Election Ballots Due if vote was required Materials/Waivers/Evovement request for PRC/IRC Due
July	Ortho-Bionomy News Quarterly Newsletter Available
September 1	Newsletter Article Submissions & Advertising Due
September 15	Materials/Waivers/Evovement request for PRC/IRC Due
October	New Board of Directors Term Begins Ortho-Bionomy News Quarterly Newsletter Available
December 1	Newsletter Article Submissions & Advertising Due
December 15	Materials/Waivers/Evovement request for PRC/IRC Due

EVOLVEMENT PAPERWORK

READY TO TURN IN YOUR WAIVER OR EVOLVEMENT PAPERWORK?

Practitioner (PRC) Instructor (IRC) Review Committees Quarterly Evovement Cycles

- Submissions due by March 15th, June 15th, Sept. 15th, Dec. 15th
- Items: Waivers, Practitioner, Advanced Practitioner, & Instructor submissions.
- Review final checklist with Advisor (s) and get all signatures needed.
- Compile all paperwork in the correct order - see the checklist on the program handbook.
- Scan into a single PDF. (If you do not have a scanner, visit your local Kinko's, Staples, or public library, and save your scanned pages onto a USB Flash Drive.)
- All dues and fees must be up to date for the evovement packet to be submitted to the review committees.
- Email completed portfolio to office@ortho-bionomy.org and, be sure to copy your Advisor.
- The SOBI office will confirm receipt of materials received and notify applicants of the Review Committee results on or before the next evovement cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.

CENTER FOR ORTHO-BIONOMY® INDIANA



INDIANAPOLIS CLASSES 2022

April 29-May 1, 2022
Cranial 2
Denise Deig

July 30/31, 2022
Isometrics/Isotonics
Denise Deig

August 27/28
Phase 4 Extremities
Keri Brown

October 1-3, 2022
Chapman's
Neurolymphatic Reflexes
Denise Deig

November 12/13, 2022
Phase 6
Carole Poffinbarger

Contact Keri Brown 317.446.1559 keri.cobi@gmail.com to register



The Therapeutic Alternative and BodyWorkCEUs.net Offering Live & Remote Continuing Education ORTHO-BIONOMY® (Offering SOBI, NCBTMB & Fla. Massage CE's)

April 2

Ortho-Bionomy®: Self-Care

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

April 9 & 10

Ortho-Bionomy®: Exploration of Movement

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

June 4 & 5

Ortho-Bionomy®: Phase IV – Focus on the Spine

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

July 16 & 17

Ortho-Bionomy®: Phase IV – Focus on the Extremities

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

September 15 & 16

Ortho-Bionomy®: Phase IV – Focus on Extremities

Instructor: Liz Olivas

Bench assist: Laura Holton

Location: **Boise, Idaho**

Pre Requisite: None

To register for this Boise, ID class contact: Robin Keller at

208-863-5018 - robin@beatjoy.com

September 17 & 18

Ortho-Bionomy®: Phase IV – Focus on the Spine

Instructor: Liz Olivas

Co-Teacher: Laura Holton

Location: **Boise, Idaho**

Pre Requisite: None

To register for this Boise, ID class contact: Robin Keller at

208-863-5018 - robin@beatjoy.com

November 3, 4, 5, & 6

Ortho-Bionomy®: Fluids, Fascia & The Lymphatic System

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: Phase 4 Spine or Extremities

November 7 - Study Group

Ortho-Bionomy®: Fluids, Fascia & The Lymphatic System

Instructor: Liz Olivas

Location: TBD

For more info, updates, or to register, go to: www.BodyWorkCEUs.net
Or call our class coordinator, Cecilia Redigan 561-392-3340

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What's in a Name?

BY RICHARD VALASEK

First it was called Phased Reflex Techniques and it was born of a partnership with another DO, K.D.A. Basham, who has left no trace in the Googerverse. Pauls claimed the later coinage as his own, after their amicable parting.

"The correct application of the laws of life' is what he always said he meant the name to mean. From Greek roots:
ortho = correct,
bio = life,
nomos = laws.

The hyphen is salient — Ortho-Bionomy — though sometimes often ignored. What is called Phase VII is implied by the hyphen. It is the gap of the spark plug, the space between the notes, "the room where it happens," the third space, a fulcrum. It adds dimension to the name. Eventually ® was added (by the Society of Ortho-Bionomy International, denoting legal ownership of the name) so properly it is Ortho-Bionomy®.

Before I go on, I see there is a question. How does the name 'Ortho-Bionomy' suggest Phase VII? I will explain. There is one sigil that looks like a topsy-turvy letter Y and another sigil resembling a T with a droopy crossbar. Between these two a dashed line is 'drawn' (this is done in the minds eye). From one end of this line segment a spiral sprouts. Holding on and letting go, stability and movement, freedom and constraint: this is the borderland, the transition zone, the room where life happens. It suggests a binary universe. Bachelard's

phenomenological analysis reveals the shape of life to be round¹, it is round like the spiral, the antic hay², the binary dance. *Ortho*-(correct, straight) suggests orderliness, stability; *-bionomy* (laws of life) equates to a messy mutability. Every candidate that seems to qualify as a "Law of Life"³ has been found to be hackable. It appears that "Laws of Life" is a moveable target, containing the uncontainable. Life lives in the land of the possible impossible. The hyphen is the line that relates the ortho to the bio, seeking a dynamic balance.

Seeing no more questions at this time I move on.

Pauls initially insisted that his Ortho-Bionomy was not a bodywork system but an educational system, intended to "(re)educate the body." Direct to the body, in a somatic language deeper than words and conscious awareness (consciousness is so overrated, but that's a topic for another time), *reminding* the body of its innate ability to self-regulate, flowing with the grand Dragon Dance of Life, thus re-educating. Somatic (Re)education.

1. Bachelard, Gaston. The Poetics of Space. "For when it is experienced from the inside, devoid of all exterior features, being cannot be otherwise than round."

Bachelard, Gaston. The Poetics of Space (p. 234). Penguin Publishing Group. Kindle Edition.

2. **antic hay** an absurd dance; the phrase comes originally from

Christopher Marlowe's Edward II (1593). Act One, Scene One, lines 59-60: "My men, like satyrs grazing on the lawns, shall with their goat feet dance the antic hay."

3. The Law of Life is a concept that Farley Mowat introduced in his book People of the Deer in 1952. It suggests a universal system that best guides behavior toward the reproductive success and survival of some particular gene pool. In other words, any of which best fosters life

The history of the marketing of Ortho-Bionomy goes a long way to explain how it took root as a bodywork. It was bodyworkers who first took notice, organized classes, promoted it, and ultimately legally defined it as a trademarked name of a bodywork: Ortho-Bionomy®. This last orthographic addition makes the meaning of the name to be *the correct application of the laws of life as applied to bodywork and therapeutics*.

Now comes another difference: my use of the word *orthobionomy*. It is similar to the difference of catholic to Catholic. Like Jacques Derrida's coinage of the word *différance* it sounds exactly the same when spoken (*différence/différance*, *orthobionomy*—Ortho/Bionomy). The *différance* cannot be heard but only seen graphically or in writing.

Along with *orthobionomy* came the form *orthobionomer*, in distinction to *Ortho-Bionomist*; one who practices orthobionomy versus one who practices Ortho-Bionomy® (® is a sigil of the agora, a sign

of the marketplace). Livings must be made and making a living by providing to the public the opportunity of experiencing their world in a different way, an experience we call Ortho-Bionomy®. It's an experience with a certain flavor, a tone, a vibe to it. It invites rather than insists. Chances are better than even that you will emerge from this experience feeling "changed for the good."

And Ortho-Bionomists have the moves, the *technique*. For many it is these *asanas* that are the signature of Ortho-Bionomy®.

Dr. Pauls was fond of saying that his hope for Ortho-Bionomy was this (paraphrased from many tellings): "If I were to be able to somehow return a hundred years after my death I would be able to recognize Ortho-Bionomy. No matter how much the outward expression may have changed, evolved, there would still be something essential to its being that I would instantly recognize." This is at ground a search for what is Eternal. We are all part of a pattern that persists in a stream. The stream is called Being-and- Nothingness. It is not an either/or but both. We use many words to point at this thing that is not a thing: essence, signature, pattern, aura. It's that invisible "more" that comes of the summing of the parts. What this Paulsian spirit would be looking for is the orthobionomy in the Ortho-Bionomy®.

Coming at it from another direction. 'Movement' is presenting itself to me as always bidirectional. The philosopher Maxine Sheets-Johnstone in her monumental book The Primacy of Movement correctly places movement at the base of

thinking (thinking as movement in the body). But take it further. Imagine (think of) some *thing* moving. Feel that *thing* moving. In your imagining, in you, feel it moving. Then subtract the *thing* itself and let remain the feeling of the movement.

In my many years of teaching and practicing Ortho-Bionomy® I've been aware that the official members of SOBI comprise a small and discrete number. These are the people who have earned and maintain permission to use the word in commerce, to sell a service they call Ortho-Bionomy®. They can call themselves Ortho-Bionomists.

There is a far larger number of people who are 'believers' with no formal connection to the organization. Might we call these people orthobionomers? Of course, all Ortho-Bionomists are also orthobionomers. I have also noted over the years that there has always been a trickle of people who come to classes who are not bodyworkers or therapists of any sort. These people apply the principles in many aspects of their lives, learning to trust Life, learning that the ongoing of Life will carry me along in its jetstream.

The vision of orthobionomy is an unimpeded flow of life. The secret is that there is no difference between the flow and the impediment. Without banks there is no river. Orthobionomy is the art of saying yes to life, the art of getting out of the way, the art of letting go. Ortho-Bionomy® reminds a body what "Yes" feels like, painlessly letting go of embodied patterns that no longer serve. It is the (official world) application of orthobionomy as a bodywork.

Biography

Richard Valasek learned Ortho-Bionomy from our Founder, Dr. Arthur Lincoln Pauls. Richard was the first of two students, along with Lynn Drummer, to be appointed Advanced Instructors. He was also the first of 4 Instructors to be appointed an Advanced Instructor Trainer. Richard holds a BA in Theater Arts, a BA in Animal Science from UC Davis, has been an RN for over 35 years and practicing Ortho-Bionomy for over 40. Richard's philosophy: Learning happens best through play. Classes should feel like Ortho-Bionomy. Lots of 'Yes'. Practice Radical Affirmation. Safety allows exploration. Teach students to reinvent Ortho-Bionomy.



Richard's other great passions are family and theater. He is married to Karen, with whom he has 3 children, 7 grandkids and 4 great grandkids. He is active in the Unitarian church as it is most like Ortho-Bionomy, and he is also the winner of multiple awards for acting and theatrical sound design. Richard is available for worldwide travel.

SOBI STORE IS OPEN

BOOKS

Member / Non-Member

Ortho-Bionomy®: A Practical Manual, Kain / Berns	\$ 20 / \$ 25
Philosophy & History of Ortho-Bionomy, Pauls	\$ 17 / \$ 22
Chapman's Neurolymphatic Manual	\$ 20 / \$ 25
Arthur the Panda	\$ 15 / \$ 20
Ortho-Bionomy: A Path to Self-Care, Overmyer	\$ 20 / \$ 27
Positional Release Technique, Deig	\$ 30 / \$ 40
Equine Positional Release – Download PDF, Carter	\$ 30 / \$ 35

DVD's

Member / Non-Member

Discount set of Series 1 & Series 2, Pauls	\$215 / \$225
Series 1 - Phase 5 & 6, Pauls	\$130 / \$140
Series 2 - Phase 4 & Post & Home, Pauls	\$100 / \$110
Cranial, Pauls	\$ 50 / \$ 60
Pearls of Wisdom, Pauls	\$ 40 / \$ 50
Portals to the 80's, Pauls	\$ 35 / \$ 45
Arthur Bionomy, Pauls	\$ 45 / \$ 55
Discount set of all five Phase 8 DVD's, Lee	\$225 / \$245
Phase 4 Spine, Lee	\$ 40 / \$ 45
Phase 4 Extremities, Lee	\$ 40 / \$ 45
Exploration of Movement, Lee	\$ 50 / \$ 55
Isometrics & Isotonics, Lee	\$ 50 / \$ 55
Postural Re-Education & Post Techniques, Lee	\$ 60 / \$ 65

MERCHANDISE

SOBI Tote Bag	\$ 15 / \$ 20
SOBI Conference Power Bank	\$ 20 / \$ 25
Chapman's Reflexes Charts	\$ 35 / \$ 55

NEWSLETTER

10 Newsletters (Including Shipping & Handling)	\$ 30
Quarterly Newsletter Subscription	\$ 25 per year

Go to: <https://www.ortho-bionomy.org/aws/SOBI/pt/sp/shop> to place your order.

EVOLVEMENTS

Congratulations to these members and their commitment to the work and as evolving members of the Society.

Nicky Roosevelt	Associate Instructor	Berkley, CA
Coleen Pearson	Advanced Practitioner	Portland, OR
Shaney Rockefeller	Advanced Practitioner	Vale, OR

Got Community? Tell us about it!



Embodiment O-B is a Facebook page for our Coordinator community. It is a closed group, specifically for Coordinators and Instructors who coordinate their own classes. This won't be for sharing our schedules. This is for sharing ideas: what's worked, what hasn't. How do we grow our communities?

Coordinators are the grassroots of the Society. We share what we love, we invite Instructors into our areas and collaborate with Instructors to fill the needs of our area. We do the footwork of pulling a class together, and we *grow community*. We believe deeply that by supporting one another, while promoting the principles of Ortho-Bionomy, we can all thrive, and we can all prosper.

If you are a Coordinator or an Instructor who coordinates your classes, and you haven't received an invitation from Shelly George or me, it's only because we are not connected personally on FB. Go to the Embodiment O-B Facebook page and request to join. We will be delighted to hear what you have to share and for you to ask any questions you might have in regard to coordinating your classes.

Shelly George and Keri Brown

CALL FOR SELF-CARE ARTICLES, VIDEO, BLOGS, ANECDOTES

Self-Care is an important component of Ortho-Bionomy for us, our families, and our clients.

We are interested in adding a Self-Care section to the SOBI newsletter and website.

Please send your Self-Care anecdotes/photos/blogs/videos to office@ortho-bionomy.org

What are self-care pieces you give your clients? What pieces are supportive for you personally?

An Ortho-Bionomy Approach to Chapman's Neurolymphatic Reflexes and the Pelvic Thyroid Syndrome

BY LUANN OVERMYER 2013

In the late 1930's, Charles Owens DO compiled and published the findings of osteopath Frank Chapman, identifying specific Neurolymphatic reflex points that correspond to particular organs. These reflexes allow the practitioner to assess lymphatic function of specific organs, to influence the motion of fluids, and influence the function of organs and glands through the nervous system.

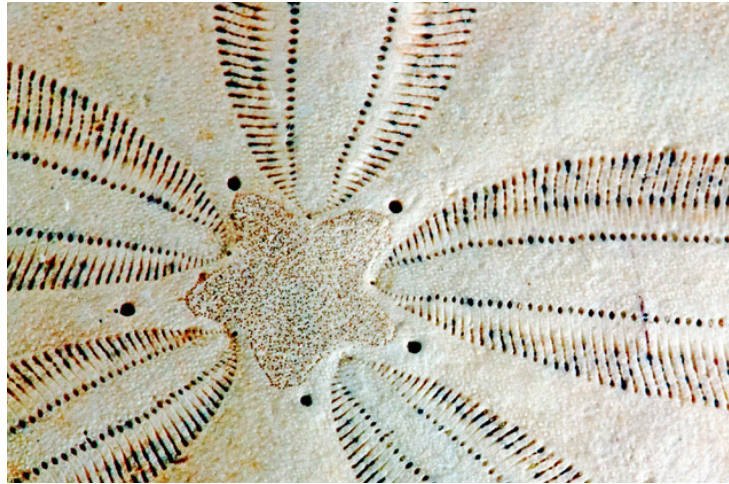
I was introduced to these Chapman's Reflexes in my Ortho-Bionomy trainings in the late 1970's, yet it took perhaps ten years before I fully understood how valuable and effective, they could be. My daughter's friend had been suffering with gastrointestinal symptoms for months. He had visited doctors and undergone panels of testing, all with no effect. In ten minutes of checking these points, we determined that the only tender points were the small intestine reflexes. With herbs to treat the small intestine from an acupuncturist his symptoms were relieved.

Yet besides the reflex relationship to the lymphatic system there is a structural component as well. After five years of research with these reflexes, osteopath Charles Owens identified the Pelvic Thyroid Syndrome, describing the profound influence these neurolymphatic reflexes

exert on the glandular system. Owens stated that an imbalance of the pelvis (innominate lesion / ilium rotation lesion) can indicate an endocrine disturbance. This disturbance can be correlated to tenderness in the specific reflexes, and to the organs they reflex. In other words, a structural problem in the pelvis such as a rotated ilium can create an imbalance in the endocrine system.

In the 80's I came to understand this firsthand through my Ortho-Bionomy practice. Clients began to present with chronic pain, emotional distress, and the tender points of fibromyalgia. I found that instead of chasing the pain points of fibromyalgia, I got better results by balancing the pelvis first, then addressing the tender points. This alleviated much of the pain and suffering of fibromyalgia clients and brought relief to many of the endocrine symptoms of clients as well.

As it turns out the Ortho-Bionomy points indicating an ilium imbalance are the same posterior pelvis points for fibromyalgia. The Chapman's points located just below the greater trochanter of the femur, indicating an endocrine imbalance also correspond to fibromyalgia points.



Until the pelvis was balanced and the leg length even it made no sense to address the fibromyalgia points in the upper body. Pelvic balance was the key to stabilizing the foundation.

Studies in the 80's with Gerda Alexander from Copenhagen confirmed this theory for me. Gerda presented an exercise that demonstrated the effect of the gait reflexes on the thoracic spine. A leg length discrepancy can cause the reflexes to the thoracic spine to be stimulated unevenly. In my own body I noted that the gait reflexes were moving only up on the left side of my spine and avoiding the right side. Gerda Alexander inquired about injuries and I confirmed spinal fractures suffered in a motorcycle accident. She assured me that these reflexes could be retrained with continued practice of the exercise, and they have corrected.

An imbalance in the pelvis can cause muscular and soft tissue tension patterns that can affect the lymphatic drainage around organs. Therefore, any structural work we address with Ortho-Bionomy, either for improving joint function or for muscular balancing to relieve soft tissue tension patterns is going to have a beneficial effect on lymph drainage.

Sensing and visualizing the pelvis dimensionally and understanding structural and visceral relationships can add to the effectiveness of our work. For example, the sacrum and uterus sit on the same plane. Therefore, when the sacrum is tilted often the uterus is tilted as well. A torsion pattern can result in the broad ligament if one hip is rotated anterior and the other posterior. When the broad ligament is torqued the lymphatic drainage around

the uterus and / or ovaries may be affected and the Chapman's points for the broad ligament located along the ilio-tibial band may reflexively be tender.

By recognizing that structure and function have a reciprocal relationship that is assessed and addressed by reflexes, we can more effectively work to restore the structural, visceral, and hormonal balance of our clients.

Come and learn more about Chapman's Reflexes and how you can use Ortho-Bionomy to relieve allergy and gastrointestinal symptoms, arm pain, and address fibromyalgia.

Hope to see you in class one of these days.

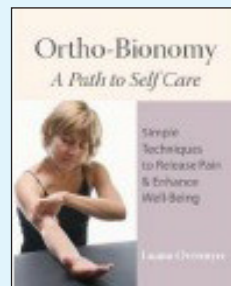
Luann Overmyer
Advanced instructor

Biography

Luann Overmyer has over 40 years in the practice and teaching of Ortho-Bionomy. She has trained and taught extensively in the field of body awareness, structural balance and wellbeing throughout the US and Australia and other countries throughout the world. Luann is the author of the book



[Ortho-Bionomy: A Path to Self-Care](#) now available in English, Spanish, Chinese, and Taiwanese editions.



Update from the SOBI Diversity, Equity, Inclusion and Belonging (DEIB) Committee~

Zoom conversations: The committee is preparing opportunities for engaging in diversity topics and opportunities for practice. We are preparing presentations, somatic explorations and platforms for conversation.

Example: Self-righting reflexes of SOBI as an organization in the context of diversity, equity, inclusion and belonging.

Example: What is language that welcomes a diversity of clients to your practice?

Call for article input: The committee is preparing an article for

the next newsletter about evolution / evolvment: Please get in touch with us if you have some thoughts you can share about what Arthur meant on evolvment / evolution and what is SOBI's current and future relationship on the idea of evolvment.

Offering of Exploratory Questions: What is in flow and what is stuck in relation to diversity, equity, inclusion and belonging and SOBI? How can we embody the liberatory impulse within Ortho-Bionomy principles and connect to our innate health and self-righting reflexes? What resonates with you as you think about these questions in the

context of SOBI as an organization and as practitioners or individuals?

If you have any thoughts, contributions or suggestions or if you would just like to share what came up for you, please reach out to us at diversity.equity.sobi@gmail.com. If you would like to join a committee meeting sometime, please contact us.

The committee and its members are also available to meet with SOBI members one-on-one. Your SOBI Committee for Diversity, Equity, Inclusion and Belonging, Moriah Williams, Jennifer Stover, Ian Jorgensen, Renee Schneider

Chapman's Reflexes Charts

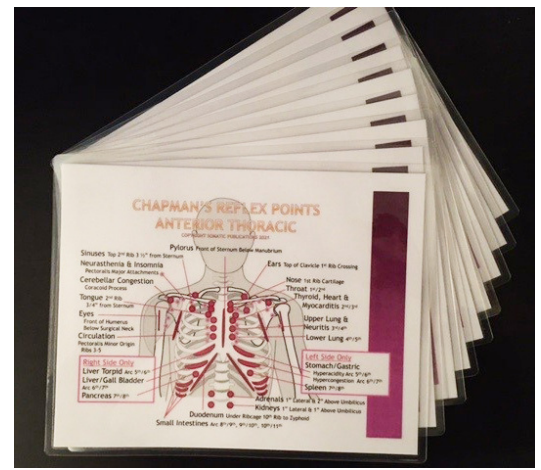
We have a new addition to the bookstore that we are really excited about!

Our own Advanced Instructor Denise Deig has created 18 beautiful charts of the Chapman's Neurolymphatic Reflexes points. Based on the book "An Endocrine Interpretation of Chapman's Reflexes" by Drs. Frank Chapman and Charles Owens, these charts have been lovingly created and grouped not only by location but also physiological function.

The full set of 18 charts are organized by - Anterior/Posterior, Thoracic/Pelvis and Leg, Infection Group, C-Spine and Head, Parascapulars, Digestive Group, Sciatic Neuritis, Shoulder and Hand Group, Urinary Tract Points, Thoracic Vital Organs, Male and Female Pelvis.

In all you get 9 beautiful charts printed front and back for easy reference and laminated for durability." We started with a limited run to see how popular the charts would be, so order them soon to get yours or put them on your wish list and share the link for someone to get for you.

SOBI Bookstore <https://ortho-bionomy.org/aws/SOBI/pt/sp/shop>



Introducing "Arthur the Panda" by Sada Bist

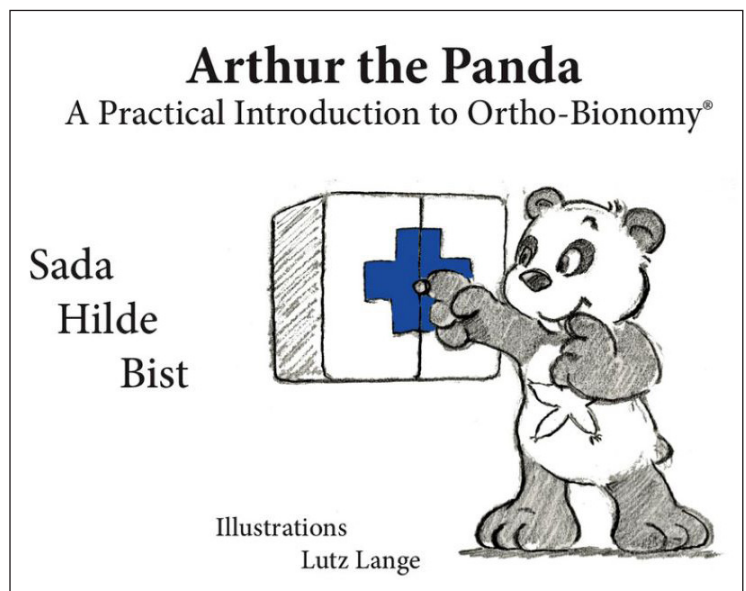
SOBI is delighted and grateful to announce a new addition to the bookstore – 'Arthur the Panda' by Sada Hilde Bist.

Sada is an Ortho-Bionomy instructor in Germany who studied with Arthur. She is a Naturopath, an Osteopath, and Craniosacral Therapist just for starters. If you want to know more about Dr. Bist you can follow this link to her website.

<https://www.praxis-bist.de/%C3%BCber-mich/>

Sada has gifted SOBI with these books noting Arthur's commitment to using Ortho-Bionomy to help children and the children in turn would evolve the planet with their understanding of O-B. The SOBI Board of Directors is researching ways to use the funds raised by sale of these books to apply towards Arthur's vision in this regard.

The book, 'Arthur the Panda' was released in 2019 and is a delightful and lovingly illustrated introduction to Ortho-Bionomy which leads interested parties through the history and theoretical background of Ortho-Bionomy®. The bear does this with dialogical-empathic charm, humor, and real expertise. Arthur also leads the reader through simple self-care exercises. This lovely little book is perfect as a gift or to keep in your office waiting room.



Sada also included a few sets of some Arthur the Panda postcards. Each set has 11 cards, each card with a different motif. You'll see all of the options on Sada's website. Books and Postcards from Sada

Order you copy now

<https://ortho-bionomy.org/aws/SOBI/pt/sp/shop>

Member Support Group

Cathy Krenicky is a Registered Ortho-Bionomy Instructor and President of the SOBI Board of Directors.

She generously offers her time each month to support SOBI members as they navigate the challenges presented in their practices by creating a space that allows those attending to share and support one another.

Are you looking for Support with your Ortho-Bionomy® journey & practice?

Well, we have one...
1st Monday of each month via ZOOM!

Led by your Host:
Cathy Krenicky

ALL ARE WELCOME.

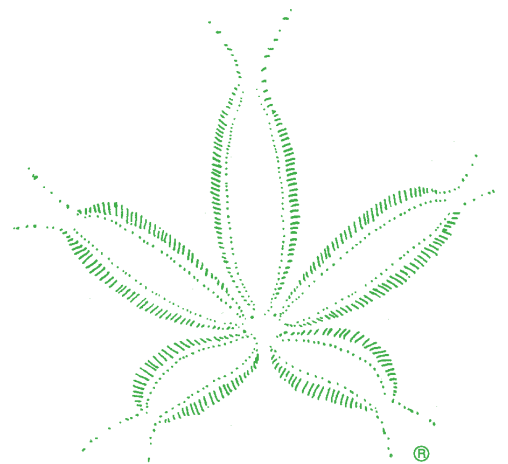
Are you seeking:

- Accountability?
- To strengthen your ability to articulate Ortho-Bionomy to your Current or Potential Clients?
- A place to simply "check-in" to share where you are with any Ortho-Bionomy challenges?

You may find solutions here...please consider attending; we welcome you!

BACK TO THE PRINCIPLES

- Non-Judgment
- Self-Recognition
- Structure governs function
- Function governs structure
- Working "with" vs. Working "on"
- Going with ease of movement
- Exaggerate the pattern
- Going with the flow
- Be present for others
- Meeting in right relationship and where people are
- Less is more
- Finding Comfort within Discomfort
- Honor What Arises
- Recognizing and shifting patterns



CLASS LISTINGS

For full class descriptions, class information, coordinator contacts by state and area, and the most up to date class listings, go to Find a Class Online on SOBI's Class Page.

<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/classes>



ADVERTISING

See SOBI Website for more ad size options, online payment & non-member pricing.

- Advertisements must be camera-ready.
- Size as indicated in the table above.
- Print ads must be 300 dpi (dots-per-inch) resolution and formatted as a PDF, TIF, or EPS file ready to place "as is" into print.
- Email camera-ready advertisements to office@ortho-bionomy.org.
- Fees: You will be invoiced for your ad through the SOBI office.
- Payment is due on receipt.
- Submission deadlines: first calendar day of December, March, June, and September

Advertisement size	Member Cost 1 issue / 4 issues		Non-member Cost 1 issue / 4 issues	
1/8 page (3-7/8" x 2-1/8")	\$30	\$100	\$55	\$200
1/4 page (3-7/8" x 5-1/4")	\$50	\$150	\$75	\$250
1/2 page vertical (3.5" x 10.5")	\$80	\$285	\$105	\$395
1/2 page horizontal (7.6" x 5.2")	\$80	\$285	\$105	\$395
3/4 Page Horizontal (8" x 7.75")	\$110	\$395	\$175	\$500
Full Page (8" x 10.5")	\$140	\$485	\$175	\$600

Society of Ortho-Bionomy International®
P.O. Box 40937

Indianapolis, IN 46240

Phone: (317) 426-1261

Email: office@ortho-bionomy.org

You can include your ad in the next newsletter by following this link.

<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/newsletter>





**It is about being
INSPIRED**

With gratefulness and joy we happily announce our celebration of completing ten programs in ten years. Many students from across the country and within our programs have influenced our understanding of this remarkable work and the true meaning of community. We have grown and have been able to share so many extraordinary people - our lives are better and our understanding of the work has expanded deeply. We recognize that it is because of the students who have influenced and shaped the Center!

We formally invite you to celebrate with us in Grand Junction Colorado
September 10th from 6:00 - 9:00 with a Reunion Party.
We are excited to see you all again! Everyone is welcome.

Come help us celebrate.....all of you!

RSVP to rmobcenter@gmail.com and we will provide more information!!