

Ortho-Bionomy® Newsletter



April 2023 ❀ Volume 33 ❀ Number 2

President's Address

Greetings, Membership,

It's hard to believe we have already come through ¼ of 2023! As they say, time flies when you are having fun. I have a few updates to share with everyone.



Finally, (hallelujah) the Grievance Policy and Procedure are complete. This was a huge undertaking and after over 2 years of sweat, tears and rewrites it is ready to implement. You all should have received a ballot to vote for fellow members to serve on the Professional Conduct Committee (PCC). We will have it set and ready, should the need arise, by early April.

More updates are in the works. All of the training handbooks are being compared to the policy to be sure they match. There have been many kerfuffles in the past that possibly could have been avoided if the manuals and policy were clear and said the same thing. We are so lucky to have Ian, who is brilliant at this sort of thing. Hurray Ian! And of course, Keri, pointing him in the right direction.

Conference registration is open on the website. We are planning a live and an online Conference to run at the same time. Check out all the options and info provided to help you decide which one to attend. The presentation lineup is going to be something you won't want to miss. Many more details to come soon.

Your Diversity, Equity and Inclusion committee is actively looking at ways SOBI can be more inviting to a wider population. We hope to be more representative of all peoples in the near future. Please don't hesitate to share your ideas with the office.

Finally, thank you everyone for the wonderful support of the SOBI sponsored online study groups and other SOBI sponsored online seminars. We are always looking for ways to add value to your membership.

Blessings and Joy,
Cathy

Two New SOBI Board of Directors Members

SOBI has received two applications and nominations for the SOBI Board of Directors. Laura Samel and Kami Clark have stepped forward to serve the Society and have received glowing nominations in support of their appointments. Also, Renee Schneider has agreed to serve another term on the Board of Directors, so we now have enough Board members available and are willing to serve starting October 1st. As we do not have more applicants than we have openings there is no need to proceed with an election process. Thank you to Renee, Laura, and Kami for your willingness to share your passion and skills to serve the membership of the Society.



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Rocky Mountain

On the web: <http://www.rmobcenter.com/>

Ortho-Bionomy®

Heal from within
Center

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970.209.9400

Instructors:
Sheri Covey
Sara Spehar

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"

Revised January 19th, 2022

SOCIETY OFFICE

Society of Ortho-Bionomy
International
PO Box 40937
Indianapolis, IN 46240

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KERI BROWN

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TUESDAY 1 PM–6 PM
THURSDAY 9 AM–3 PM
Voice messages and email will be
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within 24-48 hours during the week.

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BOARD OF DIRECTORS

SOBI Member	Office Title
Cathy Krenicky	President
Lynne Marotta	Vice-President
Melissa Malm	Secretary
Erin Long	Treasurer
Laura Holton	Member at Large
Renee Schneider	Member at Large
Jacqueline Davis	Member at Large

MISSION STATEMENT

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.

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.



It is about being
INSPIRED

Upcoming Classes

Advanced Phase 4 Week

June 5th -9th

Advanced Spine 6/5 & 6

Study Group 6/7/23

Advanced Neck. 6/8 & 9

Grand Junction Co

Visceral

This Class has a broad sweep into your understanding of how Visceral influences Structure and Fascia.

Join Us September 13 -15 2023

Grand Junction Colorado

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New Certification Program

In Denver Colorado

May 8 -12 2023

Tired of chasing classes or waiting for classes to arrive near you?

Join our New Program and discover what your work has been missing. We offer the only Occupational Degree and additional classes beyond what the Practitioner Training requires. Be Inspired!

Announcing a New Advanced Practitioner Training Certification Program within the Center!

We are offering Week Certification Programs for Advanced Practitioners Denver Colorado

Week 1: February 26th -March 1 2024 Impact Injuries

Week 2 April 22 - 26 2024 Advanced Visceral

Week 3 June 24 -28th Advanced Fascia

More Information to follow

In Memoriam

By Chris Lynn

Laurel L. Butts, DC

Laurel was first introduced to Ortho-Bionomy nearly 30 years ago at a lecture-demo presented by myself, Chris Lynn, and Annie Roland-Easter in Colorado Springs. She quickly became an enthusiastic client of the work, soon becoming a highly skilled practitioner and advocate, and later using her Ortho-Bionomy talents with most of her patients within her chiropractic and alternative care practices in Southern California and Colorado Springs. She held advanced certifications in Animal Chiropractic and treated many cats, dogs, and horses with O-B as well.



She was an active member of SOBI until her passing.

Laurel was a powerful healing light and a profound guide. She provided extraordinary hands-on care and healing counsel to countless people within her practice and in her personal life, literally saving lives along the way with her humor and clear, honest, and direct presence.

Following a long illness, Laurel transitioned peacefully on January 19, 2023, surrounded by a devoted group of magical women friends by her side, at home in Colorado Springs. I'm happy to say that receiving Ortho-Bionomy brought her much relief and comfort in her final days.



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

2023 SOBI Conference in Albuquerque

Instructor retreat October 17-18, 2023. Conference October 19-22, 2023

IT'S TIME!!

Registration is open for the 2023 SOBI Conference.

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

Plans are underway. Schedules are coming together. Fabulous lodging arrangements are booked. Menus are being chosen.

Our venue, the Indian Pueblo Cultural Center (IPCC), is a beautiful place to visit and learn about Pueblo Indian culture. There's a courtyard to enjoy and relax outside of the meeting rooms, a museum, and a world class restaurant at the center. There are also several restaurant options within easy walking distance of both the center and the hotel we have booked. Check it out <https://indianpueblo.org/>



Lodging: We have contracted with the Marriot Suites that are within easy walking distance of the IPCC. These rooms all have kitchenettes and two queen-sized beds for only \$199 per night. When you register you will receive all the information you need to reserve your room at the Marriot. Follow the link to see what the rooms look like <https://towneplacesuites.marriott.com/suites/>

Food Options: The Board of Directors found that they could order food via Instacart from Whole Foods and have it delivered to the hotel the next morning.

Big bonus: Santa Fe is just a train ride away from Albuquerque!

Opportunities: Go to the SOBI website and check out the Conference page for advertising opportunities, presenters, hotel registration, ride and room sharing information,

We can't wait to see you there!
SOBI Conference Committee

CALL FOR ARTICLES FOR THE JULY '23 NEWSLETTER



We need to hear from you! As a new option, we are excited to receive articles from your clients who have experienced receiving this wonderful work and have not attended a class. We would like to know what they have learned from a purely experiential, "non-student" perspective! 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.

AMTA LIABILITY INSURANCE

If you missed the news, the Society now offers AMTA liability insurance for practicing Ortho-Bionomy®. This insurance costs \$89 annually and available for Associate members and above. This policy does not cover massage or other modalities, it is specific to Ortho-Bionomy only. If you would like to more information or would like to register, go to <https://ortho-bionomy.org/aws/SOBI/login/login> and login to your member profile, click onto the AMTA Liability Insurance tab.

ORTHO-BIONOMY® TRAININGS

SPRING/SUMMER 2023 CLASSES

<u>Date</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
April 7	Releases for the Pelvis (Phase 4)	Malm	Ashland, OR
April 19-20	Exploration of Movement	Berns/Malm	Davis, CA
May 5	Releases for the Cervical Spine (Phase 4)	Malm	Ashland, OR
May 17-18	Experiential Ethics & Emotional Issues	Berns	Davis, CA
June 2	Releases for the Shoulder – Anterior & Clavicle (Phase 4)	Malm	Ashland, OR
June 7-8	Advanced Energy Releases (Phase 6)	Berns	Davis, CA
June 13-14, 20-21	In-Depth Releases for the Neck & Thoracic Outlet (Phase 4)	Berns/Malm	Online
June 24-25	Releases for the Upper Extremities (Phase 4)	Malm	Portland, OR
July 7	Releases for the Shoulder – Posterior & Scapula (Phase 4)	Malm	Ashland, OR
July 8-9	Releases for the Upper Extremities (Phase 4)	Malm	Corvallis, OR
July 22-23	Demonstration Skills	Berns	Davis, CA

For more information about enrollment, email Melissa or Jim.

Photo credit: Melissa Malm



JIM BERNs

Registered Advanced Instructor
objimberns@gmail.com
707-217-9819



MELISSA MALM

Registered Instructor
melissa_malm@yahoo.com
415-595-0328 (text best)

NCBTMB Approved Continuing Education Provider "Ortho-Bionomy" Trainings" #296455-00

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SOCIETY OF ORTHO-BIONOMY INTERNATIONAL

Statement of Financial Position

As of December 31, 2022

	TOTAL		
	AS OF DEC 31, 2022	AS OF DEC 31, 2021 (PY)	CHANGE
ASSETS			
Current Assets			
Bank Accounts			
Old National Bank	16,385.21	15,633.23	751.98
PNC 4547	75,168.27	68,908.38	6,259.89
Total Bank Accounts	\$91,553.48	\$84,541.61	\$7,011.87
Other Current Assets			
1120 Inventory Asset	1,766.09	1,535.13	230.96
Total Other Current Assets	\$1,766.09	\$1,535.13	\$230.96
Total Current Assets	\$93,319.57	\$86,076.74	\$7,242.83
Fixed Assets			
Fixed Assets			
1600 Equipment	2,539.35	2,539.35	0.00
1630 Accu. Depreciation	-2,539.35	-2,539.35	0.00
Total Fixed Assets	0.00	0.00	0.00
Total Fixed Assets	\$0.00	\$0.00	\$0.00
TOTAL ASSETS	\$93,319.57	\$86,076.74	\$7,242.83
LIABILITIES AND EQUITY			
Liabilities			
Current Liabilities			
Credit Cards			
2301 Visa Old National Bank	501.85	546.91	-45.06
Total Credit Cards	\$501.85	\$546.91	\$ -45.06
Other Current Liabilities			
Payroll Liabilities			
Federal Taxes (941/944)	-444.96	-295.68	-149.28
IN Income / Local Taxes	4.84	-19.21	24.05
IN Unemployment Tax	-0.60	-8.78	8.18
Total Payroll Liabilities	-440.72	-323.67	-117.05
Total Other Current Liabilities	\$ -440.72	\$ -323.67	\$ -117.05
Total Current Liabilities	\$61.13	\$223.24	\$ -162.11
Total Liabilities	\$61.13	\$223.24	\$ -162.11
Equity			
3900 Fund Balance	85,853.50	54,621.99	31,231.51
Net Revenue	7,404.94	31,231.51	-23,826.57
Total Equity	\$93,258.44	\$85,853.50	\$7,404.94
TOTAL LIABILITIES AND EQUITY	\$93,319.57	\$86,076.74	\$7,242.83

Tuesday, March 7, 2023 03:30 PM GMT-05:00

SOCIETY OF ORTHO-BIONOMY INTERNATIONAL

Statement of Activity

January - December 2022

	TOTAL		
	JAN - DEC 2022	JAN - DEC 2021 (PY)	CHANGE
Revenue			
8810 Class/Study Group	8,400.00	4,130.00	4,270.00
Memberships and Dues	1,257.80	286.65	971.15
4000 Students New	1,575.00	1,605.00	-30.00
4010 Students - Renewal	3,705.00	3,380.00	325.00
4020 Associate			
4021 Associate New member	3,400.00	2,035.00	1,365.00
4022 Associate Renewal	14,632.00	15,410.00	-778.00
Total 4020 Associate	18,032.00	17,445.00	587.00
4030 Practitioners	19,859.00	20,549.00	-690.00
4040 Advanced Practitioners	5,897.00	5,135.00	762.00
4050 Associate Instructor	1,600.00	1,235.00	365.00
4060 Instructor	6,954.00	7,556.00	-602.00
4075 Assoc Advanced Instructor	853.00	2,000.00	-1,147.00
4080 Advanced Instructor	7,395.00	6,900.00	495.00
Total Memberships and Dues	67,127.80	66,091.65	1,036.15
Merchandise & Other Income			
4210 Advertising - Web & Print	1,740.00	1,610.00	130.00
4215 Newsletter - Member Hardcopy	120.42	19.91	100.51
4710 Merchandise Sales Shirts, Pens	3,005.00	1,667.00	1,338.00
4720 Book Sales	1,764.65	2,283.00	-518.35
4770 DVD Sales	3,272.35	3,110.00	162.35
Total Merchandise & Other Income	9,902.42	8,689.91	1,212.51
Shipping Income	1,257.56	1,057.10	200.46
Subscriptions		25.00	-25.00
Training			
4110 Instructor Enter & Evolve	1,650.00	450.00	1,200.00
4120 Adv Pract Enter & Evolve	450.00	700.00	-250.00
4140 Practitioner-Enter & Evolve	1,250.00	2,350.00	-1,100.00
Total Training	3,350.00	3,500.00	-150.00
Total Revenue	\$90,037.78	\$83,493.66	\$6,544.12
Cost of Goods Sold			
5410 Merchandise Purchases			
Merchandise Purchases	5,481.14	5,329.07	152.07
Total 5410 Merchandise Purchases	5,481.14	5,329.07	152.07
Total Cost of Goods Sold	\$5,481.14	\$5,329.07	\$152.07
GROSS PROFIT	\$84,556.64	\$78,164.59	\$6,392.05

Cash Basis Tuesday, March 7, 2023 03:53 PM GMT-05:00

SOCIETY OF ORTHO-BIONOMY INTERNATIONAL

Statement of Activity January - December 2022

	TOTAL		
	JAN - DEC 2022	JAN - DEC 2021 (PY)	CHANGE
Expenditures			
8850 Classes/Study Group Expense	2,400.00	4,000.00	-1,600.00
Administrative Expenses			
5110 Newsltr, E-News & Directory Exp			
Newsletter	3,639.12	3,563.80	75.32
Total 5110 Newsltr, E-News & Directory Exp	3,639.12	3,563.80	75.32
6100 Shipping, Handling & Meter	1,468.51	1,254.97	213.54
PO Box Fee	125.93	215.88	-89.95
Postage - Member Mailings		14.95	-14.95
Total 6100 Shipping, Handling & Meter	1,594.44	1,485.80	108.64
6115 Credit Card & Bank Charges	2,213.99	2,293.79	-79.80
6130 Advertising	1,753.00	1,314.80	438.20
6155 Office - Supplies & Support	85.34	1,285.34	-1,200.00
6160 Office - Rental	2,440.00	2,820.00	-380.00
6180 Computer and Software	1,960.43	1,890.99	69.44
6200 Telephone & Internet	655.70	720.20	-64.50
6400 Insurance	2,757.00	2,966.00	-209.00
6500 Acctg & Legal Services	6,220.00	2,340.27	3,879.73
6525 Website	6,402.92	3,462.89	2,940.03
Board Meeting & Retreat Cost	12,595.79	1,898.22	10,697.57
Total Administrative Expenses	42,317.73	26,042.10	16,275.63
Payroll Expenses			
Taxes	2,392.19	-193.60	2,585.79
Wages	27,160.00	30,844.50	-3,684.50
Total Payroll Expenses	29,552.19	30,650.90	-1,098.71
Sales Tax	490.59	223.32	267.27
Total Expenditures	\$74,760.51	\$60,916.32	\$13,844.19
NET OPERATING REVENUE	\$9,796.13	\$17,248.27	\$ -7,452.14
Other Revenue			
8820 Conference Revenue & Registrat.		18,351.49	-18,351.49
AMTA Insurance Premium	801.00		801.00
Conference Sponsorship		1,055.00	-1,055.00
Donations	106.43		106.43
Total Other Revenue	\$907.43	\$19,406.49	\$ -18,499.06
Other Expenditures			
8830 Conference Cost	3,049.00	4,859.00	-1,810.00
AMTA Insurance Payment	237.00		237.00
Interest Expense	12.62	17.60	-4.98

Cash Basis Tuesday, March 7, 2023 03:53 PM GMT-05:00



SOCIETY OF ORTHO-BIONOMY INTERNATIONAL

Statement of Activity January - December 2022

	TOTAL		
	JAN - DEC 2022	JAN - DEC 2021 (PY)	CHANGE
Returned Member Fees		260.00	-260.00
Total Other Expenditures	\$3,298.62	\$5,136.60	\$ -1,837.98
NET OTHER REVENUE	\$ -2,391.19	\$14,269.89	\$ -16,661.08
NET REVENUE	\$7,404.94	\$31,518.16	\$ -24,113.22

Cash Basis Tuesday, March 7, 2023 03:53 PM GMT-05:00

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.

2023 CALENDAR

April	Ortho-Bionomy News Quarterly Newsletter & Annual Report Available
June 15	Waivers/Evolvment Requests for PRC/IRC Due
June 22	Annual General Meeting via Zoom Newsletter Articles and Advertisements Due
July	Ortho-Bionomy News Quarterly Newsletter Available
September 15	Materials/Waivers/Evolvment request for PRC/IRC Due Newsletter Article Submissions & Advertising Due
October 1	Board of Directors Term Begins
October	Ortho-Bionomy News Quarterly Newsletter Available
December 15	Newsletter Article Submissions & Advertising Due Materials/Waivers/Evolvment request for PRC/IRC Due

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



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

An Off the Body Experience

By Ari Stein

I had only been working with Sonia for a few months when we had our first all Phase 6 (and 7) session. It's now been over 2 years and 100 sessions that we have been working together.

Sonia has Ehlers-Danlos Syndrome.

From the EDS website:

"The Ehlers-Danlos syndromes (EDS) are a group of hereditary disorders of connective tissue that are varied in their genetic causes, and in the ways in which they affect the body.

The underlying concern is the abnormal structure or function of collagen and certain allied connective tissue proteins. They are generally characterized by joint hyper-mobility (joints that move further than normal range), joint instability (subluxation or the partial separation of the articulating surfaces of a joint), dislocations (full separation of the surfaces of a joint), scoliosis and other joint deformities, skin hyperextensibility (skin that can be stretched further than normal), abnormal scarring, and other structural weakness such as hernias and organ prolapse through the pelvic floor. In the rarer types of EDS, there may also be weakness of specific tissues that can lead, for example, to major gum and dental disease, eye disease, cardiac valve and aortic root disorders, as well as life-threatening abdominal organ, uterine, or blood vessel rupture."

Sonia has many of the sub-types of EDS. You could say she is an extreme case. So after seeing Sonia almost weekly for months, 3 weeks went by without a word. Checking in, her

mother told me she was having severe mast cell reactions and didn't want to be touched or have any stimulus, for that matter. Sonia would later describe the feeling as "ants crawling under skin and on the inside of her skull." I suggested doing some off-body energy work (PH6) to see if that could help. This type of work had resulted in some good effects during past sessions. Sonia agreed it would be worth trying.

Sonia and I had developed a close connection from the start and our sessions were and still are very informal. We started the session with Sonia laying on a table in her living room with me next to her on the couch. I was sitting close to her at first as we sat and talked. As we connected, I had to keep moving

further out of her field, it was still too much being that close. We had been working for 10-15 minutes and I found myself standing in front of her, maybe 10 feet away, when she said emphatically something to the effect "

I wish everybody would just stop looking at me!" I thought to myself "I can do that". So I turned around, turned my palms up, arms a little out to the side and connected. Immediately, there was an explosion of energy that shot across the back of my hands and mid back simultaneously moving up and down my spine.

Sonia felt it in the same moment and asked, as she is known to do, 'What did you just do?' and I answered as I always do, "I don't know?" From there the rest of the session had me moving from points around the living room and kitchen, then outside around the front and side of the house, making connections as I went. The visual was a geodesic dome of triangles being built throughout the inside of the house. Looking back this feels more like PH7. I was finishing the session outside when her mother came home. She looked at me puzzled. Then pointed over my right shoulder. There was a blue jay sitting on the fence looking as if it was sitting on my shoulder. The blue jay is Sonia's totem animal. When we were finished, inside the change in energy was palpable. Everything felt connected. Sonia was back in her body with a feeling of wholeness and calm. Tension and pain were reduced. Crisis situation had settled down and life went on. There have been many adventures since then.

Observations of EDS

EDS seems to cause the body to contract to a point of such extremes that any movement can cause a subluxation somewhere. The internal tension and pull to center, really a torque to center, becomes so great that there's a

cascade of symptoms. The brain can become compressed from the fascia tightening to hold the body together which I believe leads to a lot of her neurasthenia symptoms. Muscles shorten beyond the length of the bone making it hard to leverage, bend and rotate leading to constant dislocation of joints. I think, and what some doctors who treat EDS have said is, that the body is contracting like this to hold itself together and function as a bi-ped. This is where, I believe, many the symptoms are derived: this constant extreme tension pattern.

What I see happening in relationship to PH6 is the organization of the energy body acting as an amniotic sac of energy to support the contraction of the physical structure which itself is also a support action. What I have found with Sonia is that sometimes her energy body gets so anchored and torqued it has to un-torque so her physical body has a place to move into. Working with Sonia is like playing a game of connect the dots. We don't stay too long with any one piece. When enough of the pieces connect, her body "reboots" and starts to organize itself structurally in what I call "Expansion Mode" becoming, once again, a functioning Tensegrity System. Read Ellen Lewis's excellent article in SOBI newsletter from October 2005.

This session was one of the most profound moments I've experienced practicing O-B. My eyes still get teary when I tell this story. Thank you to all of my teachers these past 29 years. And a big thank you to Michael Huff for sending Sonia my way and giving me a starting place to jump off from.

Biography

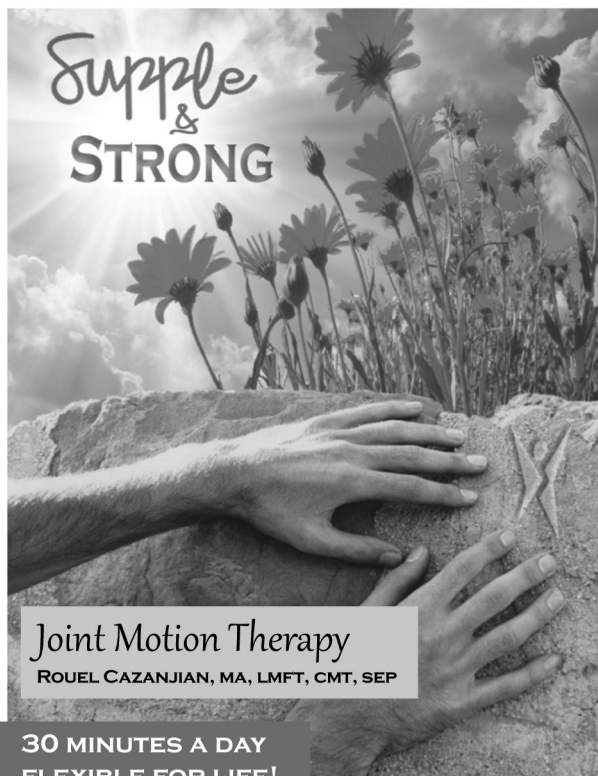
Ari Stein was first introduced to Ortho-Bionomy in 1993. He immediately bought the manual and



started integrating Ortho-Bionomy, as he understood it, into his work. It wasn't until 1998 that he attended his first class. Ari moved to the Monterey Peninsula in 2000 to dive into his O-B studies. He still maintains an active Ortho-Bionomy practice 23 years later. Ari loves giving O-B back to his community and is beginning his 19th season working with varsity High School baseball. Go Does!

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?



In his new book, ***Supple and Strong: Joint Motion Therapy***, Rouel Cazanjian offers a simple method that enables you to assess the health of joints, improve flexibility and balance muscles, while also building strength and endurance. It uses the body's own natural ranges of motion with no weights, resistance, or special equipment, and can be practiced anywhere, anytime.

Just 20-30 minutes a day is all it takes to reap the benefits, which include:

- increased joint longevity
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- greater energy
- better mood
- refined coordination
- marked reduction in tension
- greater well being

Effective as cross training for any sport, dance, or musical instrument, Joint Motion Therapy supports an active, healthy lifestyle. Plus, it enhances your knowledge of biomechanics!

Supple and Strong: Joint Motion Therapy is available online for \$20 through Amazon.

To purchase, [click here](https://www.amazon.com/Supple-Strong-Joint-Motion-Therapy/dp/B0BXNF2KTB/ref=sr_1_1?crid=2YLP1XO7B7O2U&keywords=rouel+cazanjian&qid=1679448735&prefix=Rouel+%2Caps%2C751&sr=8-1).

https://www.amazon.com/Supple-Strong-Joint-Motion-Therapy/dp/B0BXNF2KTB/ref=sr_1_1?crid=2YLP1XO7B7O2U&keywords=rouel+cazanjian&qid=1679448735&prefix=Rouel+%2Caps%2C751&sr=8-1

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!





The Therapeutic Alternative and BodyWorkCEUS.net

Offering Live & Remote Continuing Education
ORTHO-BIONOMY® (Offering SOBI, NCBTMB & Fla. Massage CE's)

2023 CLASSES

May 6 & 7

Ortho-Bionomy®: Isometrics

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

June 3 & 4

Ortho-Bionomy®: Phase 4 Spine

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

July 15 & 16

Ortho-Bionomy®: Phase 4 Extremities

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

November 3, 4 & 5

Ortho-Bionomy®: Visceral

Instructor: Mike Miller

Location: Deerfield Beach, FL

Pre Requisite: OB Phase 5 (also recommend phase 6)

November 6 – Study Group

Ortho-Bionomy®: Urinary bladder and Prostate

Instructor: Mike Miller

Location: Deerfield Beach, FL

June 22-25

Ortho-Bionomy®: Fluids, Fascia and the Lymphatic System

Instructor: **Liz Olivas**

Location: Gainesville, FL

Pre Requisite: None

To register for this call 561-392-3340 or go to: <http://www.bodyworkceus.net/fluids-fascia-and-the-lymphatic-system.html>

For room reservation and information, call Mary Santello at 352-378-3098.

September 7, 8, 9 & 10

Ortho-Bionomy®: Fluids, Fascia and the Lymphatic System

Instructor: **Liz Olivas**

Location: Boise, Idaho

Pre Requisite: None

September 11 – Study Group Study Group

Instructor: **Liz Olivas**

Location: Boise, Idaho

To register for these Boise, ID Classes contact: **Robin Keller** at 208-863-5018
robin@beatjoy.com

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

Wealthy is Healthy

By Liz Beeson

Originally Printed 2009

What is wealth? The origin of the word dates back to 1200-50 with the root being well or health. To take care of your self, to be whole, full and complete, to be recognized and held in a place of respect are all aspects not only of health but also of wealth. It is important for us who serve the health of others to embody and model the principles of good health in not only our personal choices but our business choices as well.

Making good choices requires understanding, a keen sense of observation, strategic planning, and honoring your limits—all principles of the work we practice daily.

When I opened my door for business as an Ortho-Bionomy practitioner, I was enthusiastic and optimistic about being in the service industry. To have the opportunity to garner wages while helping others seemed like a dream job. I priced my session work competitively in order to build my clientele based on what other therapists in the area were charging. To build my business would earn me the right to ask more for my practice. I often bartered and sometimes gave work away. I felt that I was being smart. After all, that is what everyone else in the business was doing. I was taught in massage school that if I worked hard and offered a superior skill, eventually I would. I thought this was a kind of initiation period was necessary to endure in order for me to fully “own” my space and

place as a therapist—the point at which it was complete, however, was unclear and undefined.

Years went by, and it was still not unusual for me to work twelve-hour days, sometimes without stopping for lunch. I was still offering discounts for seniors and those who were financially strapped, and was still, now begrudgingly, accepting barter for paintings and jewelry I really did not need nor want. Proving that I was a good therapist was not an issue any longer; I had built a good reputation. The cash was flowing, the clients were flowing, my calendar was full, so why was I anemic, exhausted and feeling more and more unsupported at work and at home? Things were clearly out of balance, but what was the source?

Did I need to eat more meat (or lunch at least) or hire a housekeeper to help out at home? Wait, I was not entirely clear whether I could even afford to hire a housekeeper... I was still charging the same rate for session work as four years ago yet my office rent has been raised twice and my taxes even more. What was this resistance to simply charging more for my work? After all, I had earned it in terms of effort, energy and expertise. The only thing that was clear to me was that I had no plan when it came to the financial aspect of my practice.

My smart CEO businessperson husband suggested that perhaps I needed to take a good hard look at my *cash flow* and see how much, if anything,

I was actually making. Not just looking at cash that comes in, but also cash that goes out, and then, ultimately, what cash is left over—in other words, looking at my *profits*.

There was this sinking feeling in my stomach. When he is right, he gives me that look and slowly shakes his head, clearly chanting the unspoken mantra of “I told you so.” I *knew* he was right. I shifted uncomfortably in my seat and protested claiming I was not trained in financial matters, could not relate to numbers, and that I did not have a clue as to how to even begin. He calmly looked toward me and said in his most wise voice, “There is no substitute for being personally involved with your own finances.”

There is a simple formula that every practitioner needs to know, whether you have an accountant or not. First, we look at all of the *variable costs* associated with a session. These are costs that occur each time you give a typical session. For most Ortho-Bionomy practitioners, these are pretty simple. Things such as linen service, oils used for aromatherapy, candles, paperwork and give-aways such as bottled water. Next, we list the price we are charging per session. We then list all of the *fixed costs* associated with your practice. These would include rent, utilities, taxes, and capital expenditures such as your table and equipment. You would also want to include any continuing education costs here. There are probably more fixed costs than you would think

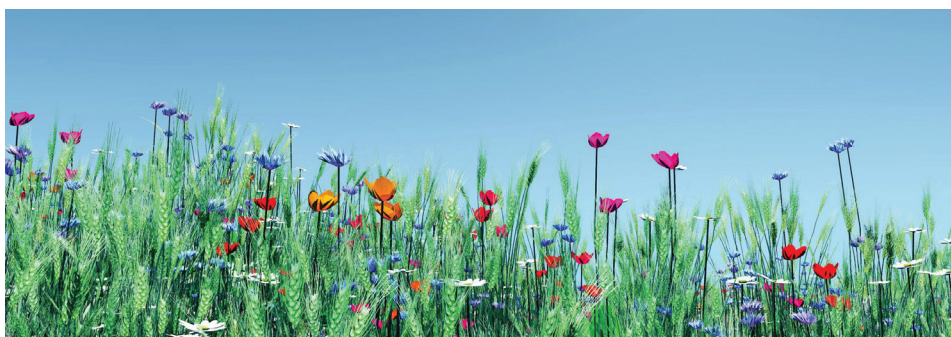
of right off the top of your head so take your time with this piece.

Next, you list how many sessions you anticipate giving each month. If you have employees or consider yourself an employee, you will then list salaries and benefits associated with your practice. This is where you may plan for a retirement or health care fund for yourself.

Now this is where the magic begins. Once all of the numbers have been put in place, you will be able to see exactly what your bottom line looks like. Not only will you be able to clearly see what results your past actions have produced, but also you will be able to strategically plan for the future. The idea of the reflexes in Ortho-Bionomy is to use them where responsibility is diminished. Receive this as a gentle suggestion toward on-going action and make the choice in the direction of new responsibility for your own financial success-the follow on will support you on every level of your being.

Biography

Elizabeth Beeson is a graduate of Mesilla Valley School of Therapeutic Arts in Las Cruces, NM and New Mexico Academy of Healing Arts in Santa Fe, NM. Elizabeth has been active in the healing arts since 1995 and has practiced privately in New Mexico, California, Georgia, and Florida. Dedicated to the principles of holistic health, Elizabeth has worked with professional and Olympic athletes, professional musicians, dancers, and actors, as well as physicians within the traditional western medical field. Elizabeth is a Licensed Massage Therapist in the state of Florida, a Registered Advanced Instructor of Ortho-Bionomy, and NCBTMB approved provider for massage therapists and bodyworkers. Elizabeth is the owner of PURE Mind-body located on beautiful 30A in the Florida panhandle and the developer of SENSUS, a proprietary form of somatic bodywork involving focusing and breathwork.



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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/>



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
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

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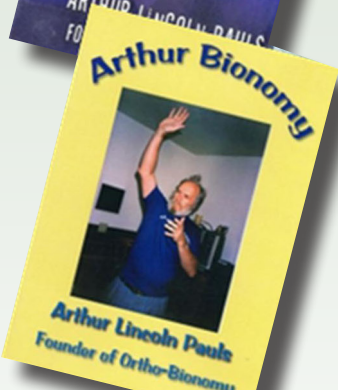
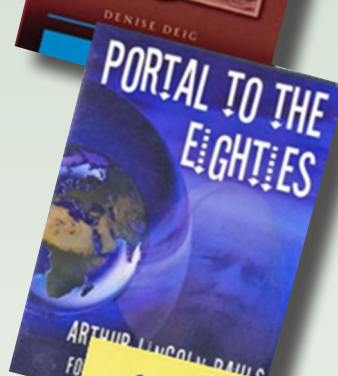
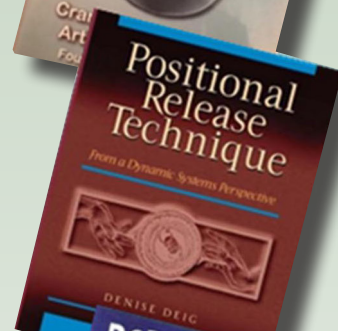
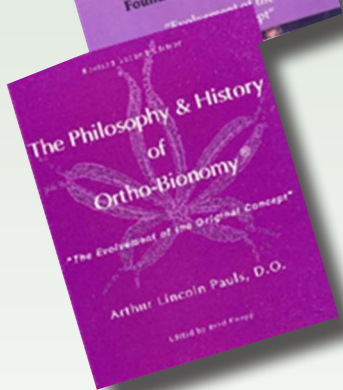
Cranial, Pauls	\$130 / \$140
Pearls of Wisdom, Pauls	\$100 / \$110
Portals to the 80's, Pauls	\$ 50 / \$ 60
Arthur Bionomy, Pauls	\$ 40 / \$ 50
Discount set of all five Phase 8 DVD's, Lee	\$ 35 / \$ 45
Phase 4 Spine, Lee	\$ 45 / \$ 55
Phase 4 Extremities, Lee	\$225 / \$ 245
Exploration of Movement, Lee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

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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.



www.ortho-bionomy.org

EVOLVEMENTS

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

Amy Bowles

Associate
Lehi, UT

Darrick Waugh

Associate
Payette, ID

Robin Butler

Associate
Vale, OR

Mallory Holmes

Associate
Hanahan, SC

Michelle Kizner

Associate
Sacramento, CA

Morgan Mitchell

Associate in Practitioner Training
Paonia, CO



Norma Ashely

Associate in Practitioner Training
Newberg, OR

Laura Samel

Advanced Practitioner
Lafayette, CO

Misty O'Neil

Practitioner
Muncie, IN

Clive Salzer

Associate Advanced Instructor
São Paulo, SP. Brazil

Patricia Thomas

Practitioner
Charlotte, NC

Elizabeth Beeson

Advanced Instructor
Inlet Beach, FL

Beth Youngdoff

Practitioner
Hayward, CA

Frank Heslin

Advanced Instructor
East Maitland, NSW Australia

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

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

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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>





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

SOBI Sponsored Study Groups 2023

The member cost for the SOBI sponsored study groups will remain \$45 in 2023. Be sure to register when the SOBI email lands in your inbox, to get your space reserved for any of these informative study groups.

Instructor	Date	Topic
Susan Smith	20-Apr	Stress and the Endocrine System
Lynne Marotta/ Melissa Malm	18-May	SOBI Trademark Policy
Peggy Scott	15-Jun	Reflex-O-B a Blend of O-B and Foot Reflexology
Ann Hoeffel	20-Jul	Significance of Chapman's Reflexes: Why It's Wise to Always Check for Congestion
Melinda Doden	17-Aug	The Elbow
Tanya Pauls	21-Sep	Phase 4 Thoracics and Lumbars
Bettina Beaucamp	19-Oct	Let's Use OB Principles to Make Marketing More Effective and Fun!
Sara Sunstein	16-Nov	Ethics
Rouel Cazanjan	21-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>



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.