

Ortho-Bionomy® Newsletter



July 2022 ❀ Volume 32 ❀ Number 3



President's Address

Greetings, Members!

Hoping this note finds everyone healthy and doing well.

I was going to list a bunch of stuff here, but I realized all of that is included in the video of the Annual General Meeting. I am going to suggest you take a few minutes and review the meeting so you can get up to date on all the doings of the Society.

A couple of reminders here:

Be on the lookout for notices about the Conference. The Conference committee is working diligently on confirming all the details and will be sending out messages soon. We are having a hybrid in-person and virtual Conference to allow everyone a chance to participate. So, register as soon as you can!

The office and our tech people have been updating our website. Please take a look and let the office know if you see anything that needs to be addressed. Suggestions are always welcome.

Check out the upcoming slate of SOBI sponsored online study groups. This is a great resource and I'm hoping everyone will take full advantage.

Finally, our newsletter is a vehicle for sharing our ups, downs and in-betweens with like-minded colleagues and friends we may not know yet. Everyone wants to hear your success stories, your face plants and revelations. Our Conference theme is Belonging, and a good way to feel like you belong is to share.

Blessings and Prosperity to you all!
Cathy Krenicky
President



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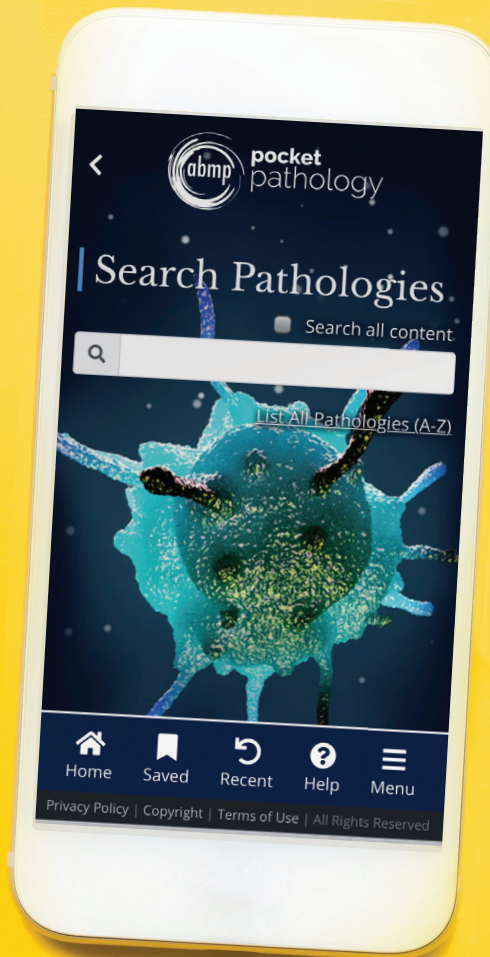
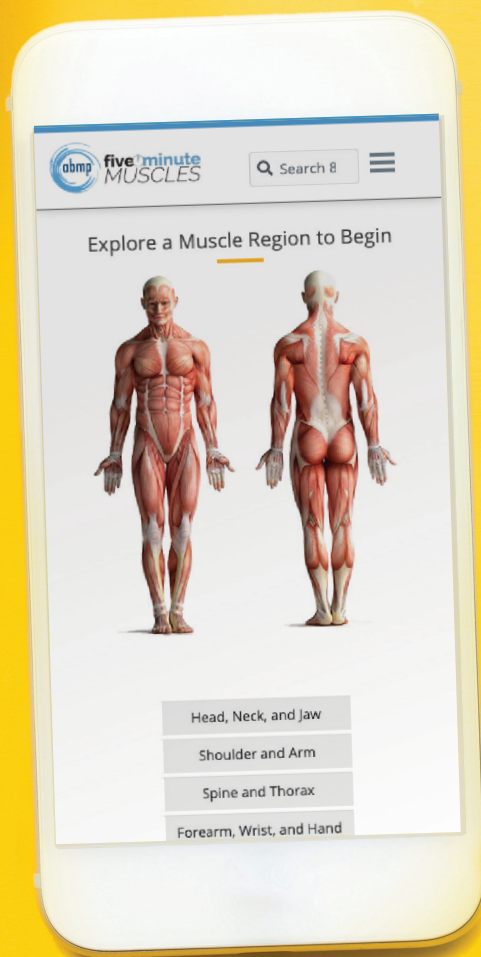
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TWO NEW REASONS TO LOVE ABMP



"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

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

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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.

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

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

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
Cost: \$800 May 5th & 6th, 2022

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

Week 8 Denver

Advanced Pelvis December 5th & 6th, 2022

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

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

Week 9 Denver

Phase 4 Review February 6th and 7th, 2023

Study Group 6 February 8th, 2023

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

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"

Welcome Joan! Newsletter Editor

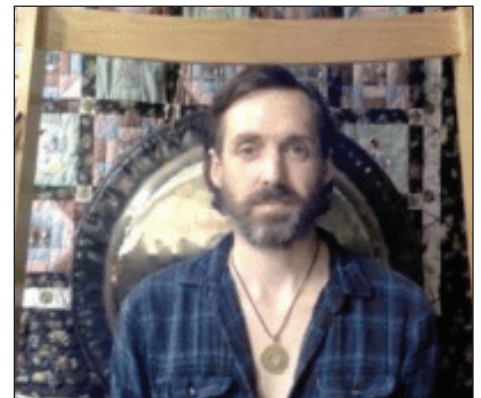
Joan Weisberg, a Registered Practitioner of Ortho-Bionomy and SOBI member since 1990, served on the BOD for 2 years. She is also a copy and technical writer, editor, poet and author. For 30+ years she has facilitated clients and students on their journeys to trusting their own healing process. Also, a certified facilitator of Qigong, Tibetan Yoga, Transformative Mindfulness, meditation techniques and Medical Qigong, these pathways are often included in the journey.

Joan enjoys being a perpetual student of life, serving on the BOD and committees for the Spirit of Life Unitarian Universalist Church, and finds a simpler peace in Taoist and Phase 7 Life Mastery studies. She feels blessed with loving friendships and an ability to serve others. Joan's greatest joy is being able to share time and experiences with her daughter.



Welcome Ian! Office Asst.

Ian Jorgensen is a mental, emotional, spiritual, physical mover most often exploring the dynamics and improvement of the physical/psychological relationship. He works with fellow humans to help them develop joyful movement, body gratitude and to become more naturally and fully themselves. He balances his bodymind/spiritual work with artistic endeavors and administrative responsibilities. Throughout his adult life he has supported non-profit organizations through administrative work.



WEST COAST ORTHO-BIONOMY® INSTRUCTION

<u>Date</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
July 9-10	Releases for the Upper Extremities (Phase 4)	Berns/Malm	Portland, OR
July 21	SOBI Study Group - Circle Theory	Berns	Online
July 23-24	Releases for Lower Extremities (Phase 4)	Malm	Ashland, OR
July 23-24	Subtle Physical and Unwinding Techniques (Phase 5)	Berns	San Francisco, CA
July 27-27	Releases for Lower Extremities (Phase 4)	Berns	Davis, CA
August 30-31	Releases for the Spine and Pelvis (Phase 4)	Berns	Davis, CA
Sept 10-11	Releases for the Upper Extremities (Phase 4)	Malm	Corvallis, OR
Sept 17-18	Isometrics/Isotonics	Berns/Malm	Ashland, OR
Sept 20-21	Advanced Energy Techniques (Phase 6)	Berns	Ashland, OR
Sept 24-25	Releases for the Spine and Pelvis (Phase 4)	Berns/Malm	Portland, OR
Sept 28-29	Postural Re-Education and Post Techniques	Berns	Davis, 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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www.ortho-bionomy.org



In Praise and Honor of My Friend and Ortho-Bionomy® Comrade:

CAMILLE FRANCIS COATES

June 20, 1961 - April 20, 2022

My dear friend Camille was an active member of the Ortho-Bionomy community and died very recently of Leukemia. I was not able to say goodbye in person and for that I feel sadness and grief. Gratefully, we were able to manage brief phone calls and texts before she transitioned. What a gift it was to know her and to have her as a friend! I want to share my experience of connecting energetically with her as she died. It is something I will never forget! I was home preparing for a trip to Santa Fe to bench a class for my Instructor Training. That day, for some reason, I could not stay in my body. Initially I put it down to being tired, feeling a bit overwhelmed with returning to SF after 7 years, and feeling excited about being active in the Teachers Training again. As I contemplated venturing into my car for an errand, I realized just how disassociated I was! I strongly and purposefully called myself back to my body with declarative statements. As I made these statements, out loud, I asked myself, 'where in my body am I leaving from?' The answer came: 'from your heart chakra.' In that moment, with that realization, I felt Camille tugging on my heart and had the thought: 'she must be making her transition.' The following morning she died at 11:15 a.m. as I was flying to Santa Fe. Somehow it all felt serendipitous that she made her leaving that day when I was taking my next big step, again, into teaching the beautiful modality SHE helped me find.

Yeah, it felt a 'little spooky' and also it felt like such a wonderful reminder of the power of love, prayer and connection especially on the energetic plane. Phase 7 anyone?



I miss Camille so much and I am grateful to her for introducing me to Ortho-Bionomy back in the early '90's. She did individual healing treatments using Ortho-Bionomy and continued her pursuit of yoga eventually teaching it. I enjoyed many years of trading bodywork sessions with her off and on. I thank her for showing up for me during important transitions in my life, like when I lived with her for a year looking for my house in Santa Fe. I so appreciate how she always offered unconditional love and support. I thank her for being a fellow seeker of

consciousness. We met in 1989 when we attended massage school in Santa Fe and both of us never forgot that first day of school! We were separated by gender and rushed into the designated "girls' room" and told to strip! Kind of shocking, and pretty amazing on the flip side, to see the changes in our body after our 6-month intensive. Yes!, another naked picture was taken after the whole amazing kinesthetic experience! Camille and I laughed our way through massage school and learned much about each other. Our running joke had to do with bodily functions and how much more comfortable I was with, well, you know...burping and farting in class. Realizing it might happen with clients on the table, her 'Southern Belle' self couldn't quite embrace, well, you know, the burping and farting! She sent me funny cards about farting for years after at my birthdays.

I so appreciated her quick wittedness and humor! When she came upon Ortho-Bionomy she studied it intensely, questioning everything, (ask Ursula she had to field a lot of those questions!) and eventually became an Advanced Practitioner and an Instructor. I attended her final solo teach for her Instructor designation. She was a natural! One of the challenges for Camille was bridging her two interests: Iyengar Yoga and Ortho-Bionomy. If you don't know Iyengar yoga, it's a strict and disciplined form of yoga. Let's just say it did not exactly fit in with the princi-

ples of Ortho-Bionomy, you know... the go in the direction of ease, non-force, less is more approach! I remember when this internal conflict was happening for Camille and how it affected her Iyengar yoga classes in that she began to teach it in an Ortho-Bionomy way... paying attention to not forcing people into postures, to doing less in classes and gaining more through having her students practice doing less. She began going towards comfort and taught yoga from a place of "throwing out the technique" in a sense and embracing the exploration of the technique in a new way because it could also have an "evolvment."

That was a gift of her changeable nature. She was born under two mutable sign influences: her Gemini Sun and Virgo Moon. So her adaptability allowed her to do, what these two mutable energies do best, to communicate and synthesize for teaching and healing purposes. Camille was born under the Rising sign of Aquarius thus she was oriented to holistic health, alternative healing and carried a maverick sensibility. She naturally was collectively focused which guided her group-oriented life work primarily in teaching, healing, communicating and traveling the world attending yogi retreats.

Camille was a member of the Ortho-Bionomy in Schools group, active in

Santa Fe from 2007 - 2015. She was a Board Member of this non-profit, and along with Ursula Hofer, Renate Suloway, Breck, Ellen Lowenburg and Christina Montes De Oca, offered the group presentation: Ortho-Bionomy in a Public Elementary School* at an Ortho-Bionomy Conference. As active weekly participants she and these Ortho-Bionomists helped teachers, administrators and students with attention, learning, body comfort and awareness in the classroom. I remember hearing amazing stories from this time in her life.

As I write this essay, I am again headed to Santa Fe, NM to attend her memorial, and my Instructor Training Seminar 2. Unfortunately, fires are prolific in drought-stricken New Mexico! Please consider sending long distance healing to dampen the fire danger there and practice Phase 7. Thank you!

Thank you, Arthur Lincoln Pauls, for his brilliant maverick sensibilities in researching and creating Ortho-Bionomy and thank you to the lineage keepers currently teaching Ortho-Bionomy. I especially would like to thank and honor my primary instructors: Christina Montes De Oca, Ursula Hofer, and LuAnn Overmyer! I aspire to keep this amazing healing system going through teaching it myself and I hope more of you might consider doing so! Let's seed

Biography

Kathleen M. Potter, received her Massage Therapy License in 1989.

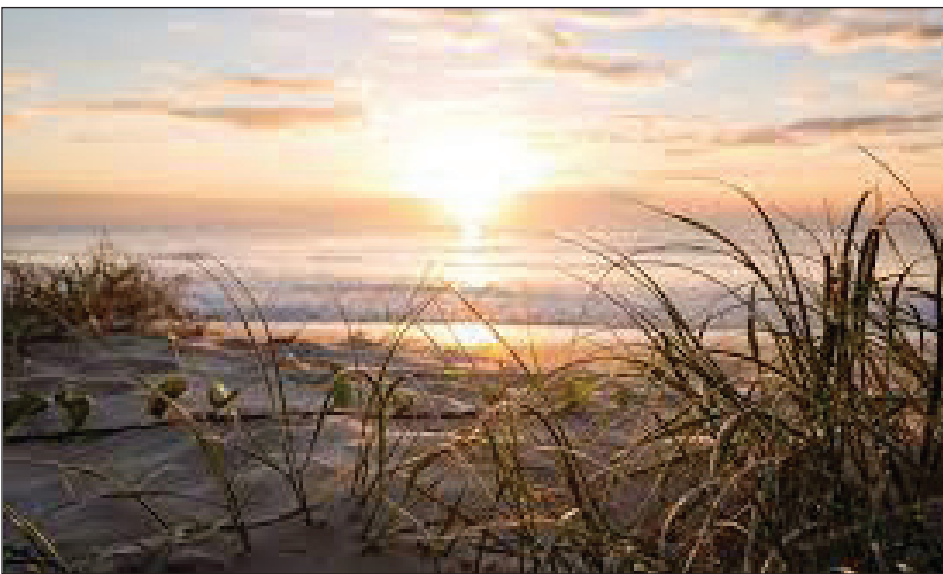
She has a Master's Degree in Counseling Psychology from Southwestern College, SF, NM, with an extra 650-hour certificate in Psychodrama

("Soul in Action") group psychotherapy. She practiced for 10 years both Counseling and Psychological Astrology in SF. She is an Advanced Practitioner of Ortho-Bionomy and is currently enrolled in the Instructor Training Program. She now resides in Reno, NV and is a Practicing Psychological Astrologer and Ortho-Bionomy Practitioner.



more healing and honor all who practiced Ortho-Bionomy by doing so! In wrapping up I will share a story that transpired at my favorite duck pond here in Reno called Virginia Lake. I was walking there after returning from my trip to SF and finally grokking that my friend had died. I was feeling a lot of grief and sadness that day. All of a sudden I received a communication from Camille and felt her Spirit over my right shoulder. She said: "Don't worry about me Kathleen, there's lots of light here!"

Blessed be, Kathleen M. Potter



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"



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

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

Albuquerque Here We Come!!!

By Keri Brown

Yep, you read right.

SAVE the DATE!!!

Belonging 2023 SOBI Conference

October 19-22nd, 2023

October 17-18, 2023 Instructor Retreat
Indian Pueblo Cultural Center
Albuquerque, NM
Conference Chairs – Marla Moore and
Renee Schneider

If you didn't join us for the AGM last month then you missed the news about the 2023 SOBI conference. We are especially excited about this conference for a variety of reasons.

Number One-After two years of covid related avoidance of face-to-face contact, SOBI is hosting an In-Person conference.

Number Two-Since the virtual conference in 2021 was such a huge success, we are hosting the conference virtually as well.

Yes! A hybrid event to allow as many members as possible to join us depending on each person's personal circumstances and preferences. Another first for SOBI with the support of our tech talented members. Virtual and in

person presentations are welcome.

Number Three-New Mexico has a special place in the hearts of so many of our members. It's a magical place surrounded by natural beauty an amazing blend of cultures and art, and then, there's the food.

The conference committee and the board wanted to be conscious of how and where we spend SOBI dollars. With that in mind the committee searched for facilities that are owned by groups which are committed to serving their communities rather than big box conference venues. We think we have found everything we wanted with the Indian Pueblo Cultural Center <https://indianpueblo.org/>.



The Indian Pueblo Cultural Center (IPCC) is responsible for preserving



and perpetuating Pueblo culture and advancing understanding – by presenting with dignity and respect – the accomplishments and evolving history of the Pueblo people of New Mexico. The IPCC is owned by 19 distinct Indian pueblo tribes, the same group of tribes own the two hotels just across the street from the center.

In the next few weeks, we will have everything ready for you to reserve your hotel rooms, register for the conference and submit your application to present at the conference.

So, Save the Date! Be part of the first ever hybrid conference for SOBI.



2022 CALENDAR

July - Ortho-Bionomy News Quarterly Newsletter Available

September 1 - Newsletter Article Submissions & Advertising Due

September 15 - Materials/Waivers/Evolvement 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/Evolvement request for PRC/IRC Due

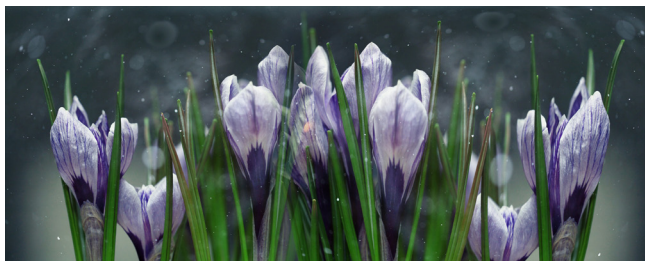


CALL FOR ARTICLES FOR THE OCT. '22 NEWSLETTER

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.



CENTER FOR ORTHO-BIONOMY® INDIANA



INDIANAPOLIS CLASSES 2022

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

SOBI BOARD OF DIRECTORS

The starting term for the Board of Directors starts October first. No one stepped forward to serve on the new Board and no nominations were received. Melissa Malm has agreed to remain on the Board for another three years to start her 2nd term as a SOBI Board member. Thank you, Melissa!

Please remember that the SOBI Board of Directors is made up of volunteers. SOBI cannot function without them. New policies that fit our organization as times and technology change happen because of the Board. Clarification and revision of existing policy to serve SOBI happen because of the Board. Marketing and SOBI relationship decisions happen because of the Board. If you have ideas and a desire to see SOBI thrive, please consider serving on the SOBI Board of Directors. <https://ortho-bionomy.org/aws/SOBI/pt/sp/administration>

SOBI's New Relationships

Federation MBS and AMTA

SOBI is delighted to announce two new relationships which we believe will benefit SOBI and our membership.

First, the Society has been approved to join **Federation MBS and AMTA** the Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations (FedMBS).

SOBI has been in communication with the FedMBS since 2017 as we were looking for ways to collaborate with other alternative modalities to help our members avoid the need to go the massage school in order to practice Ortho-Bionomy in their states.

The FedMBS is a well-established and

respected organization that shares information and collaborates to keeping our respective modalities from being lumped in with massage therapy in state massage laws.

Their Joint Government Relations Committee (JGRC) meets monthly and tracks information about upcoming legislation from state to state and how best to deal with states or individual entities attempting to regulate massage therapists, alternative modalities and now even energy workers.

FedMBS members share the cost of website maintenance and costs associated with services which benefit all of the members. These expenses are nominal, and we believe the benefits

will far outweigh the expense.

Secondly, because of our new relationship with the FedMBS, SOBI can now offer liability insurance to our members for \$89 annually. This insurance is specific to Ortho-Bionomy and available to active associate members and above.

This is a benefit of SOBI membership that members have been requesting for years and we are thrilled to be able to offer it at such an affordable price. You can log into the SOBI website to get more information and to register <https://ortho-bionomy.org>.

Contact the office if you would like more information about signing up for your insurance now.

GOT COMMUNITY? TELL US ABOUT IT!

Embody 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 Embody 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



MEMBERSHIP BENEFITS:

	Students	Associates	Practitioners	Advanced Practitioners	Instructors
Monthly Member Support Group	X	X	X	X	X
Emailed Newsletter	X	X	X	X	X
SOBI Bookstore Discounts	X	X	X	X	X
Monthly SOBI Sponsored Study Group Discounts	X	X	X	X	X
SOBI Conference Discounts	X	X	X	X	X
ABMP Discount	X	X	X	X	X
Free Website through ABMP	X	X	X	X	X
AMTA Liability Insurance		X	X	X	X
Online Directory Listing		X	X	X	X
Referral Service		X	X	X	X
Vote in Board Elections		X	X	X	X
List Ortho-Bionomy® as Modality		X	X	X	X
Use of Trademark			X	X	X
Teach Classes for SOBI Credit					X

Ortho Bionomy®

From Magical Blend

By Margaret Netherby
March 1982

*** Please note: This article is a reprint of the original article that was published in the very first volume of the Society's newsletter, which was named "Magical Blend". The title of the article was, and is, Ortho Bionomy (before the dash was added). The calligraphy used in the original title became the official calligraphy font which is still used today.*

And why did you come?" the woman asked.

"I fell downstairs and hurt my back. My doctor sent me," I replied.

At her bidding, I took off my shoes, climbed gingerly onto the table, and lay down. My memory of "Physical Therapy" was confined to bones cracking, jerking of my joints, and thumbs mashing into muscle knots until I begged for mercy.

I flinched as the woman approached. But the pain in my neck and back was grinding. I would do almost anything for relief.

She stood at my head and cupped her hands gently around my skull. She moved my head slowly, in minute movements up and down, from side to side, her fingers tracing the bone tips of my neck. The movement stopped. Suddenly the point under her finger grew hot. A strange, delightful

sensation surged down my spine and through my legs. I began to laugh.

"What was that?" I wondered out loud.

"That's your life." She replied simply.

The pain in my neck was gone.

Her name was Zoe. She worked over my body in just the same fashion, slowly, gently, easily. The pain in my shoulders and hip eased. I could not figure it out. The places she pressed were nowhere near where I hurt. And every time she applied pressure, I felt that delightful zing coursing through me. My body was opening. I could breathe easily. Nothing she did hurt me. In fact, she was making me feel even more comfortable.

At the end of the session, I got up to a different world. All of the objects in the room were more distinct. The sun was brighter through the window. I heard street noises, and birds.

"Wow, what is this stuff?" I asked.

"It's Ortho-Bionomy." We both laughed at the sheer delight of just being there. Zoe worked on my back for six weeks. The pain from the accident disappeared, never to return. She also released the chronic tension in my back – some of it left over from a 20-year-old whiplash, the rest from everyday stresses and strains.

Old memories surfaced as vivid pictures. I saw their meaning as they flitted painlessly away, to stay gone. The surfacing and exit were so easy. "Therapy was never like this," I quipped. We both laughed.

Each time I went home knowing that I had not felt like this since I was a very young child. I wanted to hang on to the feeling. My whole outlook on life was becoming freer, more creative. I was unwilling to tolerate stress; I refused to take more tension and garbage back into my body and my mind.

My curiosity piqued, I went to a beginning workshop to find out how these miracles were done.

The class gathered in a living room festooned with house plants. Portable massage tables filled two rooms. As we sipped herb tea, the instructor began.

"Ortho-Bionomy was developed by Arthur Lincoln Pauls, a British Osteopath. While still in school, he read a paper by a man named Jones, who discovered that a patient in extreme pain found complete relief when he fell asleep propped up in a comfortable position. Pauls experimented with the idea that the body flows away from pain naturally. By the application of gentle compression, he was able to reduce the release time from hours to about 20 seconds."

"The basic technique of Ortho-Bionomy is to discover the Preferred Posture, the direction in which each area prefers to move. The practitioner gently accentuates this movement and applies compression into the joint. Reflex pain points, called triggers, are used to locate and monitor the releases as they happen.

"Each person knows his own ideal – the structural balance and functional level at which he can do his best. It is coded into the DNA factor. The body heals itself; the practitioner just shows a person how to move in his own ideal direction.

"When a person is bound up with muscle tension, the amount of energy needed to maintain the imbalance cannot be used for creativity. The tension must be subtracted from the total energy available to the individual. Ortho-Bionomy believes that the skeletal structure must come into balance before the muscles can relax and regain their elasticity.

"The session is only a beginning," the instructor continued. "Structural changes continue long afterward. Most people are not aware of their own imbalances. Once they experience them and achieve a release, the body naturally moves to re-balance itself. On the other hand, some people need to hang onto their pain. They do not release. We don't force them; we only offer an alternative.

"Here, I'll show you what I mean. I need a body on the table." One of the women in the room walked over and climbed upon the table and lay down. The instructor slowly walked around the table and stopped a minute by the woman's head. She began to touch the woman gently, with small rocking motions. She pressed up and down on the shoulders; then pulled then toward her gently and pushed them away.

"This is what we call the General Release Pattern. We use it to discover imbalances. We also use it at the end of the work to integrate it into the body. We work all over the body, checking the movement of joints, elasticity of muscles, and general balance from one side to another.

"Now, everyone, you may notice that with this person one shoulder is lower than the other. This is a good place to begin."

"The first step is to locate the trigger. This is a tender spot, a reflex pain area, that can be located within a general area about the size of a half-dollar. Each person's trigger will be a little different. A tender trigger will indicate that the area related to it will need work. On the shoulder, the triggers are located along the spine of the scapulae, and also at a point midway in the angle formed by the point of the blade and the sides of the shoulder blade. "The next step is to find the person's Preferred Posture. This is the direction that the body wants to go, remember. For instance, notice that her arm tends to turn outward more easily. We just exaggerate this preferred direction very gently. If you create pain, you are doing it all wrong."

"Then, compress into the joint. Use the trigger as gauge of what is happening. Wait up to 20 seconds." She stopped talking and held the woman's arm in position.

"Ohhh," the woman sighed. Her leg twitched.

"Now, that was a good release. You can really tell that a release occurred. Sometimes it isn't so easy. You may just notice the barest movement or ripple in the trigger. Sometimes the trigger will get very warm. You just have to

be tuned in and very aware of what is going on.

"And remember, you have to keep your ego out of it. You are not here to do something to this person on the table. You are a witness, a mirror only. They do the work. They choose whether to release or not."

The instructor worked on the woman's shoulder for several minutes, using different triggers, slightly different positions. The movements were almost minute, then the stillness, the silence. The quiet was peaceful and relaxing just to watch.

The instructor gathered the class around again. "Now, see, the shoulder is more even with the other one. It moves more freely. The rebound has a great deal more elasticity now."

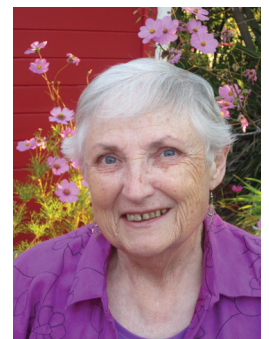
"Just wonderful!" She moved her shoulder around. "Wow, I can really feel a difference. This is great!"

"Okay, class, we are going to learn the whole body this weekend. We had better get to work. Find a partner and a table."

I looked around the room. Someone caught my eye; we nodded and moved toward each other.

I was going to learn how to pass on the delightful miracle that Zoe began with my body.

Margaret
Netherby





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!

CHECK OUT OUR FACEBOOK GROUPS!

Society of Ortho-Bionomy International:

<https://www.facebook.com/OrthoBionomySOBI/>

Ortho-Bionomy - @theevolutionoftheoriginalconcept:

<https://www.facebook.com/theevolutionoftheoriginalconcept/>

Ortho-Bionomy Instructor Group:

<https://www.facebook.com/groups/379732202508940/>

Coordinator Embody O-B:

<https://www.facebook.com/evolvingOrthoBionomy/>



My Journey with Ortho-Bionomy®

By Masae Shimomoto

My journey with Ortho-Bionomy started in fall 2012, when I was suffering from lower back pain for a few weeks. I received Chiropractic work, Physical Therapy and Acupuncture. Nothing worked. I had been a massage therapist of NYS since 2009 and couldn't afford to take days off to rest at the time.

One Saturday, Teruko listened to my pain and guided my body to the certain place, where the pain turned to heat and disappeared mystically. I was so shocked by this. She didn't touch me, but the pain was gone, and it never came back. My mind was full of questions, "What did she do? How can she reduce my pain without touching? If she can do it, can I do that, too!?" I wanted to expand my ability to help others.

When I learned about Ortho-Bionomy classes in NYC I signed up for them right away. The O-B classes opened my eyes/mind with a different perspective of bodywork, especially when I learned the meaning of Ortho-Bionomy "Correct Application of the Natural Law of Life". It really interested me to learn a deeper level because it sounded similar to Buddhism.

The beginning of my O-B journey was that I didn't know what I was doing. When I received my first session, I didn't feel what happened in my body physically. But I continued taking classes and practiced what I learned in my massage work. Gradually I was able to notice something new within my own body and my work.

When I took the Trauma Resolution

class by Terri Lee, I experienced a huge release. For many years, since I was a child, I held some emotion in my body, and I didn't even know it existed for such a long time. I cried so hard, like a little child, all day long even when I laid on my bed. I realized I needed to study O-B in order to heal my own wounds.

Later I was able to give a great O-B session. The client loved it and was so happy with what she felt. I was happy to hear the feedback, and I was very proud of myself.

Another time when I was very down, I received an O-B session. As I was leaving the room, I experienced my life open up. I was physically at ease, emotionally peaceful and felt harmonized with the universe. I felt a sense of inter-connection with the universe. These experiences encourage me to continue to study O-B.

I love Ortho-Bionomy because I continue to evolve for the better. Ortho-Bionomy teaches that we possess all the answers we need/want. We don't need to look for answers outside of ourselves, it's there, within us. I love Ortho-Bionomy because I experience the mystic about the human body and life.

Since I started to take classes in 2012, one great challenge was with my self-esteem. I faced challenges but I didn't have confidence. Life brought me all kinds of events, including the Covid-19 Pandemic that started two years ago. I was fearing for my life and future like many others. My advisor Mike Miller encouraged me to apply to

be a Registered Practitioner of Ortho-Bionomy. A one-hour demonstration was the only thing missing for it. In January last year I did my best to do the demonstration, and in April, I received the certificate of Registered Practitioner of Ortho-Bionomy.

"Evolvment", in Buddhism is called "Human Revolution". Ortho-Bionomy and Buddhist practice have helped me in my life. Everyday life gives me an opportunity to grow and learn something new. I recognize that what we do has a ripple effect to the world. I want to thank all my O-B family for love and supporting my journey. Because of you I am able to write this today. I am looking forward to continuing my journey with Ortho-Bionomy.

Biography

Masae Shimomoto is an LMT of FL and Registered Practitioner of Ortho-Bionomy®

She graduated from Swedish Institute, and became an LMT of NYS/FL. She has 2 grown children, daughter, and

son. They are her treasure of life. She loves cooking and driving into nature to connect with the earth.





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?

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
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>



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

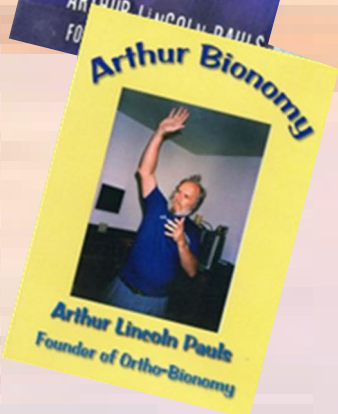
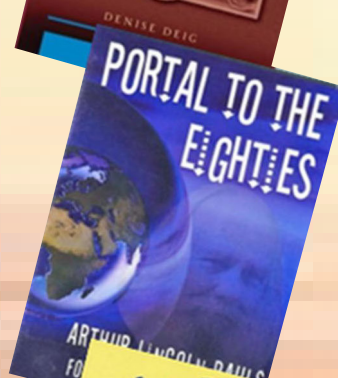
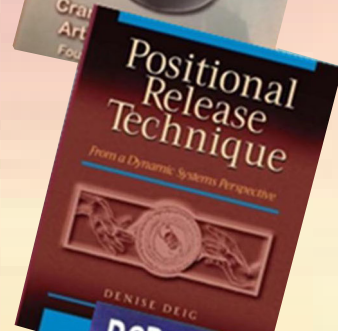
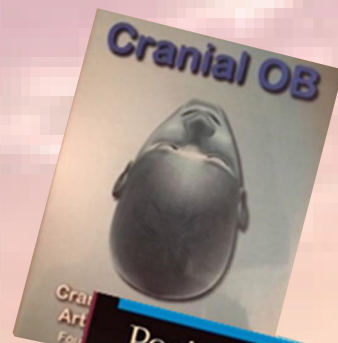
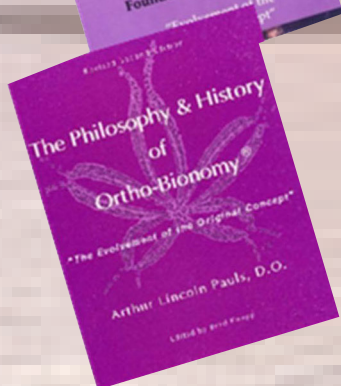
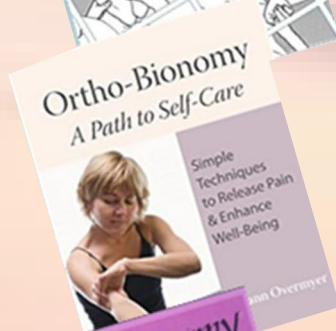
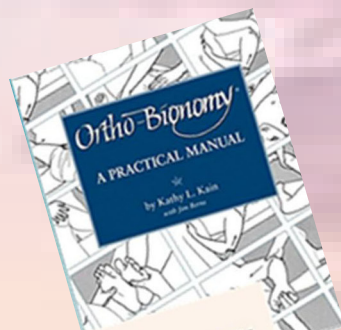
MERCHANDISE

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



Karen Dana	Practitioner	Colorado Springs, CO
Kristi Tucker	Practitioner	Brighton, CO
Kim Christman	Practitioner	Fairview, NC
Shaney Rockefeller	Associate Instructor	Vale, OR

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



EVOLVEMENT PAPERWORK

READY TO TURN IN YOUR WAIVER OR EVOLVEMENT PAPERWORK?

Practitioner (PRC) Instructor (IRC) Review Committees
Quarterly Evolvment 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 evolvment 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 evolvment cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.



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For more information, contact
Rouel Cazanjan @ <http://rouelcazanjan.com/>

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®
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Indianapolis, IN 46240
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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>



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>





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

2022 CLASSES

July 16 & 17

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

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

October 15

Ortho-Bionomy®: Self-Care

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

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: Deerfield Beach, FL

To register for these Boise, ID

Classes contact:

Robin Keller at 208-863-5018

robin@beatjoy.com

September 15 & 16

Ortho-Bionomy®: Phase IV – Focus
on Extremities

Instructor: Liz Olivas

Bench Assist: Laura Holton

Location: Boise, Idaho

Pre Requisite: None

September 17 & 18

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

Instructor: Liz Olivas

Co-Teacher: Laura Holton

Location: Boise, Idaho

Pre Requisite: None

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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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



*Society of
Ortho-Bionomy®*

A natural approach to health and well-being



Find a Practitioner

Learn how Ortho-Bionomy works, what conditions may be helped, and search for an Ortho-Bionomy Practitioner in your area.

[more information](#)



Membership

The Society of Ortho-Bionomy International® is a mutual benefit organization that supports the training, registration and promotion of Ortho-Bionomy.

[more information](#)



Training and Classes

Ortho-Bionomy training is done only by registered Instructors of the Society of Ortho-Bionomy International®. Check here for scheduled classes and training information.

[more information](#)



SOBI 2023 Conference

The location for the 2023 SOBI conference is being decided soon. Stay Tuned!

[more information](#)

The Society of Ortho-Bionomy International® (SOBI) was founded in 1984 and oversees the training of all its Practitioners and Instructors. The extensive professional training programs and mentorship opportunities ensure that each of our Registered Practitioners and Registered Instructors has demonstrated the highest level of Ortho-Bionomy skills, professional competence and standards of practice. SOBI owns the trademark to the term Ortho-Bionomy and is the only entity which can give permission to use of the term Ortho-Bionomy in the US. Ortho-Bionomy was founded by Arthur Lincoln Pauls, (1929-1997).



**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!!