

What is Self-Care?

Self-Care is a series of techniques where the client has the opportunity to know themselves and extend the benefit of their sessions. Arthur Lincoln Pauls, the founder of Ortho-Bionomy, said that the re-education of the client was one of the most important ways of supporting our ongoing alignment.

Self-Care is given to the client by the practitioner at the end of the session. Self-Care is also taught as part of the Post Techniques and Postural Re-education class. Self-Care is also taught as a stand alone system.

Everyone has the capacity to heal themselves and this occurs spontaneously. If we can inform the nervous system of the imbalance, it will release naturally. The body has the **capacity to self-correct**. For this to occur, we need to move the body into a **position of comfort and ease**. To find this position, we learn to slow down **listen carefully and feel** the body's responses, timing and sensations. When the body is relaxed and without pain, any patterns of tension or strain can begin unwinding in its own time. When the body is relaxed, it is at its most efficient for self-regulation to be triggered.

The body's self-correction comes through movement. Through movement we allow regulation to move unimpeded.

Once muscle tension is removed, the joints and bones will self-align. This is how we learn to resource and empower ourselves.

Who can teach Self-Care techniques that are not for Ortho-Bionomy credit?

- Any participant who has attended a Phase 4 class, Self-Care class or a Postural Re-education and Post Techniques class, can teach their clients Self-Care techniques on a one-to-one basis.
- Registered Practitioners can present Self-Care techniques to small groups at the local hall, gym or any other venue.
- Registered Yoga and Pilates teachers, teachers of other recognized modalities, and personal trainers who have attended a Self-Care Ortho-Bionomy class, can incorporate Self-Care into their classes each week.

Who can teach Self-Care representing Ortho-Bionomy and for SOBI credit?

- Associate Instructors can do Study Groups, all other levels of Registered Ortho-Bionomy Instructors can teach Self Care class.
- All levels of Registered Instructor can present/teach at non-SOBI professional conferences and for other professional organizations.

Note: If you are unsure about any of the above, please contact your Supervising Instructor with any questions or the Society of Ortho-Bionomy Board of Directors office@ortho-bionomy.org