

Ortho-Bionomy® Newsletter



July 2023 ❖ Volume 33 ❖ Number 3

President's Address

Greetings, members!

There has been a lot going on these past few months, so I am going to take a few minutes here to catch you all up.

Hooray! We have received enough advanced reservations as of June 1st to allow the go ahead for an in-person as well as virtual Conference.

Now that the decision is final, I want to share with you a little bit about the venue. The Indian Pueblo Conference Center is located on land that is owned by the local pueblos and surrounded by businesses owned by them as well. In an effort to become more inclusive and broaden our horizons, the Board thought a First Nation immersive experience would be a good step in that direction. The Center is beautiful; please take a few



minutes and go to their website to take in the wide offerings. The onsite restaurant is excellent as well as the surrounding eateries. There is something for everyone!

Our keynote speaker is Patricia StandTal Clarke, M.D., who is part Eastern Band Cherokee (Wolf Clan). She is a founding diplomat of the American Board of Holistic Medicine and an ordained Protestant minister. Dr. Standtal Clarke is a physician specializing in an integrative medical approach to treating patients. We are extremely excited to have her address our Conference.

We have lots more cooking in the Board cauldron but that is for another time.

Blessings,
Cathy



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Phyllecia Rommel In Memoriam

SOBI lost a giant in the world of Ortho-Bionomy on June 20, 2023.

Phyllecia Rommel was one of Arthur Pauls original Ortho-Bionomy students and one of the first three Advanced Instructors appointed by Arthur, along with Lynn Drummer and Richard Valasek. She was instrumental in creating the structure of the Society as we know it and contributed countless hours of her time and talent serving on the Board of Directors as well as being instrumental in obtaining the SOBI trademarks for the Society.

Phyllecia was a gifted instructor. Generous in her teaching, she shared her knowledge with passion and care. She taught Ortho-Bionomy at the National University of Natural Medicine since 1986. In this capacity, she developed the Somatic Re-Education classes to complement the ND and



CCM program physical medicine coursework.

Over the years, Phyllecia served as a presenter at the SOBI conferences many times and wrote several articles about O-B. She even designed the first Ortho-Bionomy brochure.

Many who have been blessed by

knowing Phyllecia and received her work are deeply touched by this loss, as reflected in this sweet comment by Rhonda Gerych:

"Aww, Phyllecia Snapdragon as we knew her. Such a delightful lady and real character. Her contributions to SOBI over the decades were tremendous. My eyes are leaking and my heart is sad. Much love and Rest in Power dear One."

Anyone wanting to share thoughts or enjoyed experiences in your encounters with Phyllecia is encouraged to post these on the Ortho-Bionomy Facebook Page.

Even if you did not know Phyllecia, as a member of SOBI, you have been touched by her legacy of service to the Society and love of Ortho-Bionomy. Many blessings on your journey Snapdragon.

ADVERTISING OPPORTUNITIES ABOUND AT THE SOBI CONFERENCE!

GET MORE EYES ON YOUR CLASS INFORMATION

OPTIONS TO PLACE HARD COPY ADS IN THE CONFERENCE FOLDERS OR ON THE CONFERENCE SCHEDULE ARE AVAILABLE NOW.

SPONSORSHIP ON THE WHOVA VIRTUAL CONFERENCE ARE OPEN FOR YOUR BUSINESS

DEADLINE SEPT 1ST



Follow this link to get your ads and sponsorship in place for the SOBI conference.

[https://associationdatabase.com/aws/SOBI/input form/display form 01 show?contact id=\\$Contact%20ID\\$\\$&form no=67 &host=reatin&contact id=\\$Contact%20ID\\$\\$](https://associationdatabase.com/aws/SOBI/input form/display form 01 show?contact id=$Contact%20ID$$&form no=67 &host=reatin&contact id=$Contact%20ID$$)

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BOARD OF DIRECTORS

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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.



The Therapeutic Alternative and BodyWorkCEUS.net

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

2023 CLASSES

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

For more info, updates, or to register, go to:

www.BodyWorkCEUs.net

*Or call our class coordinator,
Cecilia Redigan 561-392-3340*

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>

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@beatiov.com

2023 In-Person SOBI Conference

The 2023 In-Person SOBI Conference is a GO!!!

The space is beautiful!

The presenters are inspired!

The food is amazing!

You don't want to miss SOBI's first in-person conference since 2019.

If you are seriously thinking about joining us in Albuquerque this October don't wait too much longer to register. The early bird rate will be available until July 31st, so don't delay, as space is limited this time.

For those attending in person there is a \$35 discount for every table you bring!



Both the In-Person and Virtual registrations are still available at the early bird rate of \$395 In-Person and \$75 Online.

For more information and to register follow this link
<https://ortho-bionomy.org/aws/SOBI/pt/sp/conference>

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 Practitioner Meeting

Plans for the conference are coming together but we need some input from YOU!

The Practitioner Meeting (everyone is welcome by the way) will be led by Lynne Marotta and Laura Samel, and they are requesting discussion topics from our membership.

- So, what is important to you in your journey?
- What do you need from SOBI?
- What questions do you have about O-B, SOBI and your Ortho-Bionomy journey?

Send your questions to the office and we will forward them to Shelly. Remember, this conference is for YOU, let us know what you would like to learn, see, and experience at the SOBI conference.

Thank you for your input and ideas, 2023 SOBI Conference Committee:

Cathy Krenicky Lynne Marotta Melissa Malm
Erin Long Laura Samel
Jackie Davis Keri Brown



SUMMER/FALL 2023 CLASSES

<u>Date</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
July 8-9	Releases for the Upper Extremities (Phase 4)	Berns	San Francisco
July 8-9	Releases for the Upper Extremities (Phase 4)	Malm	Corvallis
July 15	Study Group: Self-Care	Malm	Ashland
July 19	Study Group: Releases for Hyoid & Trachea (Phase 4)	Berns/Malm	Online
July 22-23	Advanced Energy Techniques (Phase 6)	Berns	Davis
Aug 4	Releases for the Elbow & Wrist (Phase 4)	Malm	Ashland
Aug 8/9, 22/23	Energetic Connection from a Distance (Phase 7)	Berns	Online
Aug 24-25	Isometrics/Isotonics	Berns	Davis
Sep 1	Releases for the Hand (Phase 4)	Malm	Ashland
Sept 9-10	Subtle Physical and Unwinding Techniques (Phase 5)	Berns	San Francisco
Sept 20	Study Group: Releases for the Coccyx (Phase 4)	Berns/Malm	Online
Sept 23-24	Releases for the Breath	Berns	Portland
Sept 27-28	Exploration of Movement	Berns	Davis
Oct 5-6	Postural Re-Education & Post Techniques	Berns	Davis
Oct 6	4-hour Phase 4 Class: <i>Topic To Be Announced</i>	Malm	Ashland
Oct 26/27, 30/31	In-Depth Phase 4 class: <i>Topic To Be Announced</i>	Berns/Malm	Online

For more information about enrollment, email Melissa or Jim.

Photo credit: Melissa Malm



JIM BERNs

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707-217-9819



MELISSA MALM

Registered Instructor

melissa_malm@yahoo.com

415-595-0328 (text best)

ORTHO-BIONOMY® TRAININGS

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

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CALL FOR ARTICLES FOR THE OCT. '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.

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.

The Body in Ease and Dis-ease: A Question of Timing

By Rouel Cazanjan

We tend to think of the body as a type of machine that either runs well or breaks down in need of repairs. And in severe cases of breakdown, the body can be overcome with disease or dies and is no more.

What if that which we call the body and often refer to as a singular noun, is really a multitude of processes occurring simultaneously and is actually a multi-verb? If so, might health be called a synchronized cooperation of all these processes, and dis-ease would be a de-synchronization of these processes, or a lack of timing? Homeostasis would then be all the different systems of the body working together seamlessly to create the experience of the body being one thing.

For another example, when an orchestra plays in time and in tune with itself, it is called music, and it sounds like an orchestra. When it plays out of time and out of tune, it is called noise, and it sounds like a bunch of separate musicians. Maybe dis-ease is a type of noise or chaos in the body that is the result of the of the body's multitude of processes being out of time and out of tune with each other.

Can you think of other systems of the body and imagine that they are working within themselves and also together? Now, let's look at some of the actions and rhythms of these systems – breath rate, heart rate,

venous and lymph return, digestive secretions, intestinal peristalsis, microbiome activity, craniosacral rhythm, sodium-potassium pump of nerve conduction, release of hormones into the blood at the right time for various bodily processes, urine excretion, neurotransmitter secretion and uptake in the brain, and many more complex processes of the body that hinge on timing. These are some of the rhythmic actions that execute the timing of the body and are responsible for our physical and psychological functioning, and more importantly, our feeling of wellbeing or lack thereof. We can feel it when our timing is on or off.

We can also think of many examples in our environment where timing is the key to a process occurring in either an orderly or chaotic fashion that affects our bodies.

The body is timed to the sun and moon cycles and the seasons. Do you feel a little off with the daylight savings time change? That is only one hour, but it may throw you off for several days. Do you feel the effect of climate change in your body more than just greater warmth? Do you think the earth has feelings and feels off because of climate change? Being thrown off, if we feel off, is the dysregulation of the subtle rhythms of the body. Rhythm is inside of us and all around us. Timing is everywhere.

When the body is out of sync with itself, it creates discomfort, or dis-ease. If this process continues, it can result in a condition of disease, which is different than dis-ease and may require some sort of medical or healing intervention. If the body is out of sync for years or decades, it can result in treatment-resistant



syndromes or more serious diseases. Often times, syndromes or these serious diseases are treated only at the level of symptom manifestation without considering the underlying timing of the multi-process of our physiology.

What if, rather than looking at ourselves as just one thing or a bunch of separate things, we could see ourselves as a multitude of things, either working well together or not working well together? This is not to say that there are not certain times where singular interventions are helpful or necessary, but rather to say that the synchronization of all our aspects is foundational and underlies all of our health and wellbeing. Could this way of understanding the body be a truly non-medical way of working with others and ourselves to support wellness?

This way of thinking, working and being seems to be evolving me, personally and professionally. It is taking my work to new levels. Rather than getting more complicated as I continue to learn and grow, I seem to be getting simpler, yet more nuanced at the same time. Placing a hand or hands on the body, where they feel drawn, and sensing the currents of movement and resistance seems to be completing some kind of circuit with client and practitioner that supports a resetting of the timing of both. Somehow, the combination of connection with no agenda along with a message of safety to the tissues that lets them know I am really listening, has a deeply calming effect that facilitates change and resets some foundational timing in the body.

There is a great ease in sensing both the subtle breath displacement movement in the tissues of the entire body and where the breath is going or not going. The next obvious step is sensing the arterial blood flow. Through sensing these two aspects of being, the entire body can become accessible. We don't have to know everything we are perceiving, but the hands have an uncanny instinct to sense chaos in body and facilitate its resolution.

Once the body feels really heard and understood by our hands, its tissues will start talking to us in the body's own language, expressing its states of chaos as well as desire and ability to resolve that chaos and then move to a more orderly state. Tension or hardness usually means stuckness and a restriction of the rhythms of the body. Flaccid means disconnection or a shutdown and a lack of tension to fully participate in the rhythms of the body. Coldness can sometimes mean the body is trying to find a new way but can't. Heat is often a sign of the body wanting to reestablish order, and releasing heat is a process of self-correction. Healthy tone is a sign of wellness and will support the rhythms of the body. Fatigue can be a healthy cue for the body to deeply rest, and in the rest state, access its magic of self-healing and reestablishing its timing.

When we are free and clear, totally present, and even having fun with it, we can just flow with the process of micromovements that listen to the body and talk with it too. This is the healing conversation, referred to in our work. The healing process, in which the body naturally establishes

the timing of its many processes, will happen naturally, but our presence with our hands and hearts is a big part of that happening. I, for one, feel really good about that.

If you enjoyed this article, check out my presentation on Dynamic Somatic Touch® at the next Ortho-Bionomy® conference in Albuquerque, NM, October 2023, where we explore how to do what you just read about.

Biography

Rouel Cazanjian, M.A., LMFT, CMT, SEP is a registered Advanced Instructor and Practitioner of Ortho-Bionomy®, a licensed psychotherapist, and a certified Somatic Experiencing Practitioner. He has over 30 years of experience teaching and working with clients. He also has extensive experience working with Buddhist principles, mindfulness, meditation, hypnosis and many movement therapies.



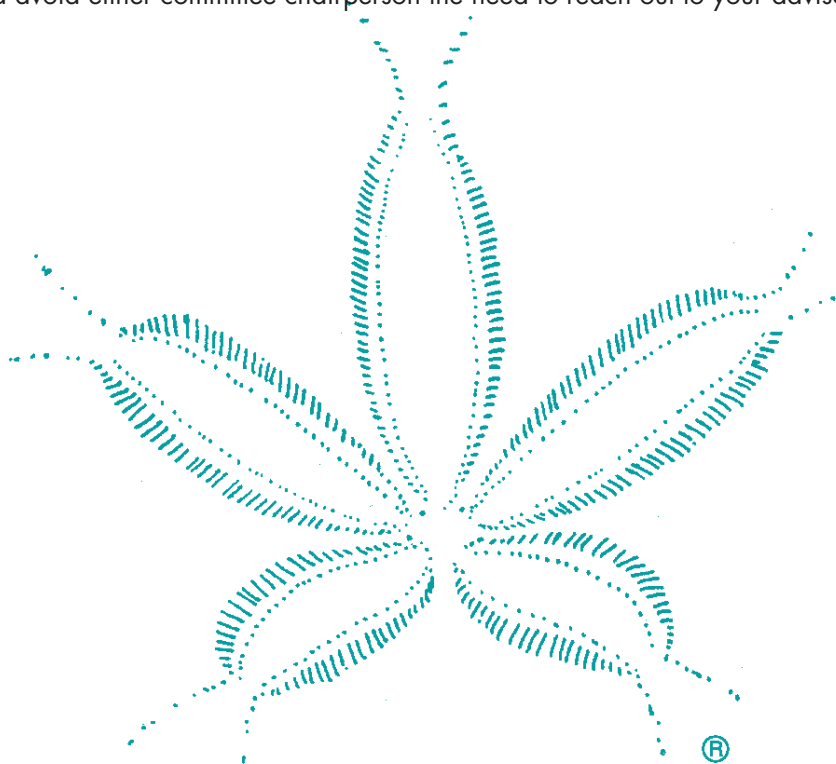
Details, Details, Details

We know there can be some little things that slip through the cracks, or misunderstandings about why SOBI asks for our members to follow the guidelines which are policy driven and approved by past Boards.

There are also some items below which will make your evolvement process go more smoothly. Some of these little things are also important to maintaining a professional association, and gives SOBI, the Registered Practitioner and Instructor training programs, the credence they deserve.

Please remember to:

- Use the appropriate member designations to avoid confusion - there is no such thing as a Student Practitioner or Associate Practitioner. Please use Student or Associate or Associate in Practitioner Training in any marketing materials to maintain clarity.
- When taking classes toward your Practitioner and Advanced Practitioner evolvement be sure you refer to the Online Class Policy to avoid any delay or additional expenses in your training. There are limits as to how many online classes you are allowed to count towards the Practitioner and Instructor training programs.
https://ortho-bionomy.org/aws/SOBI/asset_manager/get_file/605341?ver:
- Trademark Policy: Refer to the SOBI Trademark Policy of you have any questions about how to use SOBI's trademarked items. SOBI owns the rights to the Ortho-Bionomy trademarks and Sand dollar logo. And only active professional members have the legal right to use them.
https://ortho-bionomy.org/aws/SOBI/asset_manager/get_file/419587?ver=5
- Advertising classes: If you are an instructor or class coordinator and want your classes posted on the SOBI website be sure to fill out the Add a Class form completely. The office will post the classes on the website within the next business day and notify you when ready. If you need any corrections to your classes let the office know via email for the quickest response.
- IRC/PRC submissions: Be sure to have your advisor review your packets to be sure they are complete. This will save time and avoid either committee chairperson the need to reach out to your advisor to fill in any blanks.



Rocky Mountain
Ortho-Bionomy®
Heal from within
Center



Graduates of RMOBC

"Sheri Covey, hands down is one of the best and most compassionate Advanced Instructors within the Society. She is clear, innovative and cares about each student. Her humor, vast knowledge and innate abilities to teach are profoundly life changing and inspired. Sara Spehar is powerfully clear and authentic. A perfect pair" N. Anson

Evolve your work!

The Rocky Mountain Ortho Bionomy Center Has been training Practitioners and Advanced Practitioner's for over ten years. We are highly Experienced and perfected our training program To allow each student to find their own flare and Unique style while holding the value of evolvement And the heart of foundational skills.

We are more than a classroom, we hold community, relationship and integrity in our values.

Join Us for a Class soon.

Denver. Colorado. Week 2

Extremities July 31 & August 1
Ethics August 2
Exploration of Movement
August 3 & 4

Grand Junction Colorado. Week 8

Anatomy - Live September 11 & 12

Inspiring Visceral September 13 -15
This class goes beyond expectation
Practical hands on application

- All Trainings are Monday - Friday
- Everyone is welcome

Instructor : Sara Spehar

Advanced Instructor : Sheri Covey

Associate Instructors:

Amanda Stevens

Charity Keyes

2023 CALENDAR

July	Ortho-Bionomy News Quarterly Newsletter Available
September 15	Materials/Waivers/Evolvement request for PRC/IRC Due Newsletter Article Submissions & Advertising Due
October 1	Board of Directors Term Begins
October	Ortho-Bionomy News Quarterly Newsletter Available
October 19-22	23rd SOBI Conference
December 15	Newsletter Article Submissions & Advertising Due Materials/Waivers/Evolvement request for PRC/IRC Due

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

In The Works

SOBI Research Committee

Ortho-Bionomy (OB) research is proving that the “Evolverment of the Original Concept” is gaining the attention of many OB practitioners around the country and the world.

Currently, there are multiple studies in different areas to investigate the application of OB using most of the OB phases. The studies of special interest are those associated with using Phase 4 on the physical body. The Research Proposal for **Dry Eye Amelioration: applying an Ortho-Bionomy® Self-care Technique** is a current study presented by Jennifer Hickel and the Research Committee. Dry Eye Disease (DED) affects nearly 10% of adults in the U.S. alone. There are many treatment alternatives, however, most of them are expensive or involve prolonged pharmaceutical agents.

Hickel and the Research Committee are collaborating in the development of an experimental study that seeks to prove whether DED can improve using the OB Self-Care Technique. In the study, OB will be compared with commonly used treatments, for example eye drops or warm compresses. Hickel has developed a video guide performing and explaining the Self-Care exercises that will be distributed anonymously to participants in the study. ***The Self-care technique developed by Hickel uses the application of gentle releases within the tissue around the eye’s orbit. The procedure is consistent with Phase 4 techniques, in which the participant looks for position of***



ease, exaggerates the pattern, and then waits for the release.

We are asking OB Practitioners who are interested in this study to consider which of their clients might be good candidates. As we get closer to the study launch, we will provide contact information. The Research Committee will be distributing the information to those who are willing to participate in the study. The practitioner will be responsible for ensuring that the technique is understood by the participating client and can be executed according to the instructions in the video. The Practitioners will only do the initial training, then the participants will continue the Self-Care techniques on their own.

The launch of the study is anticipated by the end of the summer or early fall of 2023. We expect to collect the first data set within a time frame of 6-12 months. Funds provided by the board will be used for consultation and payment of the statistician and data analysis. The hope is that the results of this study will promote the practice of OB and help us gain recognition among both the scientific and general populations.

Best Regards,
The Research Committee:
Denise Deig
Laura Samel
Erin Long
Cesar Correa
Jennifer Hickel
Nicky Roosevelt

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/>



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?

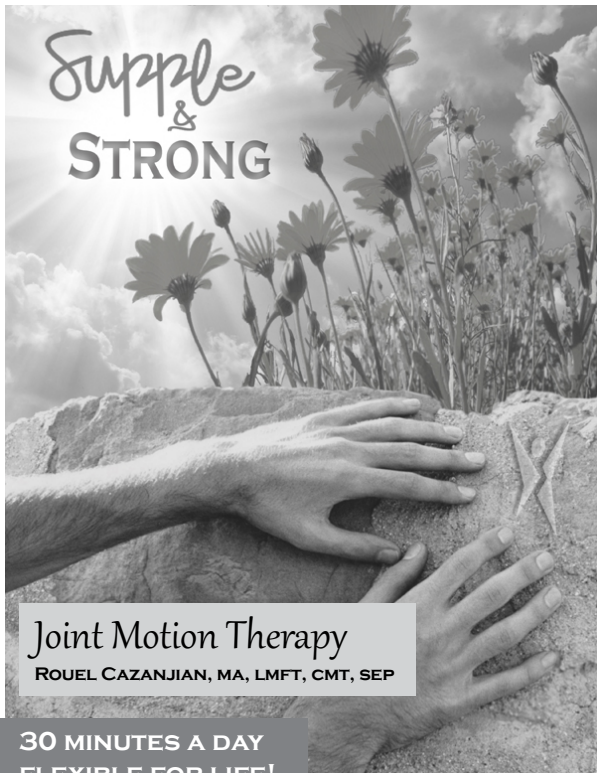
What pieces are supportive for you personally?

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



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
- improved posture
- 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!



2023 Federation MBS JGRC Report

Trends in regulation

In the earlier days of the Federation MBS, our work was more straightforward; as more states enacted regulation for the practice of massage therapy, the FedMBS supported such regulation based on the model in its Legislative Packet – including exemptions for non-massage professions. The legislative landscape is more complex now. Newer types of regulation are being created and at more local levels of government. Connections to other non-Federation organizations have become more important. Some of us are reconsidering our default positions on acceptable regulation and how to achieve our legislative goals. The pandemic has affected our organizations and their members, highlighting new public health concerns for us and legislators. We are still discovering the longer term changes that will result.

Massage Therapy Licensing

- Two of the last three states without massage therapy (“MT”) licensing have re-introduced bills in progress: Kansas and Minnesota. Only Wyoming has no law in place or bills in progress.
- More MT legislation is focusing on “establishments” or “facilities” with sometimes restrictive effects for practitioners, especially those without either exemption status or coverage in the licensing statute. PA introduced the Bodywork Facilities Regulation Act. This died but could have applied to FedMBS organizations otherwise exempt from licensing.
- Local AMTA chapters have included FedMBS organizations in their bill draft process. MN, KS
- Current bills:
 - KS:SB111. Bills to establish massage therapy licensure were filed again, including exemptions agreed by Fed MBS members.
- MA:
 - S.191, H.282: Bills to require licensure for alternative healing therapies were filed again. Bills died in last session, due to strong opposition.
 - HD953, SD1365: Bills to provide for consumer access to and the right to practice complementary and alternative health care services were filed again. In last session, similar bills had strong support but did not pass due to last-minute opposition.
 - HD3152: Bill to establish Asian bodywork therapy

licensure was filed. The bill would only apply to who those who [apply] Chinese medical principles in the evaluation and treatment of the body, mind, emotions and spirit...”

- MN: SF967, HF973 Bills to establish massage therapy and Asian bodywork therapy licensure were re-introduced, including exemptions agreed by FedMBS members.
- OH: We expect that bills will be re-introduced to revise and tighten massage therapy licensure requirements, removing relaxation massage loophole. In the previous session, HB81 passed the House with an amendment that added an exemption for movement practices but died in the Senate committee before session ended.
- The Interstate Massage Therapy Compact (ImPACT) was drafted, and bills are beginning to be introduced in some states. It is voluntary for states to adopt. If enough states pass bills, massage therapists would be eligible for multi-state licenses. Single-state licensure would still be available in those states. The Compact should not affect exemptions in the states that participate, unless those states changed exemption requirements in their statutes.

Exemptions

- Most states have exemptions from MT licensing of some kind that may apply to Federation MBS organizations.
 - These exemptions range from strong and specific to generic and open to interpretation.
 - Some are statutory and others are in rules or other administrative action.
- Exemptions may not be secure. As MT laws are updated revised exemptions may be targeted for removal (MA,RI)
- On the other hand there may be opportunities to place exemptions into existing laws, such as in Ohio.
- In Minnesota, in the previous session, the bill’s exemptions were pared down from the earlier version based on Federation language and weakened, due to concern that the specific, detailed language would draw unfavorable attention to the exemptions, and jeopardize the bill. This is a lesson that what we see as the important aspects of exemptions may not be

so important others, and we may need to adjust our expectations to address what the regulators/legislators feel they need.

Bodywork and other licensing

- “Bodywork” and “alternative healing therapies” licensing is being proposed for practices exempted from MT licensing to “close loopholes”. Our exemptions from MT licensing may not protect us from bodywork (“BW”) regulation.
- Proposed BW licensing is usually based on the MT model of licensing: a Board that sets standards, education etc. (MA) This is not suitable to the wide range of practices within “bodywork”.
- Legislators do not understand and often do not want to understand the differences in professions. Their concern is to find a broad legislative fix for criminal activity and not necessarily to benefit or accommodate the professions.
- Local jurisdictions are enacting their own regulations for “bodywork” or massage. This is very hard to track by our national organizations and each action can take as much time to deal with as a state wide action.
- Some independent organizations are proposing legislation that would create new licensing for certain areas of practice and give that organization power over the practice. National Certification Center of Energy Practitioners ([NCCOEP](#)), National Alliance of Energy Practitioners ([NAOEP](#)).

Human Trafficking concerns will likely continue to drive stricter, more inclusive licensing

- Legislators can’t afford to appear “soft” on human trafficking (“HT”).
- Internet sites are a major avenue selling sex and may be associated w/ HT and often use the term “bodywork”. Authorities assume that any ads on these venues may be a front for this.
- Addressing human trafficking and prostitution is the responsibility of law enforcement but many states don’t have enough funding or law enforcement staff. Instead they draft bills to push that task onto existing professional licensing bodies.
- Some parties recognize that licensing is not effective as an enforcement tool against HT. The Vermont office of Professional Regulation analysis concluded that licensing is not effective at combating HT.

How to address HT concerns

- For FedMBS organizations that have no involvement with HT, what is our role in this? We need to protect our practitioners from misguided regulations but we do not have law enforcement expertise to decide general policies for controlling HT.
- Finding effective strategy to keep/get exemptions while addressing legislators/law enforcement/massage board concerns re: human trafficking.
- Develop relationships with organizations that address human trafficking and law enforcement, to educate and seek agreement on strategies.
- Need to find good data about effectiveness of MT/BW regulation vs. traditional law enforcement.

Working with outside organizations

- The push for more regulation is generating resistance and Health Freedom advocates are actively opposing the blanket regulation of bodywork. Some of the Federation MBS orgs have worked closely with them against recent bodywork regulation bills. MA, VT
- Health Freedom orgs have proposed their own bills to guarantee the freedom to practice without being prosecuted for unlicensed practice of medicine. Some FedMBS orgs have supported these but it is still not clear how well these laws would suit our needs.
 - The HF laws are written for alternative forms of “health care”. Some of our member orgs do not identify as “health care”. Would another label such as “wellness” work better or be agreeable to the HF community and regulators? FGNA is seeking dialog with supporters of HF bills.
- The broad push to regulate all forms of bodywork together has moved some FedMBS orgs to establish communications and working relationships with non-Federation organizations also affected. Reiki, Bowen, Reflexology and others have been allies.
- HF activists and other organizations can mobilize more opposition to restrictive bills than Fed MBS orgs can by themselves.

Other Issues

Exemption vs. Appropriate Licensure

- One or more Federation MBS member organizations are considering or seeking appropriate licensing rather than exemption in certain states. MN, MA


- Restrictive regulations initiated by cities and counties have become motivation for some practitioners to seek licensing at the state level: KS

Ways forward?

- Continuing education for regulators
- More work with non-Federation organizations.
- Intersecting with HF advocates.
- Bring more members into the Federation MBS?
- Choosing our battles. We may not have the human or

financial resources to handle several states at once, so we have to target the places where can make the most difference.

- Monitor positions that become available on state massage boards or equivalents and get our constituencies to apply for them.
- Develop shared funding or a Federation membership model that will provide funding, when needed, for legislative lobbying initiatives.



Instructor Training Seminar 1
April 22-26, 2024 in Santa Fe, NM

Join Advanced Instructor Ursula Hofer with co-teachers Lynne Marotta and Jessica Mark in Santa Fe, NM for the Instructor Training Seminar 1.

Prerequisites include:

- Minimum of 375 hours of Advanced Practitioner Program completed
- Application to the Instructor Training Program through SOBI (due 12/15/23)
- Acceptance into the Instructor Training Program
- Selecting an advisor to work with in the program

For more information, contact Ursula Hofer:
ursulahofer4@icloud.com or visit www.orthobionomy.net/classes

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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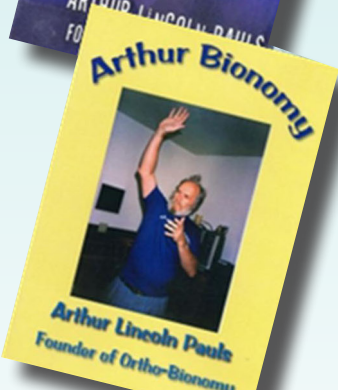
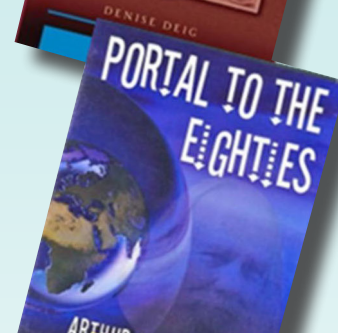
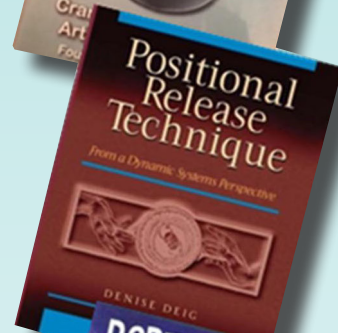
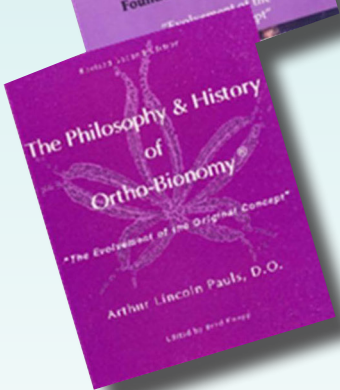
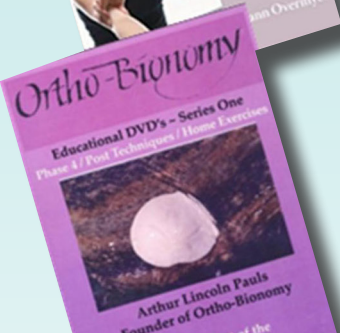
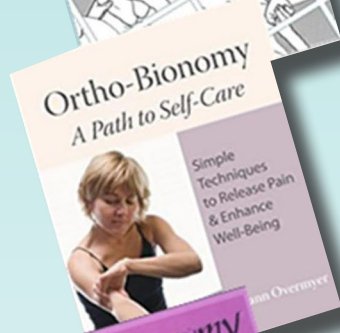
Cranial, Pauls	\$130 / \$140
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Portals to the 80's, Pauls	\$ 50 / \$ 60
Arthur Bionomy, Pauls	\$ 40 / \$ 50
Discount set of all five Phase 8 DVD's, Lee	\$ 35 / \$ 45
Phase 4 Spine, Lee	\$ 45 / \$ 55
Phase 4 Extremities, Lee	\$225 / \$ 245
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MERCHANDISE

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.



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EVOLVEMENTS

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

Jose Guerra

Associate
San Francisco, CA

Brooklyn Clark

Associate
St George, UT

Melissa Jurena

Associate
Harmony, PA

Rebecca Nealy

Associate
Marietta, GA

Jewel Millard

Associate
Gunnison, CO



Francine LaFlair

Practitioner
Stuart, FL

Jessica Kulm

Practitioner
Vale, OR

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.

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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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>





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
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>



Albuquerque 2008 Why we gather.