

Ortho-Bionomy® Newsletter



October 2023 ❀ Volume 33 ❀ Number 4

President's Address

Greetings, Everyone!

Hoping you all have managed to keep as cool as possible this past summer. I'm sure looking forward to a little temperature moderation here in Florida.

Speaking of temperature moderation, I am really looking forward to October in Albuquerque. I hope many of you make the decision to join us there in person. And if that is not an option for you, please come on into the virtual Conference!

We will be streaming as much as we can and recording the rest, so you can be as involved with the live goings on as possible.

Ian (from the office) and Lynne (Vice-President) have been doing some very heavy lifting these past few months to reconcile our SOBI policy with the training handbooks. This project is nearing the end and we are hoping this will help clear up some confusion and make your program paperwork easier to complete.

The Board had our new Grievance Policy and Procedure reviewed by our attorneys and with a very few clarifications we are good to go. I really hope this policy is never needed but we have it just in case.

There has also been a revision in the International Policy. Unbeknownst to the Board, each country has its own trademark law.

So, a trademark in one country is only good in that country. Which basically means if you plan to practice or teach in another country, please be aware of their trademark rules.

Also, the Board has been working on a new policy to establish an emeritus retired and semi-retired status for our members. We are hoping this will help SOBI retain the treasured benefit of the wisdom and brain trust of our most seasoned members.

Gosh, there are so many more projects we are working on, but the truth is, I won't be involved with bringing them to fruition. This is my last President's letter, as my term of service ends on September 30, 2023. I want you all to know that serving SOBI, first as a Board member and finally as President has been a top honor and labor of love. I have cherished every moment. Yes, I really mean that, of my time with all the wonderful, amazing, compassionate, honest... the list goes on and on, colleagues that I have had the benefit of serving with these years.

Be assured, SOBI is in the very best of hands. You all are getting a serious upgrade!

Love always,
Cathy



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The Therapeutic Alternative and BodyWorkCEUS.net

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

2024 CLASSES

February 24 & 25

**Ortho-Bionomy®: Langer Lines & Viscera
Vagus Nerve & Phrenic Nerves**
Instructor: Lynne Marotta
Location: Deerfield Beach, FL
Pre Requisite: TBD

April 13 & 14

**Ortho-Bionomy®: Above the Dome – Thoracic
Visceral**
Instructor: Mike Miller
Location: Deerfield Beach, FL
Pre Requisite: Phase 4, 5, and Phase 6 is
preferred

May 18 & 19

**Ortho-Bionomy®: Self-Care, Options for Pain
Relief**
Instructor: Luann Overmyer
Location: Deerfield Beach, FL
Pre Requisite: None

June 22 & 23

Ortho-Bionomy®: Phase 4 Spine
Instructor: Liz Olivas
Location: Deerfield Beach, FL
Pre Requisite: None

July 27 & 28

Ortho-Bionomy®: Phase 4 Extremities
Instructor: Liz Olivas
Location: Deerfield Beach, FL
Pre Requisite: None

November 2 & 3

Ortho-Bionomy®: Posture & Post
Instructor: Erin Long
Location: Deerfield Beach, FL
Pre Requisite: TBD

October 17, 18, 19 & 20

**Ortho-Bionomy®: Fluids, Fascia and the
Lymphatic System**
Instructor: **Liz Olivas**
Location: Corvallis, OR
Pre Requisite: Phase 4, Phase 5 preferred

October 21 – Study Group

Study Group
Instructor: **Liz Olivas**
Location: Corvallis, OR

**To schedule any of these
Classes, go to**

<http://www.bodyworkceus.net/>

SOCIETY OFFICE

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KERI BROWN

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BOARD OF DIRECTORS

SOBI Member	Office Title
Lynne Marotta	President
Laura Samel & Kami Clark	Co-Vice-Presidents
Jacqueline Davis & Laura Holton	Co-Treasurer Liaisons
Melissa Malm	Member at Large
Nicky Roosevelt	Member at Large
Non Board Officers: Keri Brown Diana Ingemanson	Secretary Treasurer

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 evolution 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.

Albuquerque Here We Come!!!

SOBI Conference 2023
Indian Pueblo Conference Center
October 16-22, 2023
Albuquerque, NM



By Keri Brown

Well, it's almost time for the conference! The office staff and conference committee have been meeting every month for the last 16 months, sharing ideas, anticipating needs and wants, and deciding on the menus. We are doing everything we can to make this conference a memorable experience.

We are delighted with our presenters, in-person and virtual, and trust that everyone who joins us is bringing their best Ortho-Bionomy selves to the party.

Our community has the opportunity to reconnect physically for the first time in 4 years, so our first in-person conference since covid came on the scene, seems like an important place to be.

We have come through an unusual circumstance and the world has changed in many ways. I'm not really sure what to expect this year, I only know that I'm looking forward to experiencing the magic of connection with people who practice this work we love, and affirming relationships however far apart we live. I can't wait to learn more about applying our principles in ways I had not considered before. And I'm looking forward to revisiting the Indian Pueblo Cultural Center, with its beautiful art and generous people.

I also can't wait to see what shows up on the silent auction table. I know there are some t-shirts from the collection of the venerable Gary Lee Williams, probably a couple of Shivambu-Kalpa books, a giant plaster sand dollar and some O-B merchandise from years past.

We hope to see you there, in-person or virtually because we all belong!

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

New Members for the Board of Directors

Kami Clark

Kami is a Registered Practitioner from Vernal Utah. She is currently working on her Advanced Practitioner training with the goal to begin Instructor training next year. She joined the SOBI Board to help support the continued growth of Ortho-Bionomy.



Ortho-Bionomy changed Kami's life and the lives of those she loves so much that she currently has her husband, two children, niece, sister-in-law, and two friends in the Practitioner program. She firmly believes that Ortho-Bionomy changes lives and wants to support the Ortho-Bionomy community as much as she can.

travel around the country in my retirement from performing in orchestras). I'm looking forward to meeting Ortho-Bionomy members all around the US and finding out how the Society can best serve you while discovering answers to the questions: "How can we help facilitate your learning, and your practice?" I am enthusiastic about my fellow board members and look forward to serving you the next three years.

Laura Samel

Laura evolved to Advanced Practitioner during the March 2023 evolution process and has been approved to train as an instructor. She serves on the communication committee, the research committee, and the conference committee.



Laura has studied with many instructors around the country both online and in person, as well as some online classes/study groups with people from other countries. She enjoys taking classes with many different instructors because they each bring a unique perspective of Ortho-Bionomy and all the wonderful things it has to offer for both Practitioners and our clients.

Laura enjoys creating things with her hands using all sorts of materials, and makes useful products such as soaps, lotions, bath bombs etc., as well as more decorative items out of wood, leather and PLA (3d Printed items). She also has a love of animals and always appreciates an opportunity to use Ortho-Bionomy with them as well.

Nicky Roosevelt

I'm Nicky Roosevelt, a new member of the SOBI Board. I came to Ortho-Bionomy from massage more than 20 years ago, after an introductory class on hands and wrists. My body loved Ortho!!! I began studying and I am now an Associate Instructor. I had a life as a profes-

sional musician (French horn) over the years as well, and I was happy to bring the magic of Ortho-Bionomy to my colleagues and to elder or disabled clients.

I'm excited to join the Board of SOBI because I am passionate about spreading the word about what we do (as I



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

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



ORTHO-BIONOMY® TRAININGS

<u>Date</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
Oct 5-6	Postural Re-Education & Post Techniques	Berns	Davis CA
Oct 6	Releases for Gr Trochanter & Hamstrings (Phase 4)	Malm	Ashland OR
Oct 26-27, 30-31	In-Depth Releases for the Ribs (Phase 4)	Berns/Malm	Online
Nov 3	Study Group: Integrating Massage & Ortho-Bionomy	Berns	Ashland
Nov 3	Releases for the Knee (Phase 4)	Malm	Ashland
Nov 4-5	Subtle Physical & Unwinding Releases (Phase 5)	Berns	Ashland
Nov 8-9	Releases for the Lower Extremities (Phase 4)	Berns	Davis
Nov 15-16	Releases for the Shoulder and Ribs (Phase 4)	Berns	Davis
Nov 17	Working with Breath and Ortho-Bionomy	Berns	Davis
Nov 17-18	Exploration of Movement	Malm	Corvallis OR
Nov 28	Study Group: Deep Lateral Rotators of the Hip	Berns/Malm	Online
Dec 1	Releases for the Ankle (Phase 4)	Malm	Ashland
Dec 2-3	Releases for the Lower Extremities (Phase 4)	Berns	San Francisco
Dec 7-8, 12-13	Ethics & Emotional Issues	Berns	Online
Dec 16-17	Ethics & Emotional Issues	Berns	Davis
Dec 18-19	Cranial - Skin, Muscle, Bone	Berns	Davis
2024			
Jan 18-19	Advanced Energy Releases (Phase 6)	Berns	Davis CA
Jan 20-21	Releases for the Lower Extremities (Phase 4)	Malm	Corvallis OR
Jan 23	Study Group: Hyoid & Trachea	Berns/Malm	Online

Photo credit: Melissa Malm



JIM BERNs

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MELISSA MALM

Registered Instructor
melissa_malm@yahoo.com
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For more information go to www.LearnOrtho-Bionomy.com

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

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CALL FOR ARTICLES FOR THE JAN. '24 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.



Brilliance

By Jessica Mark, August 2023

When asked about my profession, a fleeting moment of unease often comes over me. I find myself internally searching feverishly for a word or phrase that could encapsulate the depth and beauty of Ortho-Bionomy® quickly and succinctly, hopeful that what I say will invite more curiosity which may extend the conversation. Sometimes I start with the safe response, recounting why I fell in love with the work. Guided by principles like “less is more”, listening without judgment, non-force, honoring what arises, and allowing space for the self-corrective response, Ortho-Bionomy resonated with me on macro and microcosmic scales. These principles mirror the inherent principles of nature, so why wouldn’t they be true for our bodies as well?

These initial responses came from an impassioned place in my system. I was so enamored with the beauty of these principles living in our physical bodies! However, as the initial fascination

transitioned from novelty to familiarity, there was still a sense of something lacking in my understanding. I believed in the work. I witnessed its efficacy every day in my practice. Despite this belief, an undercurrent of doubt still lingered. Why would someone believe in, trust, or try Ortho-Bionomy rather than something else? I recognized a need for clarity beyond the surface level, so I continued to hold space for deeper comprehension to emerge.

I began to dive deeper into the understanding of the work from its origins, seeking insight from within Ortho-Bionomy. I would ask and sit with challenging questions to orient my sense of the work and to feel the integrity and clear truth behind what I was teaching. I earnestly asked questions such as, “How *specifically* is Ortho-Bionomy different from other modalities? Is this really something different? What is its unique identity?”.

I assuaged myself by responding to those questions with, “We have compression! We orient around the

structure, *and also* work with its relationship to soft tissue and aura/energy work! We are osteopathically based! We have distance work! We have reflexes!” Yet something was still not landing with completeness. My quest continued with more revelations about other modalities and systems.

What surfaced was the realization that the principles intrinsic to Ortho-Bionomy were shared by numerous parallel disciplines. Cranial sacral therapy’s principles, for example, mirrored our principles in precise alignment. They exaggerate and/or are present with preferred patterns. They work with structure, soft tissue, and energy. They allow the body to self-correct from within. Alexander Technique principles orient around recognition of a pattern and non-doing. The work of Feldenkrais taps into nervous system repatterning and organizes around the body’s structure and its relationship to gravity as a pathway for ease and balance. These and many others are gentle, listening forms of bodywork. They listen for the wisdom of our body to find its

recognition and its right relationship to create the catalyst for response and self-correction. Similar threads woven through their fabric seemed undeniable. Although my allegiance and dedication to Ortho-Bionomy never wavered, I felt disheartened and still a bit confused. Until recently...I happened to be rewatching the Cranial video featuring Arthur and his cranial teachings produced decades ago. It was then that I understood the singular, defining essence of Ortho-Bionomy—an understanding that differentiates us. Ortho-Bionomy embodies the relationship of our self-correcting physical bodies with the brilliance of Universal Wisdom. Arthur, with his intuitive grasp, not only embodied this in his interactions but articulated it with matter-of-fact simplicity. This understanding was ingrained within him, shaping his approach and wisdom.

There are so many modalities that focus intently on the physical, and even create specialties on one issue, or one part of the body. Their knowledge of that specific part of a structure is awe inspiring. And it never feels like the full picture to me. It feels like only part of the story is being expressed with a lens only on the structural elements. The

same is true for methods that adhere to Universal Wisdom and the relationship to things/ideas/beliefs/energies that are not in the physical or concrete realm. They often neglect that we also have physical bodies as our form in this current time and space reality.

Arthur understood there was a relationship between these entities. He understood that one could not express its fullness without the other. A synergy in which the Universe's splendor reflects in our bodies, and vice versa. They coalesce in exquisite balance, perpetuating each other's brilliance.

Phase 7, Arthur's legacy, emerged as a resource to access Universal Wisdom tangibly. Yet, this essence permeates all phases and techniques, shaping Ortho-Bionomy's core. It is this intimate interplay of knowledge that makes Ortho-Bionomy truly Ortho-Bionomy—a testament to the resonant connection between Universal Wisdom and our physical forms.

A profound gratitude has washed over me for this new awareness and understanding. Empowered and emboldened, I am excited to amplify this relationship, permeating all facets of

Biography

Jessica Mark is an Advanced Instructor and Advanced Practitioner of Ortho-Bionomy®. She complements her practice with other training including dance, functional movement, Pilates, Body-Mind Centering®, Visceral Manipulation, and infant developmental movement. She is also a certified Breastfeeding Specialist™ and works primarily with babies and children.



my teaching and practice. Thank you for the ways in which understanding, and perception filtered through your body and spirit, Arthur. I am eternally grateful.

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/>



Why Study.....

Eleven Years
Joyful Instructors
Belonging • Acceptance
Over 120 Successful Practitioners • Thoughtful Advisors
Evolving and Advanced Training • INTEGRITY • Organized
Weekly Trainings - Fascia - Visceral - Cranial - Impact
Injuries - Concussions - REFLEXES - Principles
Listening • Commitment • Consistency
Weaving Advanced Phases
Occupational Degree
Understanding
Laughter
Love

Join us in the most wonderful experience
of education you could imagine!
Sheri Covey & Sara Spehar

2023 & 2024 CALENDAR

December 15

Newsletter Article Submissions & Advertising Due
Materials/Waivers/Evolvement request for PRC/IRC Due

2024

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 Deadline for April newsletter submissions and ads.
March 15	Materials/Waivers/Evolvement request for PRC/IRC Due Newsletter Article Submissions & Advertising Due
April	Ortho-Bionomy News Quarterly Newsletter & Annual Report Available
May 20th	Annual General Meeting via Zoom or at conference in the fall if scheduled
June 15	Board Election Ballots Due if vote was required Materials/Waivers/Evolvement request for PRC/IRC Due Newsletter Article Submissions & Advertising Due
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
December 15	Newsletter Article Submissions & Advertising Due Materials/Waivers/Evolvement request for PRC/IRC Due

EVOLVEMENTS

Anne Andrews
Associate Instructor
St. Augustine, FL

Shaney Rockefeller
Instructor
Vale, OR

Michael Miller
Advanced Instructor
Huntington Station, NY



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

The Felt Sense

By Rouel Cazanjan

We all know the difference between our thoughts, emotions, and physical sensations, but what does it really mean to be human? What is the experience of existence? How would you explain existence to a space alien – not just the simple experience of survival or fun stuff, but the depth of your experience of being alive?

Eugene Gendlin, a philosopher and psychotherapy pioneer, founded a method of psychotherapy in the 1960s he called Focusing. It was the result of recording thousands of therapy sessions and identifying what all the people who made progress had in common. What he discovered was that

they all could do one thing – feel their experience of some important aspect of their lives as a preverbal bodily form of communication. He called this the *felt sense*. The felt sense differs from a gut feeling, in that it is a much deeper question that we don't even know how to ask that is showing up as a subtle, murky, and unclear feeling, whereas a gut feeling is negotiating a known subject.

Here is what Gendlin says: "A felt sense is an internal aura that encompasses everything you feel and know about the given subject at a given time – encompasses it and communicates it to you all at once rather than detail by detail." For those of you who studied with founder Arthur Lincoln Pauls or other instructors who studied with him,

doesn't this seem very similar to what Pauls described as the "auric mood" that would arise with Phase 6? For me, this idea of an auric experience of a subject dispels the notion of the body and mind as separate yet embraces the body in a new and more important way – a source of information about our experience of being human. A felt sense is a sensation, not a thought or idea, yet communicates huge amounts of information and conveys the whole of something.

One might look at the process of life as a series of steps where we negotiate how we feel about something, have an epiphany of some sort, make a decision about that subject, and move forward to our next step, or we don't go through that process and are stuck



in a stasis pattern until we can finally go through it.

Arthur Lincoln Pauls coined the phrase Evolverment of the Original Concept. While this phrase may be interpreted in a multitude of ways, and Pauls probably liked it that way, one interpretation may be that it is we who are constantly evolving – who we are today is not who we were yesterday and not who we will be tomorrow. One more note on Pauls: he often liked his students to be confused and set his teachings up that way, because in the end, he knew that students would have to “just get on with it” and figure it out for themselves. He seemed to instinctually know that healthy confusion was the only way to evolve in certain ways. I believe his Phase 6 work was about amplifying the felt sense in people in a way that they couldn't ignore, and their life processes would spontaneously evolve in the direction of their next steps.

Focusing on a felt sense does not mean choosing between disagreeing parts of ourselves, but rather, we embrace the whole of something and make space for a fuzzy, yet-to-be-articulated sense of the whole. To really understand Focusing, imagine something blurry coming through as a body sensation and then coming into focus and revealing its meaning in the process.

How do we facilitate Focusing in ourselves or others? The answer lies in knowing when to pause, pay attention, and be present with the unknown. Once we find a murky body sensation that seems important, having a specific, yet open, non-judgmental state of attention will facilitate the process. An internal knowing which is experienced

as a novel body sensation but not yet in words will come in its own time. This is a long way of saying what we naturally do in Ortho-Bionomy®, maybe without even knowing it. We “hold space.” The less we know about the space we are holding, the better, because defining something prematurely will prevent the unknown from revealing itself. What I might say to myself, whether working with myself or others is “I know there is something important here, but I am going to wait to let it speak to me when it can speak.” In the meantime, I can explore the novel body sensations.

If we only focus on what we know, we never get to learn about what we don't know.

Examples of felt senses you have had in your life may be in the hundreds or even thousands – who you date or marry, school and career choices, family choices, where you live, what car or house you buy, resolving interpersonal conflicts and hundreds of smaller choices. Felt senses may also be about existential or healing issues, such as “who am I, what is my life purpose, what is the meaning of life or the meaning of anything, what fulfills me, how do I heal my past or create a happy future?” With every situation of our lives, we have a meaning, and that meaning often first shows itself as a felt sense that is murky until it has space to speak its truth.

Happiness as an end game:

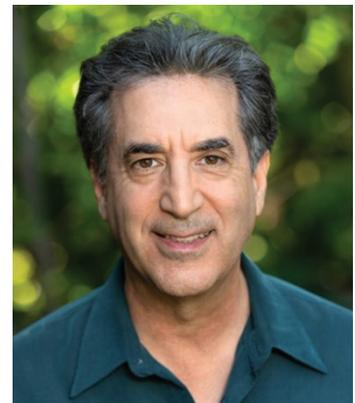
With the felt-sense-centered way of life, there is more of an experience of being one with one's true self, and this is a large component of happiness, rather than happiness being only determined

by external good fortune. Wholeness is the state of connection with all our parts, and when our felt-sense body has free and total permission to speak to us, we can be self-informed by its fathomless wisdom.

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 the felt sense with cutting-edge Ortho-Bionomy® techniques.

Biography

Rouel Cazanjian, MA, 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 35 years of experience teaching and working with clients. He also has extensive experience working with Buddhist principles, mindfulness, meditation, hypnosis and many movement therapies.





SOBI 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

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

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 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

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!



Giving Thanks Where It Is Due

By Gary Lee Williams, Instructor
Previously Published

About 8 to 9 years ago I developed a strategy aimed at generating increased referral business for my Ortho-Bionomy practice. While this strategy is ridiculously simple in execution, its impact far exceeded my initial expectations and I still continue to regularly utilize it with great success today.

At some time or another we have all had clients who had such wonderful Ortho-Bionomy experiences with us that they referred other friends, associates, or family members to us. At the end of many of these "referral" sessions we find that the new client thanks us for the positive shifts and benefits they are beginning to feel post session. Usually the typical response on our part is to

say, "You are very welcome," and that interaction just ends there.

One day years ago, as I was being thanked by such a client, it suddenly hit me that the gratitude being expressed rightly belonged to the person who referred them to me, after all, they were the common denominator that brought and bound us all together. Without the conviction of this individual that I, with the tools of Ortho-Bionomy at my side, could have a profound positive impact with their friend, our paths might not have crossed; perhaps a loss for us all.

Today when I am thanked at the end of a session by a new referred client I respond with, "Don't thank me, thank your friend; they must like you a lot and have great faith in me to take the time to bring us together." Now, just think about this response for a

Biography

GaryLee Williams has retired from practice, and teaching Ortho-Bionomy. Gary's work with the New York O-B Lab developed the Langer Line, Vertical spine and Chapman's Reflexes-Two Point connection classes.



moment. We all feel good when we know we have helped a friend or loved one directly or indirectly, and how much is that feeling magnified when it is acknowledged by those we tried to help. This creates such a positive reinforcement reaction in many people that they immediately start to think of others whom they want to tell about Ortho-Bionomy and YOU.

Like two friends or family members who share a love of a particular movie, book, activity, etc., returning thanks enhances the shared bond between individuals connected to you and Ortho-Bionomy. This shared experience tends to act like a ripple across a clear pond spreading outward from friend to friend, friend to spouse, spouse to business associate, and on and on. I have clients who, from one referral, now have shared experiences around Ortho-Bionomy and my practice that extend 10, 15, even 20 generations from a first referral. So, the next time a referred client says, "thank you," at the end of a session with you think about starting that ripple and invite them to give thanks where it is due.



REFER A FRIEND

My Ortho-Essay

By Cynthia Wood
August 2, 1996

It seems daunting to me to try to put into writing what the principles of the philosophy of Ortho-Bionomy means to me personally and professionally. Ortho-Bionomy is so pervasive in my life that it is hard to separate myself from its influence and look at it objectively. I'll start by defining the term Ortho-Bionomy. As I understand it "Ortho" means 'corrective'. "Bio" means 'life' and "nomy" means translates to "study of or rules of". So a basic definition of the term "Ortho-bionomy" is 'the corrective application of the natural laws of life.'

In my first Ortho-Bionomy class I felt my heart open. I felt at home. I had found something I could enjoy doing every day, that I could grow with, and that made sense to me. It made sense to my body, spirit and psyche more immediately than it did my intellect. That is actually worked seemed like magic. It still does. It is so simple, and yet mastery of it is something to play with for the rest of my life. Plus, it is lots of fun! So, as I wonder what the principles mean to me, I not only look at not my ideas, but my experience.

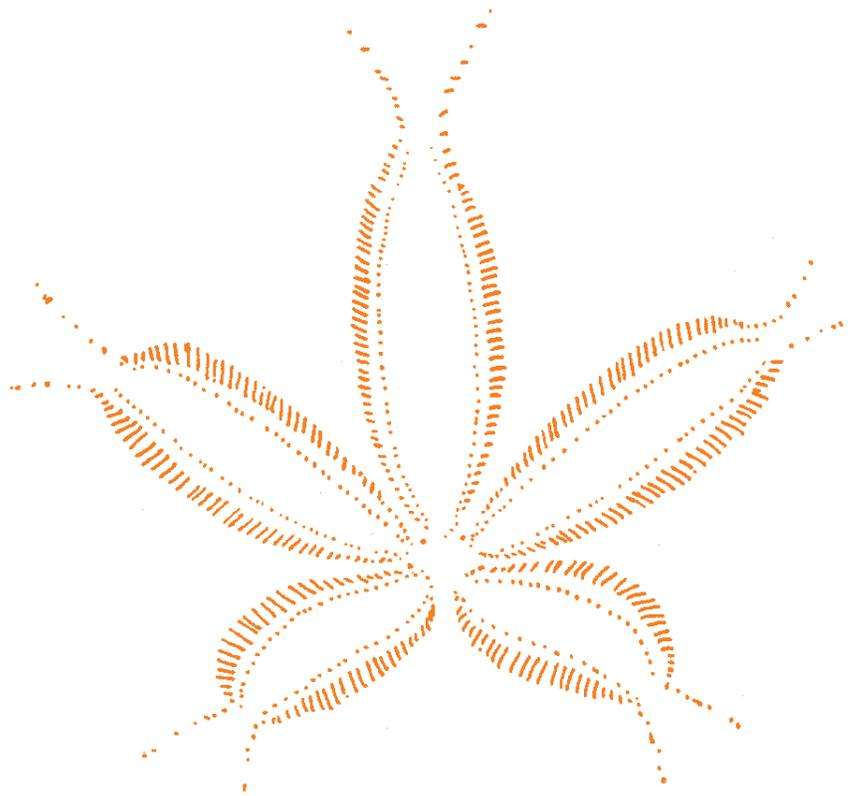
At that time, I was working as a massage therapist in a physical therapy clinic. I began to use Ortho-Bionomy immediately because it made so much more sense to me than digging my fingers deep into the patient's painful tissue. It made sense to them too. Soon the patients and physical therapists began to rely on the effectiveness of Ortho-Bionomy. I regularly delight in both Ortho-Bionomy's effectiveness and its ease. Rather than using force to correct, Ortho-Bionomy merely shows

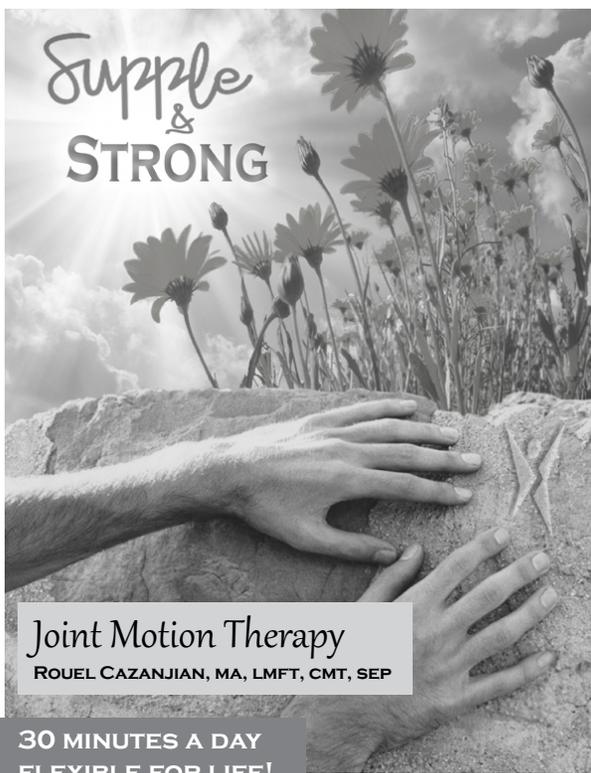
the body itself, like a reflection in a mirror. It would seem that the law of life Ortho-Bionomy employs is that self awareness opens up the possibility of change, of increased balance, of individual evolution.

I like that Ortho-Bionomy works by exaggerating the body's imbalance, by affirming where the client is rather than trying to force a client into some external idea of where they should be. Personally, I would much rather be affirmed than corrected. In the Theater Conservatory, I was pushed and corrected too hard. I remember the awakening I felt when a gifted Shakespeare instructor, coaching me

on a monologue, said "I don't know, what do you think?" That is how Ortho-Bionomy works, by listening and leaving room for revelation. I find that I enjoy increased ease and flow as I learn to live by following my heart rather than by forcing myself into some external idea of the good life or the American dream. Ortho-Bionomy has helped me to learn to listen to my own dreams. It has me learn to not push the river.

In my practice I describe Ortho-Bionomy to my clients as they experience what is going on in their bodies. It is fun to watch their puzzled expressions as they help me find what feels good





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?crd=2YLP1XO7B7O2U&keywords=rouel+cazanjian&qid=1679448735&prefix=Rouel+%2Caps%2C751&sr=8-1

and what is comfortable instead of what hurts. I feel privileged to help people ease their pain, and have witnessed and assisted in some amazing healing processes. Also, I feel privileged to work so intimately, and positively with people. I feel very lucky that I look forward to work. Even on days when I am not in the mood, as it were, I finish the day satisfied. I will have had experiences, and connected to people in ways I feel very good about. I like that I never know what will happen. I like that when my usual approaches don't work and I have to breathe, listen, and make it up. I am challenged to trust the principles, to trust the flow of the river. I find it really exciting. I learn a lot and have a lot to learn. As I watch the physical demonstration of the effectiveness of the principles of Ortho-Bionomy, I get to witness emotional and spiritual shifts as well. It is a mutual learning, an

exploration, following a person to where they are. When we find ourselves we have the possibility to find a new pattern, increased balance, greater freedom.

The symbol for Ortho-Bionomy is the sand dollar with the phrase 'Evolvement of the Original Concept.' Just what Arthur meant by that I'm not exactly sure. I do believe my understanding will deepen over the years along with my experience of the work. As I interpret this phrase now, the original concept is being, or consciousness, and through following, through awareness, we evolve.

The principles, philosophy, and practice of Ortho-Bionomy enables me to explore, play, and evolve in my own life and share with others. I am deeply grateful to Dr Pauls for creating this work. I feel privileged to be part of the evolution.

Biography

Cynthia Wood is an Advanced Instructor of Ortho-Bionomy and director of Ortho-Bionomy New England. She has been studying and practicing Ortho-Bionomy since 1989.

She has studied with over 30 Instructors including Dr. Arthur Lincoln Pauls, the founder of Ortho-Bionomy. She has practiced in settings as varied as a physical therapy clinic, a spa, the Kovler Center for Survivors of Political Torture, Brigham and Women's Hospital and many years in private practice. She has taught around the US for 20 years but is mostly found in New England where she lives. Before studying body work she was an actress and received her BFA from Boston University. Her theater skills inform her teaching, as well as her passion for Ortho-Bionomy and her excitement to meet the wonderful people she encounters in her practice and classroom.



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

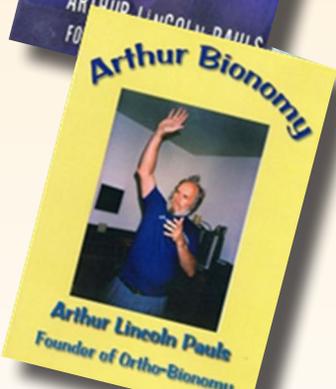
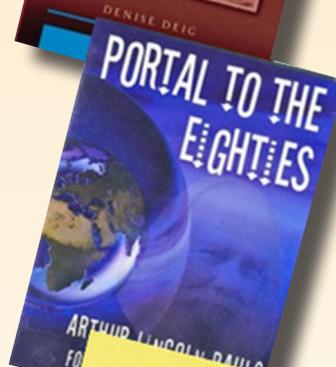
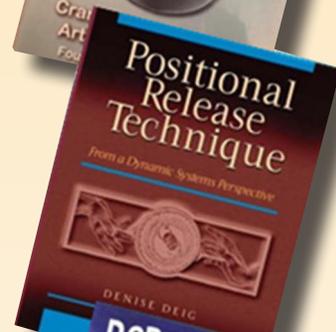
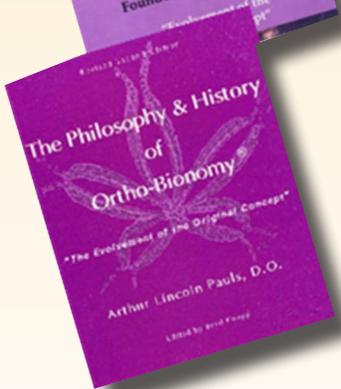
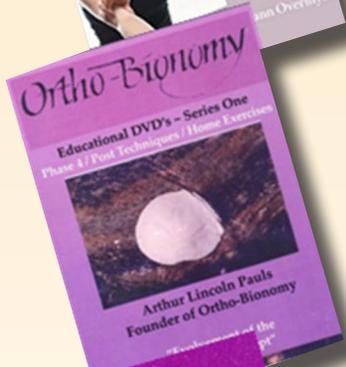
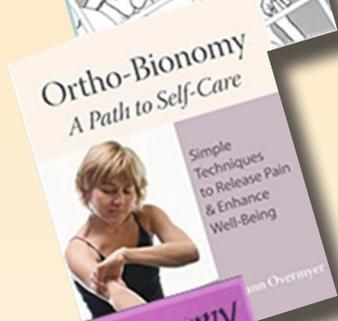
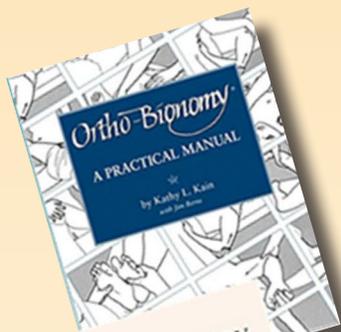
Cranial, Pauls	\$ 130 / \$ 140
Pearls of Wisdom, Pauls	\$ 100 / \$ 110
Portals to the 80's, Pauls	\$ 50 / \$ 60
Arthur Bionomy, Pauls	\$ 40 / \$ 50
Discount set of all five Phase 8 DVD's, Lee	\$ 35 / \$ 45
Phase 4 Spine, Lee	\$ 45 / \$ 55
Phase 4 Extremities, Lee	\$ 225 / \$ 245
Exploration of Movement,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

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.

Hello Instructors!

It's that time again when the office, okay, Keri, starts asking you to teach a three hour virtual study group for the Society. SOBI markets the study group, tracks the students, supplies the Zoom account, sends out the certificates and evaluations then pays you.

The SOBI Sponsored study groups are held on the third Thursday of each month, as long as a conference isn't happening on that day. The study groups are live for three hours. If you are interested in teaching a study group for SOBI just email the office@ortho-bionomy.org and we will walk you through the process.

INSTRUCTOR REMINDER TO ADD YOUR CLASSES TO THE SOBI WEBSITE

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https://www.ortho-bionomy.org/aws/SOBI/pt/sp/home_page

CLASS LISTINGS

For full class descriptions, class information, Instructor contacts by state, 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>

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		Non-member Cost	
	1 issue	4 issues	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

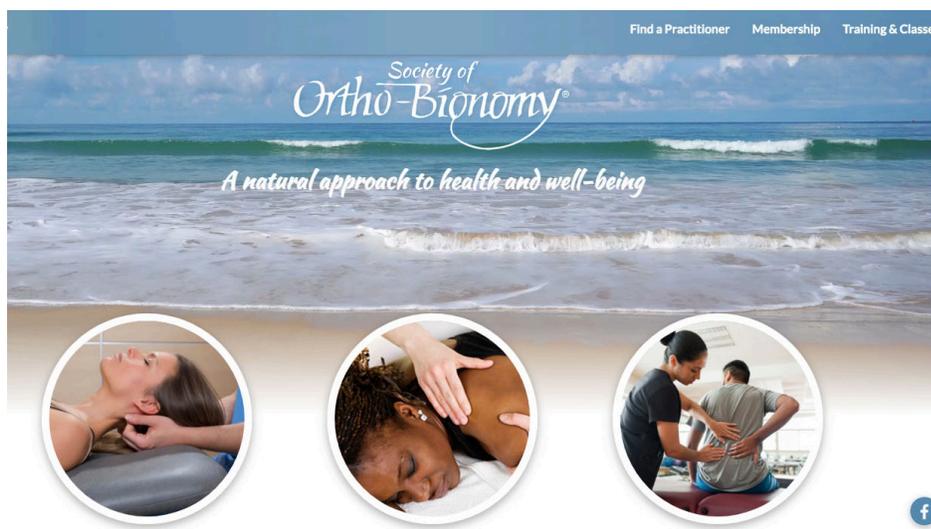
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 You can include your ad in the next newsletter by following this link.
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CLASS LISTINGS

For full class descriptions, class information, coordinator contacts by state and area, and the most up to date class listings, go to Find a Class Online on SOBI's Class Page.

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



Do you need Study Group Credits?

Study Groups are held on the 3rd Thursday of every month. These Study Groups are taught by Ortho-Bionomy® Instructors who have a passion for aiding you in a deeper understanding of Ortho-Bionomy. Member cost \$45, non-members \$65 Instructors interested in participating please email: office@ortho-bionomy.org

SOBI Sponsored Study Groups 2023

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

Instructor	Date	Topic
Bettina Beaucamp	26-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>

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](#)