

# Ortho-Bionomy® Newsletter



January 2024 ❖ Volume 34 ❖ Number 1

## President's Address

### Happy New Year!

Here's hoping you had a wonderful holiday and are now relaxing back into your routine. I have had a few months to settle into my new role on the board of directors. I stepped up at this time thanks to Cathy Krenicky's steady guidance these past two years and to the cohesive way the board members share in the common goal of supporting this society in the best way possible. I am honored to follow a long line of presidents before me; thank you for taking good care of SOBI on your watches. I will do my best with this dynamic board to carry us forward.



for most of us, Instructor. I now enjoy the same support and common goal on the board and with the committees that actively help our society evolve and prosper.

Many of you know that the Instructor Community met prior to the Conference this past October in Albuquerque, New Mexico. Cathy and Rouel Cazanjan set the tone for the event that essentially influenced the entire conference in a beautiful way. Thank you! I also want to include a shout-out to all of those who worked on this conference committee, and those who did also while serving on the board, especially Cathy Krenicky, Laura Samel and Erin Long. My hats off to all of you.

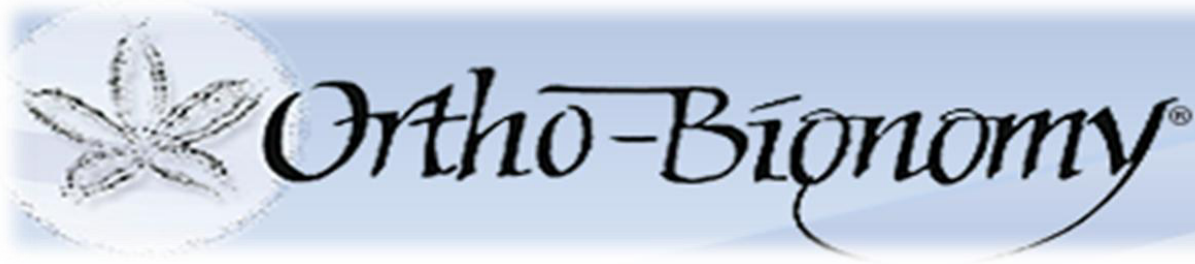
For those of you who don't know me, I have been a member of SOBI since 2003. I grew up in the New York city community, benefitting from many amazing Instructors, mainly Morel Stackhouse who flew in even for small classes to get us started, and Ursula Hofer. Later, many, many more Instructors came in to balance our needs. Through their dedication, we grew to have an abundance of students, several of whom wanted more and began a weekly study group, which eventually became known as O.B. Lab. We cheered each other on until we reached our personal goals of Advanced Practitioner and,

I love our work, our community for its diversity in what each of us brings to the table, and most of all, the daily gift of this work as we witness the body's self-corrective reflexes that can heal itself. We use these reflexes and the principles in each meeting, broadening our understanding of Ortho-Bionomy. If you are eager to share your time to grow this community further, give a call to Keri at the office, there are many projects finishing up, and some just beginning.

May 2024 bring us peace.  
*Lynne Marotta*

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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: Phase 5 (unless approved by the instructor)

#### February 26 – Study Group

Instructor: Lynne Marotta  
Location: Deerfield Beach, FL

#### April 12, 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

For more information go to:  
<https://www.bodyworkceus.net/>

#### 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: Phase 4 Spine or Phase 4 Whole Body

#### April 25, 26, 27 & 28

Ortho-Bionomy®: Fluids, Fascia and the Lymphatic System  
Instructor: Liz Olivas  
Location: New York, NY  
Pre Requisite: Phase 4, Phase 5 preferred

#### April 29 – Study Group

Instructor: Liz Olivas

#### 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

Instructor: Liz Olivas

## Society Office

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

**Office Administrator**  
KERI BROWN

**Office Assistant**  
IAN JORGENSEN

**Office Hours**  
TUESDAY 1 PM–6 PM  
THURSDAY 9 AM–3 PM  
Voice messages and email will be  
checked regularly and responded to  
within 24-48 hours during the week.

**Phone Numbers**  
Office: (317) 207–0739  
Lynne Marotta: (201) 357–0741

**Email Address**  
office@ortho-bionomy.org

**Website**  
www.ortho-bionomy.org

## Newsletter Staff

**Newsletter  
Board Liaison**  
JACKIE DAVIS

**Graphic Designer**  
TERRI WOLTERS

**Editor**  
JOAN WEISBERG

## Board of Directors

SOBI Member	Office Title
Lynne Marotta	President
Laura Samel & Kami Clark	Co-Vice-Presidents
Jacqueline Davis & Laura Holton	Treasurer Liasons
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 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.

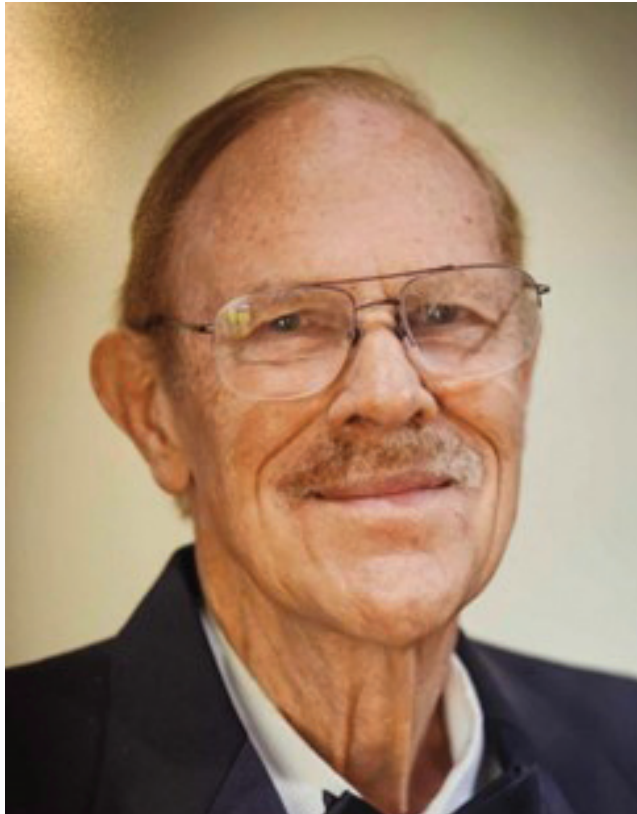
The Society of Ortho-Bionomy International may also elect to request further information to determine compatibility with its publication's editorial policy.

# Remembering BOB BOWMAN

**W**e are asked to share the passing of another longtime member of SOBI. Associate Advanced Instructor Robert Bowman passed away recently. Bob's member number was 95, which gives you an idea of how long Bob has been a member of the Society.

**"Bob brought the principles of Ortho-Bionomy to his music students"**

Luann Overmyer



generosity have touched the hearts of everyone within his orbit over the decades of his well-lived life.

Bob is survived by his wife, children and grandchildren and is remembered well as a father, mentor and guide. Robert would send out regular announcements of concerts addressed, "Dear Music Lovers." So, for all you music lovers out there, please enjoy this recording of Robert from October 2021 at the PAS Legacy Series in Redding, where he performed works from Bach, Mozart, Debussy, Rachmaninov, and more.

<http://tinyurl.com/ymr2z2nh>

Along with his passion for Ortho-Bionomy, Robert was an exemplary classical musician, professor, and private teacher who brought the love of music to so many people over the years of all ages. He was also intensely engaged as a political activist, which most recently expressed itself through advocacy for the unhoused in his hometown of Chico, California. Robert was a spiritual man, a seeker of knowledge with a profound gift for insight wrapped in the deepest compassion for humankind. His kindness and

**"Those of us in SOBI that you served with such great heart will miss you and wish you a peaceful rest."**



# A CONFERENCE *to Remember*

The 2023 SOBI Conference in Albuquerque, NM is in the books, so to speak. For myself it was, as our conferences always are, a whirlwind of activity that comes with happy moments seeing friends and mentors and getting to know other members. I'm deeply grateful for the people I have gotten to know over the years, and it is such a treat to have the chance to connect directly with all of them. I always end up wishing that I had more time with everyone.

Each conference has its own flavor and this one was no different.

For our very first hybrid conference we feel we did very well. Of course, there were and will be some kinks to sort out using new technology to bring our virtual members together with the in-person members, in a conference setting.

Our tech team, Ian Jorgensen, Laura Samel and Melissa Malm did an outstanding job of responding to our virtual members' observations and requests regarding audio/visual quality. They went above and beyond with no time to actually enjoy the conference in real time themselves. Hours were spent outside of presentations to be sure that every aspect of a presentation was ready. In fact, none of them took a break during the conference, in order to make the conference presentations as interactive as possible for the virtual attendees.

If you did not register for the conference you may still access the recordings by following this link <https://orthobionomy.org/aws/SOBI/pt/sp/conference> although SOBI credit is not available for non-attendees.



If you registered to attend the conference and need the certificate for your CE's remember to submit the evaluation by January 22nd.

The Indian Pueblo Cultural Center was as much a star of the conference as were our presenters. The center and its staff were perfect, and the food was handmade, from scratch with real ingredients. The facility for the 2025 conference has a lot to live up to in the food department. Speaking of 2025, we are searching for our next venue for the SOBI conference. We are specifically looking at the east coast for 2025. Our last conference in the eastern part of the US was 2010 in Orlando FL.

We are looking for more natural settings that can accommodate 100 people, ADA accessible and that can accommodate our members' dietary needs. Affordable is also very important. If you have any ideas, please feel free to pass them along.

Many thanks to all who participated in our 2023 conference.

I am looking forward to seeing you all and sharing this amazing work with you in 2025.

*Keri Brown*

# *Got Community?* Tell us about It!

**Embody O-B** is a Facebook page for our Coordinator community. This group is specifically for Coordinators and Instructors who coordinate their own classes. We share ideas: what's worked, what hasn't. We can all benefit from our respective experience to *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.



## ORTHO-BIONOMY® TRAININGS

### UPCOMING 2024 CLASS DATES

<u>Date</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
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
Feb 2	Releases for the Foot (Phase 4)	Malm	Ashland
Feb 10-11	Advanced Energy Releases (Phase 6)	Berns	Ashland
Feb 15	SOBI Study Group: Conference Insights/Discussion	Berns/Malm	Online
Feb 24-25	In Depth Releases for Pelvis & Low Back (Phase 4)	Berns/Malm	Portland
Feb 27-28	Exploration of Movement	Berns	Davis
Mar 1	Releases for the Knee (Phase 4)	Malm	Ashland
Mar 11/12, 18/19	Energetic Connection from a Distance (Phase 7)	Berns	Online
Apr 5	Releases for the Cervical Spine (Phase 4)	Malm	Ashland
Apr 13-14	Exploration of Movement	Malm	Corvallis
Apr 20-21	Ortho-Bionomy Releases for the Breath	Malm	Portland

Photo credit: Melissa Malm



**JIM BERNs**

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



**MELISSA MALM**

Registered Instructor  
melissa\_malm@yahoo.com  
415-595-0328 (text best)

For more information go to [www.LearnOrtho-Bionomy.com](http://www.LearnOrtho-Bionomy.com)

NCBTMB Approved CE Providers: Jim Berns #296455-00 · Melissa Malm #1000511

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## Back to the Principles

- Non-Judgment
- Self-Recognition
- Structure governs function
- Function governs structure
- Working "with" vs. Working "on"
- Going with ease of movement
- Exaggerate the pattern
- Going with the flow
- Be present for others
- Meeting in right relationship and where people are
- Less is more
- Finding Comfort within Discomfort
- Honor What Arises
- Recognizing and shifting patterns

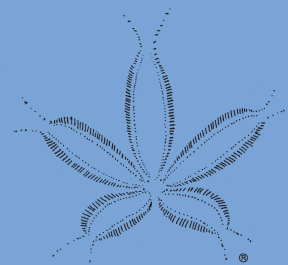
## Call for articles for the April 2024 Newsletter

We'd love to hear from you! Without articles from our membership, the newsletter is just a collection of advertisements and news from the office. 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.

**Client Column** – As a new option, we are excited to receive articles from your clients who have experienced receiving this wonderful work from a purely experiential, "non-student" perspective! If you have notes, letters, or even poetry your clients have given to you about their experience of Ortho-Bionomy, please consider sharing it with our community.

# Ortho-Bionomy®

Need a new logo? Did you know that the SOBI Board commissioned a transparent version so the the symbol can be used in black or white over a color without a box around it? This gives our professional members more flexibility in using the Sand Dollar and Ortho-Bionomy script. If you are a Practitioner or Instructor member and you would like access to these files please contact the office and we will be delighted to send them to you.





## NEW CERTIFICATE PROGRAM STARTING IN Grand Junction 2024

Program #13 2024-2025-2026

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

### Week 1 \$900.00

Phase 4:  
Spine & Shoulders June 3 & 4, 2024

Practitioner Training p1 June 5, 2024

Phase 5;  
The Art of Connection June 6 & 7, 2024

### Week 2 \$900.00

Phase 4:  
Extremities Sept 9 & 10th 2024

Ethics Sept 11, 2024

Exploration  
of Movement Sept 12 & 13, 2024

### Week 3 \$850.00

Isometrics & Isotonics Nov 11 & 12, 2024

Study Group 1 Nov 13, 2024

Phase 6 Nov 14 & 15, 2024

### Week 4 \$850.00

Anatomy Feb 3rd & 4th, 2025

Study Group 2 Feb 5th, 2025

Emotions &  
Resolving Trauma Feb 6th & 7th, 2025

### Week 5 \$900.00

Posture  
& Post Techniques March 31 & Apr 1, 2025

Practitioner Training p2 April 2, 2025

Chapman's Reflexes April 3 & 4, 2025

### Week 6 \$850.00

Phase 4 Advanced Spine June 2 & 3, 2025

Study Group 3 June 4, 2025

Advanced Neck  
& Whiplash June 5 & 6, 2025

### Week 7 \$900.00

Anatomy II Sept 15 & 16, 2025

Visceral Sept 17, 18 & 19, 2025

### Week 8 \$900.00

Advanced Pelvis Nov 10 & 11, 2025

Study Group 4 & 5 Nov 12, 2025

Fascia Nov 13 & 14 2025

### Week 9 \$850.00

Phase 4 Review January 19 & 20, 2026

Study Group 6 January 21, 2026

Cranial with Reflexes January 22 & 23 2026

### Week 10 See website for pricing and location

Residential March 2026

Detailed information will be posted on the  
website as it becomes available

Online Classes - Summer 2025

Elements of a Successful Practice - 16 Units

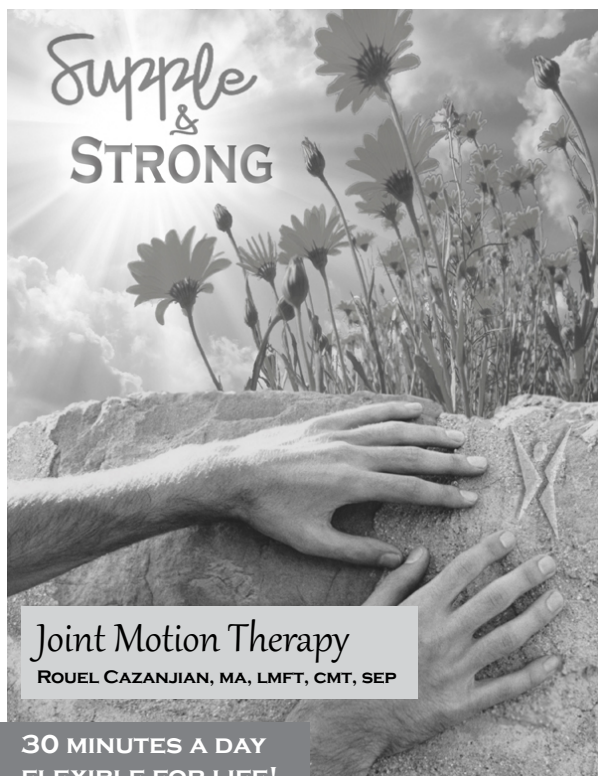
Demonstration Skills -16 Units

\*\*\*Class Dates are subject to change\*\*\*

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\*Rocky Mountain Ortho-Bionomy Center is Approved & Regulated by the Colorado Department of Higher Education, Private Occupational School Board





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&sprefix=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&sprefix=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&sprefix=Rouel+%2Caps%2C751&sr=8-1)

## For the Very FIRST TIME

By Peg Oddy

As an Ortho Bionomy Associate, approaching my Practitioner level, I chose to attend the 2023 Ortho Bionomy conference in Albuquerque New Mexico. Albuquerque has been one of my favorites for many years, indeed, the land of enchantment. So, besides visiting one of my favorite places, I also looked forward to connecting with like-minded Ortho-Bionomists.

The venue was really spectacular, held at the Indian Pueblo Cultural Center. It was wonderful to meet so many people in our organization and I couldn't find a person I did not like. All were welcoming, and it was great to make those connections that I believe will only deepen in time. I think this is one of the most important aspects of attending the conference. The lectures and presentations were great, and I will be bringing much of their insights into my practice.

I know this is a bit short and sweet, but its essence is heartfelt. In closing, I look forward to attending future conferences and would recommend this to all. Wishing everyone a happy holiday season, and all the best in the coming year.

### Biography

**Peg Oddy** is a licensed Massage Therapist, Reiki Master, Yoga Instructor, and recent Associate member of SOBI. She currently lives and practices in Orange Park, FL



<b>Yini Perel</b>	<b>Advanced Practitioner</b>	<b>Del Ray Beach, FL</b>
<b>Jessica Kulm</b>	<b>Practitioner</b>	<b>Vale, OR</b>
<b>Francine LaFlair</b>	<b>Practitioner</b>	<b>Stuart, FL</b>
<b>Gabrielle Kellman</b>	<b>Practitioner</b>	<b>Gunnison, CO</b>
<b>Shay Percival</b>	<b>Practitioner</b>	<b>Gunnison, CO</b>
<b>Angela Johnson</b>	<b>Associate in PTP</b>	<b>Cumberland, IA</b>
<b>Rebecca Nealy</b>	<b>Associate in PTP</b>	<b>Marietta, GA</b>
<b>Margaret Oddy</b>	<b>Associate in PTP</b>	<b>Orange Park, FL</b>
<b>Aubre Thompson</b>	<b>Associate in PTP</b>	<b>Mt Pleasant, UT</b>
<b>Brooklyn Clark-Orchard</b>	<b>Associate</b>	<b>St George, UT</b>
<b>Nancy Jackson</b>	<b>Associate</b>	<b>Folsom, CA</b>
<b>Melissa Jurena</b>	<b>Associate</b>	<b>Harmony, PA</b>
<b>Jewel Millard</b>	<b>Associate</b>	<b>Gunnison, CO</b>
<b>Jennifer Fifi Heurlin</b>	<b>Associate</b>	<b>Vancouver, WA</b>
<b>Brandi Saunders</b>	<b>Associate</b>	<b>Belcamp, MD</b>
<b>Kelvin Smith</b>	<b>Associate</b>	<b>Grand Junction, CO</b>
<b>Patricia Smith</b>	<b>Associate</b>	<b>Grand Junction, CO</b>

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

# Finding Balance

an Ortho-Bionomy® Residential

with

Denise Deig & Lynne Marotta



September 8-13, 2024

\$1300 with Early Registration

before July 2, 2024

includes lodging in modern cabin

with single or double room

Contact Coordinator Keri Brown, for details

[keri.cobi@gmail.com](mailto:keri.cobi@gmail.com)

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## 2024 SOBI Calendar



### **Monthly:**

*Member Support Group:*

First Monday of each month at 8:00 pm Eastern Time

### **Quarterly:**

*Newsletter:*

Available each quarter in January, April, July, and October.

*Instructor Meetings:*

Each quarter on Feb. 29, May 30, August 29, and November 21, 2024

*IRC/PRC Submissions:*

Due each quarter on March 15, June 15, September 15, and December 15.

*Newsletter Articles Due:*

February 15, May 15, August 15, and November 15.

### **Annually:**

*Call for Board of Directors:*

January 15

*Board Nominations Due:*

March 1

*Board Applications Due:*

March 1

*Nominee Statements Due:*

March 1

*Annual General Meeting:*

April 29

*Board of Directors Ballots Due:*

June 15

*New Board of Directors Term:*

October 1



## 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.



# Calling for Board Nominations

New terms start October 1, 2024

Two positions to the SOBI Board of Directors are scheduled to be filled this October. The boards functions with the Principles of Ortho-Bionomy. We honor our bylaws, policies, code of ethics and endeavor to keep our SOBI mission in mind. Read more in the "About Us" section in our website. <https://ortho-bionomy.org/aws/SOBI/pt/sp/administration>



## Job Description for members of the Board of Directors:

The Board of Directors is elected by the voting membership (Associates through Instructor members) to represent the needs and interests of the entire Society of Ortho-Bionomy International. Board members shall meet on a monthly basis, to discuss the activities and affairs of the Society. Members of the Board of Directors shall accept responsibilities and duties that are necessary for maintaining and promoting the legitimate concerns of the Society of Ortho-Bionomy International.

Those who are interested in applying to serve on the board, and those who nominate them, are asked to consider the expectations and responsibilities of being a member of the board before filling out their respective applications. The application and nomination forms may be filled out online and submitted using the links below. Each applicant is required to be nominated prior to their own application to be accepted.

1. Any Associate, Practitioner, or Instructor Member may make one nomination to the Board of Directors.
2. Nominees may not nominate themselves.

3. Those nominating someone must get the permission of the person they wish to nominate.
4. Those nominating someone must complete and submit the questions on the Board Nomination online document and click submit on the online application **before March 1, 2024**, indicating the person they wish to nominate.
5. Nominees will need to submit a statement for membership **by March 1, 2024**. These statements need to be typed, less than 500 words, and emailed to the office. Please include a signature and a phone number where the nominee can be reached.

## Board Application & Nomination Form

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

Thank you in advance for your interest and participation in this process.

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## SOBI Conference Committee 2025

This is an opportunity to meet new people and become a member of a team to set the direction of our next conference, choose the presenters, the food and even the venue to create a memorable adventure for everyone. The conference in New Mexico was our first hybrid event, and we know some of you can help this conference become even a better experience. Many hands make light work. Call the office or email Keri at [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)

[www.ortho-bionomy.org](http://www.ortho-bionomy.org)



# Being Undone

By Kami Clark 9/9/2020

*A*s we look back into our past, we recognize important moments that began something that would unknowingly change our lives forever: a brief mention years earlier of a gentle bodywork that a friend thought I would love because it embodied the energetic way I worked with my clients, a soul-searching conversation with a spouse about finding passion, purpose, and direction in my life, an information seeking phone call into the above-mentioned body work, and the gut decision to sign up without knowing anything about it.

All those things led me to a Phase 4 class in which the words “During the course of this program this work will change you in a profound way” were spoken. I wasn’t prepared to

be undone in that first class, to have to begin to re-evaluate all the stories I created about who I was, and what I had to offer the world. I certainly wasn’t prepared to realize I navigated my world solely from my head, never trusting that inner wisdom.

Each class I attended, I gathered the knowledge and felt the work, and still I tried to find a way to make it all fit in with the old patterns I had lived with for so long. I had instructors who held space for me while I healed, who patiently guided me to understanding that no matter how many times I asked, Ortho-Bionomy is not linear and there is no technique-based response. They continually allowed me to find healing for myself in the world I tried so desperately to shape according to my own need for safety with control. They met me with ease; they held no agenda; they helped me to honor what rose up in

me, and to not label it or define it so I could put it in a box and make sense of it. I learned about right-relationship not only within Ortho-Bionomy, but in my own relationship with myself.

How do you explain being undone over and over again, until one day you realize you have actually been remade?

I very clearly remember the sobbing trauma loops, and the utter horror of realizing I had shut off my enteric system in childhood to survive. Washed over by the grief as I lay on the floor of a public restroom mourning the loss of connection I could have had, I could see the narcissistic patterns in my relationships where I struggled to have compassion and empathy for the people I loved the most. The daily moments in class unveiled another level of coping mechanism of stories I created in my



life that no longer served me. These were the moments my classmates and instructors would share the beautiful gifts they saw in me and held space for me to begin to step into my power and own them. For months I decided it was all too hard and I disconnected myself from the world and Ortho-Bionomy, and for a long time I licked my wounds. While the world moved around me I was suspended in my agony, rage, and depression- then slowly - oh so very slowly I came into the self-recognition that I had honored what rose within me, even if it was ugly, and with old patterns- I did my best to move forward in non-judgment- doing more with less, and with ease. I felt the reflexes move into my system, and in a life changing moment I felt the Space between the notes quiet my body, mind and spirit.

For the first time in my adult life, I fit in my own skin, I realized I was more than enough, and that I would change the world- not because of anything I did, but because I exist. My very existence and who I am are exactly who this world needs. Greatness doesn't come from fame or monumental discovery or wisdom. It comes from the knowledge that I am going to know failure and I still chose to be brave and present. I now know that the vulnerability of showing

up and taking a chance is the very thing that will make me unstoppable.

Ortho-Bionomy changed me in a profound way, in a painful way, in a turning-me-inside-out and shaking out the unneeded pain and beliefs kind-of-way. It remade me into a woman of compassion and empathy, and it helped me to recognize the amazing gifts I have been given and offered me a way to step into them.

This last month I set out to become my own best friend, to love, honor, and support myself in achieving greatness the way I do for the people I love. I have access to the ability to change and to hold the possibility of greatness within myself. I can run time forward to bring back the glow of my future success. I feel and meet regret that rises up within me, and then I set it free. I believe I am enough.

I began this journey looking for purpose in my own life and the skills to heal and bless others. Instead, I received the knowledge within myself that I had purpose all along, and that as I stepped into that purpose it became less about skills and more about the ability to engage with others from a healthy nervous system, to meet them where they are at, and offer them other choices when they

are ready to engage. I am a better human, a better wife, mother, daughter, sister, and friend. I carry compassion within me, and I engage the world more regularly with empathy as I recognize patterns of trauma and struggle all around me. The greatest pieces of knowledge Ortho-Bionomy has to offer is all wrapped up in the principles themselves. It has become the way I breathe in the day, the way I love, live, engage, and forgive, and I thank God every day for leading me to the work, the women who sacrificed to create the school, and the beautiful souls that have been undone and remade beside me week after week.

## Biography

**Kami** is an NAET Allergy Elimination Therapist, an Ortho-Bionomy Practitioner, and an Energy Practitioner, and currently serves on the SOBI board of directors. She is a wife, and the mother of 5 amazing kids, and grandmother to one princess.





# 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](https://www.ortho-bionomy.org/aws/SOBI/pt/sp/home_page)

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## *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](mailto:office@ortho-bionomy.org)  
What are self-care pieces you give your clients?  
What pieces are supportive for you personally?

---

### **Sara Sunstein, MA** **Registered Advanced Instructor**



#### *In Berkeley... and Beyond*

- **Online Sessions & Consultations**
- **Traveling to your town to teach required classes and more:**

*Ph 4, Pt II: Putting the Pieces Together  
Resolving Trauma and Impacts  
Chapman's Reflexes  
Cranial  
Women's Care*

*As the soft yield of water  
Cleaves obstinate stone,  
So to yield with life,  
Solves the insoluble – Lao Tzu*

**Care to Collaborate? Please be in touch!**

**510.526.5414**

**[info@sarasunstein.com](mailto:info@sarasunstein.com)**  
**[www.sarasunstein.com](http://www.sarasunstein.com)**

# Member support group



**Cathy Krenicky** is a Registered Ortho-Bionomy Instructor and past 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!



## READY TO TURN IN YOUR WAIVER OR EVOLVEMENT PAPERWORK?

Practitioner (PRC) Instructor (IRC) Review Committees Quarterly Evolverment 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 evolverment packet to be submitted to the review committees.
- Email completed portfolio to [office@ortho-bionomy.org](mailto: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 evolverment cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.



## Graphic Design Services:

- **SIGNS**
- **BUSINESS CARDS**
- **NEWSLETTERS**
- **ADVERTISEMENTS**
- **WEB BANNERS**

*For all your graphic design needs,  
please call Terri at 440-655-5397  
or email me at: [twsigns24@gmail.com](mailto:twsigns24@gmail.com)  
I've been the graphic designer for Ortho-Bionomy for many  
years and would love to help you with your design needs!*

# 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**

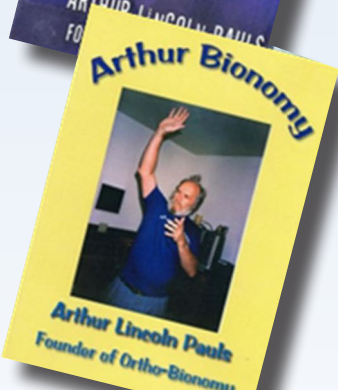
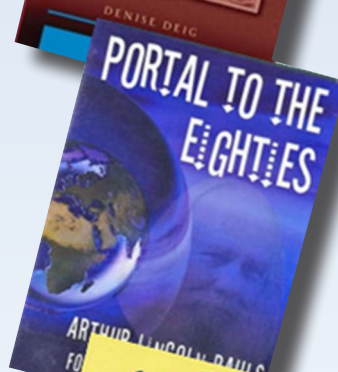
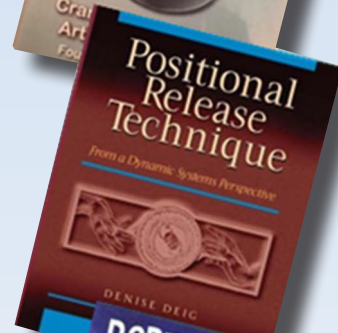
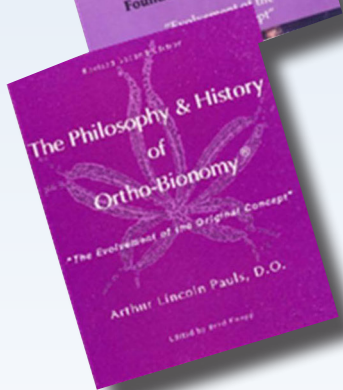
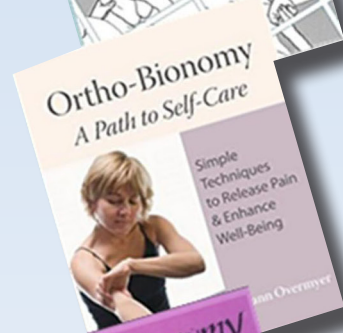
Cranial, Pauls	\$130 / \$140
Pearls of Wisdom, Pauls	\$100 / \$110
Portals to the 80's, Pauls	\$ 50 / \$ 60
Arthur Bionomy, Pauls	\$ 40 / \$ 50
Discount set of all five Phase 8 DVD's, Lee	\$ 35 / \$ 45
Phase 4 Spine, Lee	\$ 45 / \$ 55
Phase 4 Extremities, Lee	\$225 / \$ 245
Exploration of Movement, Lee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







## Check Out our FaceBook groups!

Society of Ortho-Bionomy International:

<https://www.facebook.com/OrthoBionomySOBI/>

Ortho-Bionomy - @theevolvmentoftheoriginalconcept:

<https://www.facebook.com/theevolvmentoftheoriginalconcept/>

Ortho-Bionomy Instructor Group:

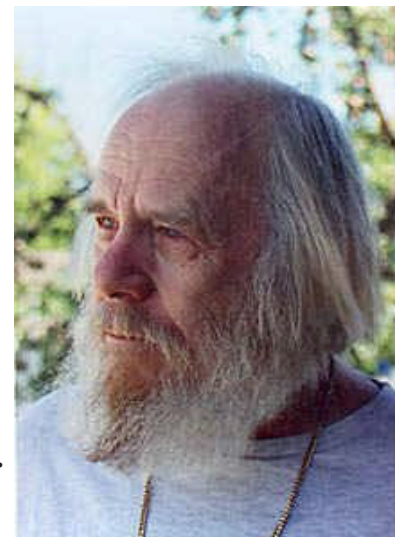
<https://www.facebook.com/groups/379732202508940/>

Coordinator Embody O-B:

<https://www.facebook.com/evolvingOrthoBionomy/>



"The whole idea of helping someone is to teach them how their body functions, and then, by the post techniques, show the part how it's natural movement will occur in any given situation. The homework is the transition, showing the person that they are capable of taking care of themselves..."



If we come down to it, the idealism is if everyone had this sort of understanding of their bodies, then we would have a lot better idea of not only that we function, but that the world functions around us and how we function within the world that is our home."

*Arthur Lincoln Pauls, founder of Ortho-Bionomy*



# 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](mailto: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	
<b>1/8 page</b> (3-7/8" x 2-1/8")	\$30	\$100	\$55	\$200
<b>1/4 page</b> (3-7/8" x 5-1/4")	\$50	\$150	\$75	\$250
<b>1/2 page vertical</b> (3.5" x 10.5")	\$80	\$285	\$105	\$395
<b>1/2 page horizontal</b> (7.6" x 5.2")	\$80	\$285	\$105	\$395
<b>3/4 Page Horizontal</b> (8" x 7.75")	\$110	\$395	\$175	\$500
<b>Full Page</b> (8" x 10.5")	\$140	\$485	\$175	\$600

Society of Ortho-Bionomy International®  
P.O. Box 40937  
Indianapolis, IN 46240  
Phone: (317) 207-0739  
Email: [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)  
You can include your ad in the next newsletter by following this link.  
<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/newsletter>



## Class listings

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

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



# 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](mailto:office@ortho-bionomy.org)

## SOBI Sponsored Study Groups 2024

Instructor	Date	Topic
Cathy Krenicky	25-Jan	Resourcing
Jim and Melissa	15-Feb	Conference Recap
Jessica Mark	21-Mar	Embodying the Endocrine System
Lynne & Melissa	18-Apr	Trademark
Peggy Scott	16-May	Reflex O-B
Susan Smith	20-Jun	So You Want to Work with Horses
Barry Krost	18-Jul	Finding Strength and Wholeness in Phase 4
Richard Valasek	15-Aug	TBD
Tanya Pauls	19-Sep	Cervical Vertebrae
Bettina Beaucamp	17-Oct	Marketing
Sara Sunstein	21-Nov	Ethics
Rouel Cazanjan	19-Dec	Phase 7

**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](#)