

Ortho-Bionomy® Newsletter



January 2023 ❀ Volume 33 ❀ Number 1

President's Address

Greetings, Everyone!

Yes, it's still me. I was voted in as your President for one more term; I am term limited and must leave at the next cycle which starts Oct. 1, 2023. Each of the other Board members will stay as they were for the next year as well.

I must tell you that this is the most grounded, competent, honest, creative, inspired, Ortho-Bionomy embodied group I have ever met. SOBI is in very good hands.

Speaking of the Board, we had our first in-person retreat in 2 years in October. We visited a prospective venue for an in-person conference and also got lots of work done. The Board and office (shout out to Keri and Ian) have been engaged for some time now in clarifying and reconciling our policy to our training manuals and procedural



documents. The main effort at the retreat was to rework our Grievance Policy and procedure. We are hoping to introduce you all to the beta version soon, and soon after that be able to put the policy in place.

Please continue to check the website for updates and, please open and respond to emails sent from the office. We have few other useful ways of knowing what you, the membership, needs if you don't answer our requests for input. Of course, stand-alone suggestions are always welcome.

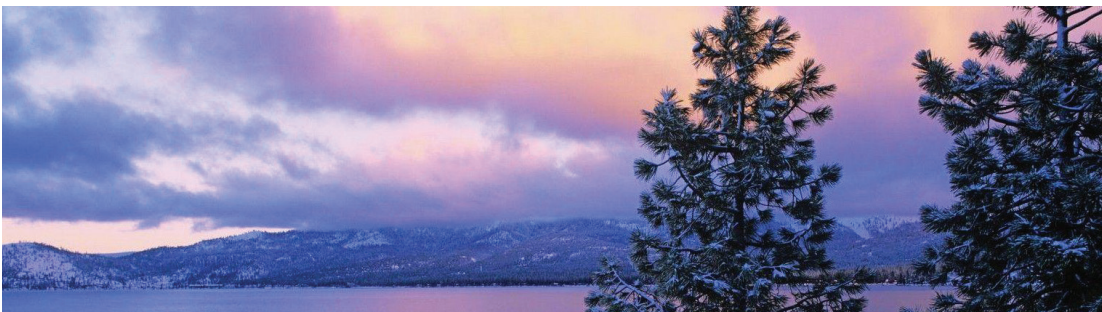
I hope all of your celebrations are everything you hope they will be and that you prosper in all things in 2023.

*Blessings,
Cathy*



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BRILLIANCE WITHIN
Empowered Well-being

EMPOWER YOUR PRACTICE! ONLINE ANATOMY

Melinda Doden
Advanced Instructor



More information

Brilliance-Within.com
melindadoden@gmail.com

This interactive class is designed to be practical and relevant to your Ortho-Bionomy® practice. It aims to help the student develop a basic understanding of anatomy and how different components of the body work in relationship with each other as well as create a strong base for future self study.

*Meets the Anatomy & Physiology 32 hr requirement for the Ortho-Bionomy Practitioner Training Program

Melinda's anatomy class is so much more than I expected. Her in-depth knowledge of physiology and the body is highlighted by her passion for healing. This class has been an invaluable asset to my education and Ortho-Bionomy practice. Thanks Melinda! - Shonda Percival



Topics Covered include-

- Anatomy basics of:
 - Orientation
 - Terminology
 - Joints
 - Bones
 - Muscles
 - Fascia
 - Proprioception
- Other major organ systems including:
 - Integumentary
 - Nervous
 - Circulatory
 - Respiratory
 - Digestive
 - Lymphatic
 - Urinary
 - Endocrine

Dates and Times

- Section 1 - Feb 10-11 10 am-12 & 2-4 pm MT
- Section 2 - Mar 24-25 10 am-12 & 2-4 pm MT
- Section 3 - Apr 21-22 10 am-12 & 2-4 pm MT
- Section 4 - June 2-3 10 am-12 & 2-4 pm MT
- Dates are tentative and may change



- \$175 per section
- \$600 pre-paid in full
- Other payment options available
- Classes will be recorded for review
- Please contact me to confirm the dates or for payment options



I have passion for understanding the human body and sharing it with others. With this class, my intent is to share this passion, while empowering you in supporting your client's as well as your own well-being.

I hope that you will join me!

I have taken several Anatomy classes with Melinda, both online and in person. All have been incredibly useful for me. They have been very well targeted to the level of the students in each class. The more basic ones were very clear and easy to follow along. She answered questions in a way that was understandable for me. The advanced ones were explained in detail with plenty of information both verbally and in print to follow along and refer back to. I look forward to taking more anatomy classes with Melinda.

-Laura Samel

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BOARD OF DIRECTORS

| SOBI Member | Office Title |
|------------------|-----------------|
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| 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.

NEW CERTIFICATION PROGRAM STARTING IN DENVER COLORADO 2021 - 2023

DENVER 2021 - 2022 - 2023 Schedule(rv)

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

Week 1 Denver

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

Practitioner
Training August 25th, 2021

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

Week 2 Denver

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

Ethics Class October 6th, 2021

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

Week 3 Denver

Isometrics &
Isotonics December 6th and 7th, 2021

Study Group 1 December 8th, 2021

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

Week 4 Denver

Anatomy 1 February 7th & 8th, 2022

Study Group 2 February 9th, 2022

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

Week 5 Denver

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

Practitioner Training Part 2 May 4th, 2022

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

Week 6 Denver

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

Study Group 3 August 24th, 2022

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

Week 7 Denver

Anatomy 2 October 3rd & 4th, 2022

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

Week 8 Denver

Advanced Pelvis December 5th & 6th, 2022

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

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

Week 9 Denver

Phase 4 Review February 6th and 7th, 2023

Study Group 6 February 8th, 2023

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

Residential - Moab, UT - Red Cliffs Lodge

March 12th thru 18th, 2023

Online classes will include:

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

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

****Some dates subject to change

A Message from Arthur

By Bettina Beaucamp

Our beloved founder Arthur Lincoln Pauls, DO wanted Ortho-Bionomy to be practiced in every household, school, and community both as a bodywork modality and as principles.

The story and video below exemplify spontaneous and clear applications of Ortho-Bionomy followed by commentary from Bettina for further clarification – enjoy the story and AMAZING video and think about what principles and phases of Ortho-Bionomy were applied before you read the commentary.

Go back in your mind 21 years and a few months; the towers have fallen; chaos, panic, devastation.

Amidst the immense suffering, the human spirit rises.

All land exit routes from Manhattan Island have been closed; survival instinct draws people to the water, the only place there may be a way out. The ferries are overloaded, people are stacked 10 rows deep, jostling to get away from the horrors they just experienced; some even jump into the river in desperation.

A brave coast guard captain reaches for the radio: “all boats, please help, we need you to take people off the island, please come, we need your help.”

Anxiously, he waits, wondering whether anyone will heed his call. Within 20 minutes, tugboats, ferries, sailboats, fishing boats, party boats arrive in unheard-of numbers. And they keep coming and keep coming.

No general directive, no coordinated effort, no army, no orders. Boat captains and their crews take matters into their own hands



and take people away from rubble, smoke and terror.

In less than 9 hours almost a half million civilians were “boatlifted” to safety. During WW2, it took the army 9 days to rescue 395,000 soldiers in Dunkirk. **It is astounding to me that this 12-minute YouTube video you are about to watch has not been made into numerous full-length movies and that very few people even know it happened.** I just learned about it in the fall; I cried happy tears and my faith in humanity felt restored.

An Untold Tale of 9/11; or <https://www.youtube.com/watch?v=MDOrzF7B2Kg>

Make sure you watch till the very end and hear what the boat captains from Manhattan Island say about this rescue operation and how it changed their lives.

While most of us won't be exactly like those boat captains, the desire to save others is universal. And let's not wait for a major catastrophe. Let's think about what we each can do each day, to alleviate a little bit of suffering: within our community, within our family and friends and how we can bring sweetness to the world at large. Extending kindness and being generous to others, allows us to go to sleep being at peace with ourselves knowing we have done what we could to make someone's life a little (or a lot) better.

OB analysis:

The original boat captain who made the call most likely did not consciously know Phase 7, however, he did it intuitively in response to great need. We all know how to do this and Arthur always said: “There is nothing new under the sun, we just rearrange the information we have into better patterns.”; Arthur

made Phase 7 into a formula that we can apply no matter what is going: whether we need to manifest a parking spot on a busy street, buy a used car, analyze the condition of someone's spine, create harmony in a room full of people or respond in a time of crisis.

While many of us have been **trained out of trusting** our self-healing and self-regulating impulses, crisis often brings out the hidden talents without effort; Phase 7 allows us to access these capabilities “on demand” whenever we need them.

The fact that almost a half million people were rescued off Manhattan Island without official directions, shows just how capable we humans are when we trust our instincts and trust the greater organizing principle of the universe even when we don't have a formulated plan for it.

Arthur used to quote Groucho Marks as having said: “I don't want to be part of a club that would accept me as a member.”. Yes, Arthur was a rebel and sometimes that created trouble. However, my main take away from that statement was that he wanted us to think for ourselves, trust ourselves and not “go along to get along”, but become sovereign in our decision-making process, even if that did not make us popular with the mainstream. I spent many years traveling with Arthur when I was in my twenties and thirties. During that time, he regularly would say something like: “That waitress, that flight attendant, that driver or artist was a ‘good Ortho-Bionomist’”. In the beginning of hearing him say this I felt puzzled. What did these people have to do with Ortho-Bionomy??? Arthur was equally perplexed when I did not get it. And then he would explain: “The principles of Ortho-Bionomy are universal and

they need to be applied to all situations in life”.

He would point out that the driver of a car had just avoided colliding with another car that came out of nowhere, but that the driver was tuned into the truth of the law that: in 3D reality two objects cannot occupy the same space at the same time and that what we call an accident is a violation of that physical law. Arthur even said that it was an extra-ordinary feat to have a brick that falls off a roof hit someone's head – the incredible coordination that had to happen for a person to be under the roof at the exact moment when the brick came crashing down. Not a milli second sooner or later.

Arthur always said: “a man convinced against his will is of the same opinion still”. That is also the reason why mechanical manipulation of the body is so ineffective. Without “agreement from the body and aura”, we will fight an uphill battle and affect very little true change – whether within ourselves or others.

Now to continue Arthur's legacy, my invitation to you is: are you willing to, (might it be fun for you to) track how many times a day you apply the principles of Ortho-Bionomy, knowingly or unknowingly?

For example, might you notice:

- When you talk to someone and attune to their energy and really listen rather than trying to get them to do or believe something that they don't want to do or believe?
- When you connect with your furry friends and feel their love, their intelligence or hear the nonverbal message they are sending you?
- When you drive your car somewhere and pay attention to the

Biography

Bettina Joy Beaucamp, owner of Wings-2-Fly-Again is an advanced instructor of Ortho-Bionomy and has been practicing the work for 38 years. She is a



"Bounce-Back-from-Burn-Out" specialist, Human Design enthusiast, Neuroscience Geek, dancer, artist, visionary and fan of Joe Dispenza, Lynne McTaggart and the world of mindfulness. Her greatest joy is to help her clients and students to create well-being on all levels in their lives, so they can fully tap into their creativity, joy and human potential and live in harmony with the planet and all its inhabitants.

movement of other drivers rather than talking on your phone or spacing out?

- When you pick out the best tasting apple at the grocery store just by running your hands over the bin?
- When you intuit the answer to a problem that has been bugging you?
- When you sit or stand in a way that allows your body to relax or a pain to subside?
- When you trust yourself or someone else even if the outer circumstances would have your mind make a different assessment? And when it is all said and done, your intuition proved to be correct.
- When you know where to touch a client even though they did not tell you that that part of their body needed attention?

Also, please consider this: Arthur used to justify the fact that he did not learn much of the languages of the countries he taught in knowing that "Phase 6 is the universal language that everyone understands, no matter what country they live in or whether they are person, animal or plant and it is much less confusing than words."

Can you imagine what our world would look like, if we all practiced the principles on a regular basis?

I would love to hear from you about how you practice Ortho-Bionomy outside the session room.

Thank you,
Bettina Joy

WINTER/SPRING 2023 CLASSES

| <u>Date</u> | <u>Class</u> | <u>Instructor</u> | <u>Location</u> |
|------------------|--|-------------------|-----------------|
| Jan 6 | Releases for the Cervical Spine (Phase 4) | Malm | Ashland, OR |
| Jan 7-8, 22 | Demonstration Skills | Berns/Malm | Online |
| Jan 17-18 | Energetic Connection from a Distance (Phase 7) | Berns | Davis, CA |
| Feb 4-5 | Isometrics/Isotonics | Malm | Corvallis, OR |
| Feb 6-7 | Releases for the Spine & Pelvis (Phase 4) | Berns | Davis, CA |
| Feb 10 | Releases for the Thoracic Spine (Phase 4) | Malm | Ashland, OR |
| Feb 11-12 | Subtle Physical & Unwinding Techniques (Phase 5) | Berns | Portland, OR |
| Feb 16-17, 21-22 | Self-Care | Berns/Malm | Online |
| Mar 1-2 | Subtle Physical & Unwinding Techniques (Phase 5) | Berns | Davis, CA |
| Mar 3 | Releases for the Lumbar Spine (Phase 4) | Malm | Ashland, OR |
| Mar 9 | Study Group: Jaw - Zygomatic Arch & Mandibular Attachments | Berns/Malm | Online |
| Apr 7 | Releases for the Pelvis (Phase 4) | Malm | Ashland, OR |
| Apr 19-20 | Exploration of Movement | Berns | Davis, CA |

For more information about enrollment, email Melissa or Jim.

Photo credit: Melissa Malm



JIM BERNs

Registered Advanced Instructor
objimbern@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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Call to Serve on the SOBI Board of Directors

It is time for our annual call for members willing to serve on the Board of Directors for The Society of Ortho-Bionomy International.

We have 3 members going off the Board this fall, and the Society will be looking for new members to take the progress that has been made into the future.

SOBI has come through the pandemic in wonderful shape! Our current board has been grounded, and engaged, and committed to generosity and value for our membership. This approach has been a boon to SOBI, and we are looking for new members for the Board who are passionate about moving

forward with these ideals in mind.

If you are passionate about Ortho-Bionomy, interested in how decisions are made, and would like to be a part of taking SOBI and Ortho-Bionomy into the future, then please consider stepping up to service for the Society. Board and committee membership are valuable to the Society on many levels but taking a seat at the table is also valuable to those who serve. It's a great way to stretch both professionally and personally.

Board of Director terms are a three-year commitment, with monthly conference call meetings as well as an annual face to face Board retreat.

If we have more nominees than seats available, SOBI will hold an election this summer.

Attached is the link you will need to volunteer for the Board of Directors (or any other committees you might be interested in) as well as the link for you to be nominated, which is a requirement for the SOBI Board of Directors.

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

We look forward to seeing your application.

Warmly,
SOBI Office

Center for Ortho-Bionomy® Indiana Classes 2023

PHASE 4 SPINE AND PELVIS
with Keri Brown
Feb 25 & 26

PHASE 4 EXTREMITIES
with Keri Brown
April 1 & 2

PHASE 5
with Denise Deig
May 20 & 21

LANGER LINES PT 1
with Lynne Marotta
July 15

VAGUS NERVE
with Lynne Marotta
July 16

POSTURE AND POST TECHNIQUES
with Carole Poffinbarger
September 9 & 10

EXPLORATION OF MOVEMENT
with Denise Deig
December 2 & 3



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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?

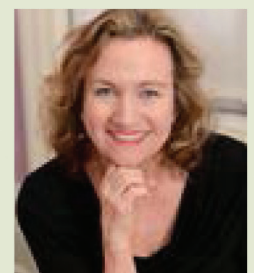
Join us for this new innovative training that provides:

- 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

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"

2023 CALENDAR

| | |
|----------------------|--|
| January 15 | Call for Nominations for the Board of Directors and Committee Members |
| January | Ortho-Bionomy News Quarterly Newsletter Available |
| February 1 | Notify members if # of board nominations are equal to open board positions |
| March 1 | Board Nominations and Nominee Statements Due Newsletter Article Submissions & Advertising Due |
| March 15 | Materials/Waivers/Evovement request for PRC/IRC Due |
| April | Ortho-Bionomy News Quarterly Newsletter & Annual Report Available |
| May 20 | Annual General Meeting via Zoom or at conference in the fall if scheduled |
| June 1 | Newsletter Article Submissions & Advertising Due |
| June 15 | Board Election Ballots Due if vote was required Materials/Waivers/Evovement request for PRC/IRC Due |
| July | Ortho-Bionomy News Quarterly Newsletter Available |
| September 1 | Newsletter Article Submissions & Advertising Due |
| September 15 | Materials/Waivers/Evovement request for PRC/IRC Due |
| October 1 | Board of Directors Term Begins |
| October | Ortho-Bionomy News Quarterly Newsletter Available |
| October 19-22 | SOBI Conference and AGM – Albuquerque NM |
| December 1 | Newsletter Article Submissions & Advertising Due |
| December 15 | Materials/Waivers/Evovement request for PRC/IRC Due |

CALL FOR ARTICLES FOR THE APRIL '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.

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 |

Settling In

By Shaney Rockefeller

For those of you that don't know me, I am not much of a planner. My view of life is thinking about something I would like to do and throwing it out to God and the universe and then letting it happen however it happens. I actually did plan on completing the Practitioner stage of Ortho-Bionomy® training as it was needed for me to work in the state I live in. But as for planning, that was about as far as I manage to plan my Ortho-Bionomy trip. I didn't have any conscious intention to complete the Advanced Practitioner training and definitely never seriously thought about becoming an instructor, so I hadn't ever really looked at the curriculum.

One day I happened to look at the paperwork of a friend who was trying to complete her Advanced Practitioner training. It seemed odd to me that it was almost a repeat of the Practitioner training program, so it was something that stuck in the back of my mind. The next time I had a class with Terri Lee, we were talking about training and that question popped into my head. I asked her why the Advanced training program was almost a repeat of the Practitioner program. Her answer was, "That second 500 hours is where the work settles into your hands, your work, and your being." This answer was very deep for me, and I didn't get it. I just smiled and said thanks. My overactive imagination filed that tidbit away in my head to possibly pull it out of a drawer later on and ask again.

Now fast forward — — during this time period I had continued to take classes as opportunity arose and continued to work on humans and horses. I was probably about halfway through the Advanced Practitioner training program when I was working on a client that had been with me when I first started working on people (back in my Practitioner training days!). I was thinking about how the client's body had changed so much since I first started working on them and how to handle this new issue arising for them when it hit me like a lightning bolt - the work had really started settling into me. Terri's words came back to me without the cloak that had been over them, and I GOT IT this time.

It was such a revelation to me that I understood what she meant. I began really self-analyzing my work, comparing it to my previous work, and watching fellow students in my local community in their individual journeys. It's like my eyes were opened - I could see the progression in myself clearer and watch a similar progression happen with my fellow students.

Oh how far I realized I had come. Where I was clumsy trying to position my body and hands in classes early on, I realized my movements had become fluid. I began finding my work becoming very intuitive instead of having to have a total conversation in my mind's eye about what to do next. I really started recognizing patterns in bodies and was able to start tying this recogni-

tion into snippets of class conversations about tips for working with these patterns. Somewhere in this journey, I was grounding and centering unconsciously instead of having to really think and work at it. The list of skills continues to be added to every day.

The words that always come to my mind: GLORIOUS and THANKFUL. What a beautiful thing to have happen to my understanding of Ortho-Bionomy and how lucky am I to find all those great people that teach me so much!! It is hard to express the excitement that always arises in me at what else there is to learn through this unplanned Ortho-Bionomy trip of mine.

Biography

Shaney Rockefeller,

Associate

Instructor

At a recent

Instructor

Training

Seminar, I shared a revelation I had about evolvment through the Ortho-Bionomy training programs. One of the teachers asked if I would write a short article for the SOBI newsletter to share my own insight. Encouragement and editing from fellow students made me toe the line to get this done.





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

2023 CLASSES

January 21 & 22

Ortho-Bionomy®: Pelvic Stabilization

Instructor: Luann Overmyer

Location: Deerfield Beach, FL

Pre Requisite: Ortho-Bionomy® Phase 4 Spine and/or Extremities (both recommended)

March 11 & 12

Ortho-Bionomy®: Chapman Reflexes

Instructor: Lynne Marotta

Location: Deerfield Beach, FL

Pre Requisite: Phase 5 or permission from instructor.

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

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

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

*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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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/>



The Body as an Ally

Victoria, Australia

Previously published October 2011

By Allison Baensch, Instructor

My main aim in writing this article is to share a little of my PhD research, which was based on the principals of Ortho-Bionomy, and to describe the physical body's role as an ally in life and research.

1. I use the term 'ally' to suggest a helper, a representation of the Tao (see Capra, 1989; LaoTzu, 1990), or a dreamlike spirit that supports, goads, or challenges us to step into our full being or potential.

Allies are a part of your personal psychology, but they seem to exist outside you as well. Allies may appear in dreams, fantasies, and body symptoms (Mindell, 1993, p. 97).

Although I do not see the physical body as a 'thing' that can be separated from other parts of us, I do want to distinguish it now, from the psyche and so on, because its wise voice is so often overlooked in writing. The motivation for my PhD research arose because, for about 20 years I had been intrigued about an aspect of my gentle bodywork practice. I had been interested in the way babies, children, adults, and even animals responded to Ortho-Bionomy, the principal form of bodywork I have practiced for many years.

Clients, of varying ages and from many walks of life, as well as their families and teachers, report numerous changes following sessions of Ortho-Bionomy. Anecdotal evidence from my practice suggests that after one or two sessions, babies, who walk early without experiencing crawling, stop walking, begin

to crawl, and return to walking at a later date. Children, who could not skip, might pick up a skipping rope, after a session of Ortho-Bionomy, and skip quite freely. Adults, who have been low in energy, including some who report feeling depressed, often comment that they are energized and more buoyant after one or two sessions. Others, who were extremely active, restless and unable to sleep easily, prior to their visit, find they can relax and sleep peacefully after coming to see me. People of all ages, who suffer from pain and restriction, say that their soreness and tension have eased or absolutely melted away after sessions. What then, is happening to bring about this sense of ease and settling into the body that so often seems to begin after one or two sessions of Ortho-Bionomy?

To consider that question, I want to include other modalities. Awareness of hints from the inner and outer environment, is one aspect of Process Oriented Psychology, which guides Amy Mindell (1995). She contributes: "The process paradigm would say that it is only through hindrances, that we learn to follow ourselves and the Tao" (p. 170). Sometimes people think of body symptoms, for example, as pointless or offensive hindrances in their lives, to be eradicated or ignored if at all possible.

A more process-oriented and Ortho-Bionomy type of approach to symptoms is to view them as signals from the body that give us valuable information

to investigate. To learn from those hints, we can make space for greater awareness, by developing a curious, open mind. The body's intimations bestow useful, often accessible, starting places for this learning, and Ortho-Bionomy can act as a mediator.

Perhaps an Ortho-Bionomy practitioner observes that a client's head leans a little to one side? That eccentric posture might show that the iliopsoas, a group of muscles connecting the lower back and pelvis with the inner thighbone, is tight on one side. The practitioner can check for an iliopsoas contraction. The next step could be to go with this postural hint by gently taking the client's torso, neck and head the tiniest amount further into the curve that their body is already describing. Within a few seconds, the iliopsoas and other related muscles will most likely release their tension. This allows the client's head to rediscover a more relaxed and balanced position, in line with the spinal column.

The client's eccentric posture, rather than demonstrating a symptom to be eradicated or corrected, is the body's attempt to lure or woo our attention. I have suggested that some of us neglect the body's voice. We sometimes repress or overlook the body's role as an ally in our lives. Instead of gratefully valuing its messages, from symptoms and other signals, we force our bodies (ourselves) to submit to our plans and programs to 'cure' these disturbances. That is one approach to life.

Another approach is to bring the body into our awareness and attend to it as an ally. There are many means of making an ally of our body. Three ways that support our process of life are Ortho-Bionomy, Process Work and Open Space Technology. I have not yet discussed Open Space Technology so I will conclude with a quote from Harrison Owen, which echoes my theme. Owen is speaking about self-organizing systems, not only the human body, but also the universe (and organizations such as SOBI):

A brief consideration of the remarkable fact that after 14 billion years and multiple disasters we are all still here to complain about how badly things are going. All of which is to say that things have been working rather well under the circumstances, at least sufficiently well to enable countless generations to come to fruition and pass their wisdom and skills on to the succeeding generations. Simple Question – How come? Proposed answer – Self-Organization rules (Owen, 1998, p.1).

Whether we respect our body and take it into account, or fight its self-organizing abilities, it remains an ally to cajole, hassle, nudge, or tenderly lead us towards greater awareness of ourselves and our environments. Trusting and following the body's guidance can be challenging, rewarding, and comforting. It can educate us, or lead us into unexpected adventure, and open up our lives beyond our present limits and wildest dreams.

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 |
|--------------------------------|--------|---|
| Jim Berns | 12-Jan | Circle Theory |
| Bruce Stark | 16-Feb | Deep Dive into the Knee |
| Richard Valasek | 16-Mar | The Phases: Redefining what it means to be a Body |
| Susan Smith | 20-Apr | Endocrine Glands and Hormones |
| 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 |

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 |
| 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**

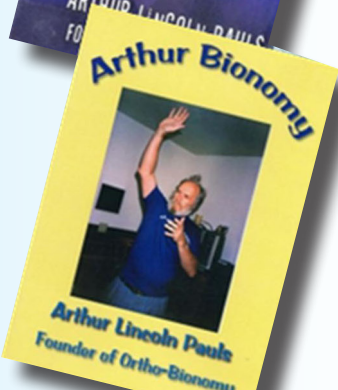
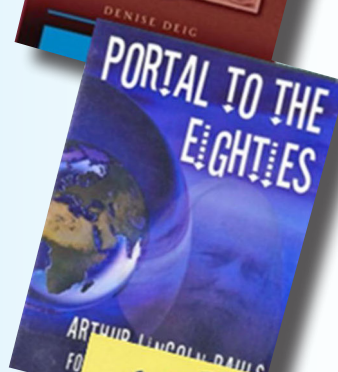
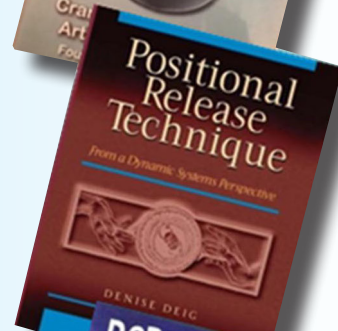
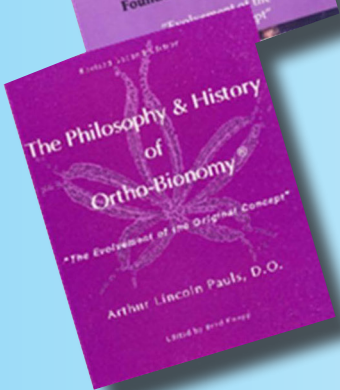
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| Cranial, Pauls | \$ 50 / \$ 60 |
| Pearls of Wisdom, Pauls | \$ 40 / \$ 50 |
| Portals to the 80's, Pauls | \$ 35 / \$ 45 |
| Arthur Bionomy, Pauls | \$ 45 / \$ 55 |
| Discount set of all five Phase 8 DVD's, Lee | \$225 / \$245 |
| Phase 4 Spine, 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.

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?

EVOLVEMENTS

Kelly Cormier

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Greta Barninger

Associate Member
Youngstown, OH

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Rhineland, WI

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Practitioner
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Erin Long

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Karen Elisa Broyles

Associate Instructor
St Louis, MO

Charity Keyes

Associate Instructor
Lake Oswego, OR

Amanda Stevens

Associate Instructor
Grand Junction, CO

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

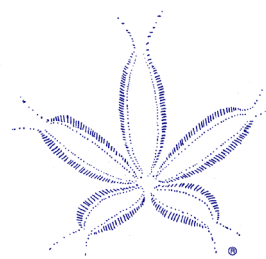
ADVERTISING

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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Phone: (317) 426-1261
Email: office@ortho-bionomy.org
You can include your ad in the next newsletter by following this link.
<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/newsletter>



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>



Essay for Ortho-Bionomy

by Sheri Covey

Being

There is a space between us, where we are all allowed to be,
a space of connection, and relationship, the space to understand, what is.

It is open, responsive, a subtle rotation into the inner pulse of all that I believe,
all that holds hope, and all that represents the me that is true and is allowed to be.

It is as beautiful as the thumb turning space between two pages
or the space between the stars, expansive to the cellular, the breath between conversation,
the whisper of the awareness of what lies beneath.

It creates a trail, a familiar, often forgotten, path where we are allowed to investigate
all the possibilities of healing; of conversing on a deeper level with ourselves.

It leads to the wonder of self-correction, self-education, self-recognition.

It is a simple place of ease, of comfort that circles not only my heart
but the space of those that surrounds my life.

The invitation

The investigation of the soul, not only the human-ness but the dimensions of the human,
the flesh, the cells, fluids the clay with breath the spiral energy of ancient
earth and sky. Acceptance. Divinity. Hope.

It is a hundred tender heart miles or the soft swirls of the pulse of a healing heart.

It carries compassion, comprehension, and the deepest understanding.
It is space, love, patterns and twirling of leaves in the wind. Being

Biography

Sheri's love and passion for Ortho-Bionomy is contagious. She delights in the miracles of the work that transpire daily in her life. She has been working with Ortho-Bionomy since 1995 and has a successful practice. Her body has healed, her life and her spirit through this work.

It is her dream that Ortho-Bionomy touches as many lives as possible.



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.



*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](#)



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