

Ortho-Bionomy® Newsletter



April 2024 ❖ Volume 34 ❖ Number 2

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Meet Samuel Claiborne

One of our members needed to step off of the Board for personal reasons, so Samuel, who has been nominated for the new Board starting on October 1st, has agreed to step in.

Samuel Claiborne (b. 1959) is a bodyworker, poet, essayist, composer, musician, graphic designer, photographer, and video artist. A native of New York City, he now makes his home in the Hudson valley in Rosendale NY. In his healing practice, he uses Ortho-Bionomy, and two of his own modalities, AuraLuminance and Shamanic Psychology.

Mr. Claiborne is a former quadriplegic whose healing and artistic work are all informed by his experiences while paralyzed and profound gratitude for his recovery. His poetry and song lyrics range in subject matter from meditations on nature, cosmology, and the nature of self, to fervent political anthems. He is currently at work on a novel, NODding Out, and a memoir of his time as a quadriplegic, and his recovery, Walking Through Snow.





The Therapeutic Alternative and BodyWorkCEUS.net

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

2024 CLASSES

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

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

May 30, 31, June 1 & 2

Ortho-Bionomy®: Fluids, Fascia and the Lymphatic System

Instructor: Liz Olivas

Location: Rye, NY

Pre Requisite: Phase 4, Phase 5 preferred

June 3 - 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

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

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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.

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

In Honor of My Mentor

BY ROUEL CAZANJIAN

I was surprised and delighted to see Lynn Drummer at the 2023 Ortho-Bionomy® Conference in Albuquerque, NM. Her presence at the instructor retreat was breathtaking for me, as we hashed through challenging questions about the curriculum and tried to define this elusive work. Her points of view about what the phases were came from the very beginnings of Ortho-Bionomy® and her close relationship with Arthur Lincoln Pauls, and I realized that I can always re-hear the basic truths of this work and learn something new every time. What was especially impactful for me was that her definition of Phase 4 was much more expanded than the version of today. This gave me a feeling of hope that basic instructor training and teaching can be more open and multidimensional than it appears currently. I was really glad Lynn was there to state her truths and enrich the discussion.



Toward the end of the conference, the organizers decided to do an impromptu honoring of Lynn and asked me if I would say a few words. I quickly thought of a funny story and stepped up to honor Lynn and hopefully get a few laughs. Afterwards, I thought of a lot more about my time with Lynn and her effect on my life, and I decided to elaborate in this article.

I met Lynn at a very early, formative time in my life, about 40 years ago, and I can see now that I have built a life on the foundations of what I learned from her in our sacred practitioner program. Quite simply, my life is built on ethics, and it is clear to me that the stronger one's ethics are, the stronger one's life is.

What are ethics? For me, keeping it really simple, ethics are the unwavering commitment to doing what one feels is the right thing, which is different than following externally imposed rules or codes of conduct. I don't have anything against codes of conduct as long as they are correct codes, because they can give us a guide, but if they are not rooted in one's inner code, they are meaningless from an ethical standpoint – actions with no spirit behind them.

What are strong ethics?

In Ortho-Bionomy®, we honor the sovereignty of the individual. One can learn a lot about honoring humans by finding out how their bodies move, what is comfortable, and what is safe. Maybe ethical

parameters go further – negotiating clients' expectations for results, your role with them, the flow of a session, how much of yourself you bring to the relationship, and many other factors. If one can figure out all the factors that apply to any relationship and can address them in a way that respects the sovereignty of the individual, he or she has good ethics, but strong ethics take it a step further: **Strong ethics are established when one can honor the sovereignty of the individual even if it differs with one's own preferences.** If I want silence and my client wants music or vice versa, or the client wants the room warmer or darker than I have it, this is where strong ethics come into play. Denying our preferences

in these situations without reflection is not the answer. Considering the needs of the client and making a choice for solid therapeutic reasons keeps us in the ethical flow and helps prevent resentment or irritation.

I love my practice, because I need and require very little from my clients, except for them to show up, be how they need to be, and pay me. Lynn's ethics extend further than Ortho-Bionomy® sessions for me.

Strong ethics become even more challenging when we are not in the practitioner role but are interacting with family, friends, and associates, because we have more of our personal interests, agendas, and needs in play.

For strong ethics in regular life, we have to consider our preferences and the other's preferences and negotiate a relationship in a mutual honoring of both. This is not always easy and can turn ugly quickly if unsuccessful. Most arguments and blowups arise from unacknowledged competing needs, but successfully working out this natural power struggle allows our relationships and our lives to move forward.

I would not be in the position to write any of this right now and be living it in my life if Lynn Drummer had not drummed the foundations of ethics into me so long ago. Without her countless comments, stories, observations, and exercises that were completely congruent with strong ethics, I would not have had the solid ethical foundation to build my life on, and I am eternally grateful to her for that. I don't think I even understood what ethics were at that time. I just

absorbed it in the environment she provided. Something in the way she expressed herself was so compelling, it could not be denied, and I just stuck with it until it became a part of me, consciously and unconsciously. I am still learning about ethics all the time, because it is an endless process of refinement and discovery.

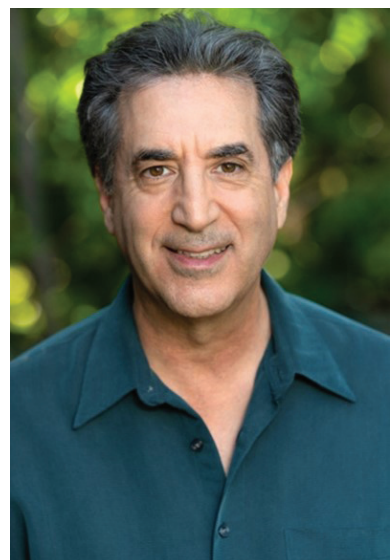
Short of conflict, differing preferences are the first step of negotiating any social relationship. They are happening in every relationship all the time, no matter the type or terms of the relationship. We, in Ortho-Bionomy®, are at a distinct advantage with negotiation preferences, because we honor them in our clients. It is the next natural step to take it into our other relationships.

Rather than being a nuisance, I like to think of finding the right ethical choices for each social encounter like a fun game – a riddle to be solved – a code to be cracked. Knowing that this is a natural part of everyday life is comforting, even though it can take effort to find mutual honoring. Strong ethics are what we practice as social beings to get closer, grow together, and move forward. Thank you, Lynn Drummer, for starting me off on this path. I know others have benefitted from you in this way as well.

"My passion is to help people use Phase 7 principles through a life-mastery process that helps alleviate suffering, strengthens relationships, improves health, and promotes success."

Biography

Rouel Cazanjan, M.A., LMFT, SEP, CMT, is a bodywork therapist and a somatic psychotherapist. He is an advanced practitioner and instructor of Ortho-Bionomy® since 1988 and received his degree in psychology in 2001. Along with being a Somatic Experiencing Practitioner, he has extensive training in body-oriented psychotherapies, such as Focusing, Biodynamic Psychology, Walking In Your Shoes, and mindfulness-based psychology. Rouel also has specialized training in subtle hands-on osteopathic methods. In his years of addressing physical complaints with bodywork therapy and psychological issues with his psychotherapy, Rouel has slowly combined and integrated all these methods into a single system for regulating the nervous system, renegotiating trauma, treating depression and anxiety, improving health syndromes, and getting his clients' lives back on track.



President's Address

I hope this issue finds you on a sunny day with a bit of fresh breeze. I am sharing a photo I took today on a walk with my pups.

Spring has sprung. On many a winter day, our board of directors, the office, and several committees met regularly to help guide our Society forward. Thank you, each and every one of you— it clearly takes a village!



We have several new committees, each with some great ideas to help Ortho-Bionomy get out there. One of them is the Coordinator's Support Group. It had its first meeting, and with the help of the office, has instituted a new option. Now, if a potential student wants to know about classes, they can ask to have their name sent to local coordinator/s or all coordinators if they choose to. This will enable the student to receive community email class announcements from the greater area or nationally, if they plan to travel. This may help coordinators build classes, especially for those who fly Instructors in to teach for their community.

The Communications and Community Committee once again did a stellar job of organizing and translating videos by instructors of many of our global communities. This meeting's mission was to share favorite first-rib releases. It was interesting to see the similarities and differences, and it gave me the impression, which many of you probably know first-hand, that our founder Arthur evolved the work as he taught it. Thank you, Laura Samell!

The CRC (Curriculum Review Committee), with the Board, reviewed and edited the Instructor Training Program Handbook and its adjacent policy. It has been revised for accuracy and consistency and will be available for the next round of instructor trainees beginning this month.

The Instructor Community met for its



second quarterly meeting to discuss on-line policy updates. It was good to see so many familiar faces. Thank you for contributing in thoughtful ways and with a smile.

The Board of Directors has been busy communicating with our sister organizations in Australia and Canada. The more we meet and work with these wonderful people, the more we see ourselves as a part of the whole. We have connected, listened to how things are going, and described where SOBI is right now. We discussed issues and hope to be part of each solution. We talked about trademark restrictions and greater reciprocity for students and instructors as well.

The Brochure Committee has finished the brochure, which will be in print soon. Beautiful job, Nicky Roosevelt!

YOU. How would you like a SOBI conference in your neck of the woods? We are looking for a venue for 2025, preferably in the eastern U.S. If you have ideas, please contact the SOBI office.

Enjoy,
Lynne

970-209-9400

Instructors:

Sheri Covey & Sara Spehar

Associate Instructors:

Amanda Stevens

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 \$900.00

Anatomy Feb 3rd & 4th, 2025

Study Group 2 & 3 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 4 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 \$850.00

Advanced Pelvis Nov 10 & 11, 2025

Study Group 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

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.



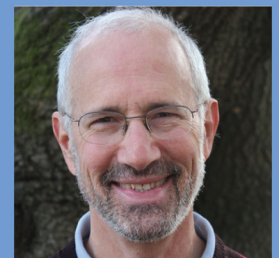
UPCOMING 2024 CLASS DATES

<u>Date</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
Apr 5	Releases for the Cervical Spine (Phase 4)	Malm	Ashland OR
Apr 20-21	Ortho-Bionomy Releases for the Breath (Phase 4)	Malm	Portland OR
May 3	Releases for the Thoracic Spine (Phase 4)	Malm	Ashland OR
May 11-12	Subtle Physical & Unwinding Techniques (Phase 5)	Berns	San Francisco CA
May 18-19	Releases for the Spine & Pelvis (Phase 4)	Malm	Corvallis OR
May 22-23	Releases for the Spine & Pelvis (Phase 4)	Berns	Davis CA
Jun 7	Releases for the Lumbar Spine (Phase 4)	Malm	Ashland OR
Jun 10-11	Experiential Ethics & Emotional Issues	Berns	Davis CA
Jun 22-23	Exploration of Movement	Malm	Corvallis OR
Jun 22-23	Releases for the Spine & Pelvis (Phase 4)	Berns	Chico CA
Jun 25-26	Releases for the Upper Extremities (Phase 4)	Berns	Davis CA
June 29-30	Releases for the Lower Extremities (Phase 4)	Berns	San Francisco CA
Jul 11, 12, 16, 17	Energetic Connection from a Distance (Phase 7)	Berns	Online
Jul 27-28	Subtle Physical & Unwinding Techniques (Phase 5)	Berns	Portland OR

For more information go to www.LearnOrtho-Bionomy.com

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

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Registered Instructor

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Photo credit: Melissa Malm

Client Self-Care Essay

VIRGINIA STEUBER, FEBRUARY 2, 2024

I feel lucky to have worked with Sara Sunstein. She has treated me for several issues over the years using Ortho-Bionomy. Last spring, I took a one-day Ortho-Bionomy Self-care class from her, and that made all the difference in my being able to do a 113-mile hut-to-hut hike in the Swiss Alps that July, just a couple of months later.

I had my right knee replaced in 2019, and it was okay, but in 2023 during the course of training for my upcoming big hike, that knee became a problem. I saw an orthopedist who told me it was sprained and that I should cancel my trip and stay off that leg for six to eight weeks. I found this news upsetting. When I got home, I called Sara amidst the noise and chaos of a busy city street where she was walking. She calmly reassured me and instructed me to do a bit of self-care on the spot. The result was immediate and dramatic. The pain disappeared and I could walk normally!

Two days later, on May 6, I attended Sara's Self-Care workshop in Berkeley. I learned simple techniques to help my knee relax and feel better. I resumed training hikes after the workshop. On long hikes, though, the pain came back.

I created a plan: Whenever the knee pain began to rise, I immediately sat down – often in the middle of the trail

– and practiced what Sara taught me. As soon as the pain subsided, I would hike some more. At first, I had to stop and treat my knee every few miles but gradually it required attention less and less often. I am sure I tried the patience of my husband/hiking partner, but after the orthopedist's dire diagnosis, he was not about to complain.

As part of the self-care workshop, Sara suggested that we thank our body parts for helping us do all the things we asked them to do. This turned out to be a powerful practice. As I started every hike, I would scan my body and thank every part I could think of – tendons, bones, muscles, organs, etc. Whenever I felt a pain starting anywhere in my body, I would touch that spot with my hand and thank it especially. Invariably the pain would disappear. My body became happier as I went along.

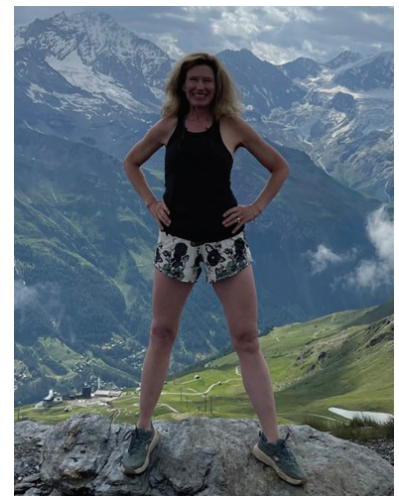
Training in California with my husband, I hiked about 100 miles over three months, including lots of elevation changes in Yosemite, Tahoe, and other mountainous trails. In Switzerland, my husband and I hiked 112.9 miles over 12 days along the Haute Route—from Mont Blanc to the Matterhorn. We averaged 9.5 miles/day with daily elevation changes of about 2200' climbing and 2600' descending. By the end of the trip, I never had to stop and treat pain. Every day I felt better

than the day before.

It was one of the most amazing things I have ever done. I don't think it would have been possible without Sara and her teaching. [Sara's thoughts: Virginia's inspired determination, spirit, and ever-increasing sensitivity to her body's needs had even more to do with her great success.]

Biography

I am a 59-year-old outdoor girl. My happy places are dirt trails, snow trails, and rock walls. Age and injuries have certainly given me some challenges. I try to focus on learning, growing, and getting back outside.



Evolverments

Charity Keyes	Instructor	Lake Oswego, OR
Dina Wells	Practitioner	Sarasota Springs, UT
Brenda Critchfield	Practitioner	Spanish Fork, UT
Charlotte Steffen	Practitioner	Canton, SD
Giedre Kere	Associate in Practitioner Training	Westport, CT
Jessica Loewer	Associate in Practitioner Training	New York, NY
LeeAnn Welch	Associate	Emmet, ID
Judith Edwards	Associate	Richmond, GA
MaryAnne Aurelio	Associate	Englewood, CO
Kimberly Wand	Associate	Oakland, CA

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



Call for articles and columns for the July 2024 Newsletter

Call for Articles – 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.

Self-Care Column – Do you have a favorite self-care exercise that you share with your clients? You could make a video to share, or send a description and a picture or two. Here's a great example from Bruce Stark

https://www.youtube.com/watch?v=JTg4xS_On8A

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.

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

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2024 SOBI Calendar



Monthly:

Member Support Group:

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

Bi-Monthly:

Coordinator Corner Meetings:

Fourth Tuesday every other month. Next meetings: March 26, May 28

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

Annual General Meeting:

April 29

Board Nominations Due:

March 1

Board of Directors Ballots Due:

June 15

Board Applications Due:

March 1

New Board of Directors Term:

October 1

Nominee Statements Due:

March 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.

New SOBI Classes to Consider?

Does SOBI Need Classes About Birth and the Immediate Newborn Period?

BY JENNIFER STOVER

"**T**here comes a point when we need to just stop pulling people out of the river...we need to go upstream and find out why they have been falling in." Desmond Tutu.

There is one thread that unites all of us. Every Ortho-Bionomist, every client, every potential client, we all went through the birth process. Some of us have experienced this profound body process from both perspectives, being birthed and later giving birth. Birth leaves a physical, emotional, and energetic imprint upon each of us, setting a pattern in motion which may impact us for the rest of our lives. How we are born, the physical and energetic path we took matters. It is a core part of who we are, how we show up for the world and, most importantly for Ortho-Bionomists, how we show up in our bodies. Understanding birth's impact and pattern can change how we think about our clients.

The baby and mother's pelvis fit together like a key in a lock. Babies are active participants in the birth process. It is not just done to them by the uterus. There are specific primitive reflexes coded into us that help us respond in ways that help the key move into and through the lock. Most babies negotiate the bony projections of the pelvis in the same direction. Those that must choose a different path through the pelvis often have difficulty either



starting or completing their trip. Guess what? We are designed to SPIRAL and undulate through the bones! Is it any wonder so many of our bodies are still spiraling? If we are designed to spiral and undulate, what happens to those of us who never had those core reflexes triggered because they were not given the opportunity to move through the birth canal? Or what impact is there when reflexes are fired over and over but the forward progression they are meant to create doesn't happen? How might that be showing up in your clients? How can you help? Working with birth patterns has become second nature to me because half my clients' first Ortho-Bionomy sessions are anywhere from 2 days to 2 months after they were born.

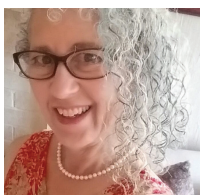
Babies are a clean slate other than their intrauterine life experience and birth pattern. They don't carry with them the time they fell off their bike when they were 10, or the car accident they had at 20. Because of this, the birth pattern is powerfully present rather than submerged under years of living. Working with infants has been a wonderful opportunity for me to learn. At that time the impacts are easily visible in red marks, eye orbits that don't align, an arm that won't raise, or many other ways that are obvious once you are trained to look. They are palpable in ribs that are rotating, heads that can't smoothly cross midline to follow your gaze, or sacrum that are stuck. With practice you can sense how rapidly or slowly the pattern was imprinted

into the body or if forward progress was held up for a significant time. You can sense the emotions of the neonate's experience coloring their perception of their life and therefore their body posture, muscle tonus set point, and nervous system balance between rest/digest and fight/freeze. As Ortho-Bionomists we have the tools to support this new person in unwinding their birth spiral freeing them to spiral both ways. We can help restart their lives from a physically balanced, relaxed, trusting, connected state. We can help the "unsettled" baby settle, changing the parents' perception of their child which directly impacts the family relationships.

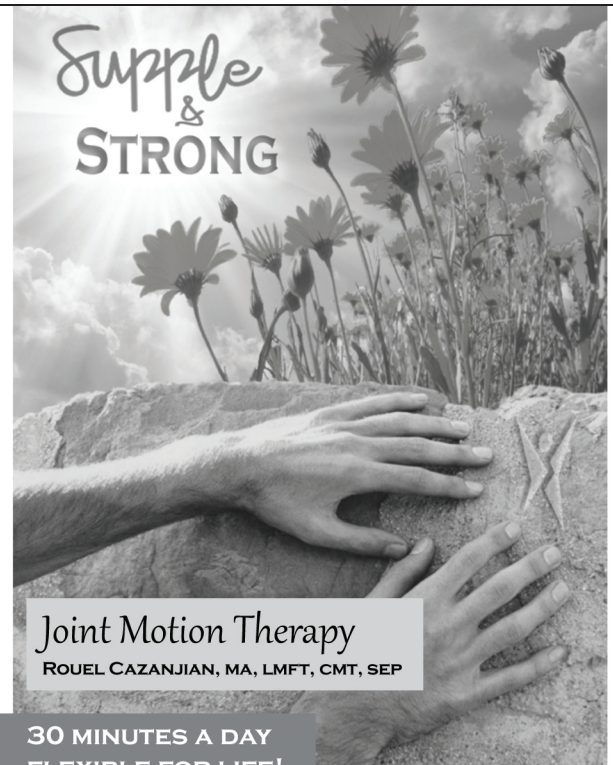
Babies' bodies are not simply small adult bodies. There are important differences which make it risky for a practitioner with no pediatric specific training to work with them. How can we work safely and effectively with pregnant clients to best set up the bony path that babies are designed to move through if we don't understand the design? How did I learn? Because of my doula background I have taken multiple classes in how birth works and in helping mom's and babies achieve "optimal baby positioning". I have witnessed birth many times and watched babies in the first minutes and hours after birth. I have observed unmedicated, medicated, surgical, home-births, and waterbirths. So, I understood the process from both mom and baby's perspective. I took a class on birth reflexes through a midwife program and primal reflex integration through an Occupational Therapy program. But that would not have been enough to prepare me to do Ortho-Bionomy with infants. I was lucky enough to come to the bodywork world via Upledger Craniosacral therapy. They have a program specific for pregnancy, birth and postpartum. They also have pediatric courses. They discourage practitioners who have not taken those courses from working with these clients. This is how I was trained. All of this is in my hands, heart, and head while I use the magic of Ortho-Bionomy techniques. We could better serve all ages of clients by understanding birth and the innate reflexes present at birth. Of more concern to me is that there is a population of clients that SOBI is ignoring, infants. I urge SOBI to evolve so we can safely and effectively travel upstream and meet clients where they first fell into the river no matter their age.

Biography

Jennifer Stover is an Ortho-Bionomy associate and was one of the first Birth Healing Specialists certified in the US by the Institute of Birth Healing. She retired after 25 years of attending births in hospitals, birth centers and homes as a full spectrum Intuitive doula and recently retired as a La Leche League Leader after 10 years of supporting nursing dyads reach their feeding goals. She continues to volunteer in her community as the MaMa



Mentor. She is a valued pediatric bodywork expert in her community routinely collaborating with OTs, DCs, DDS, IBCLCs, OMFTs, SLPs, LMs and parents. Her thriving Moving Toward Ease bodywork business specializes in mothers and babies.



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In his new book, **Supple and Strong: Joint Motion Therapy**, Rouel Cazanjan 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.

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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+cazanjan&qid=1679448735&srefix=Rouel+%2Caps%2C751&sr=8-1

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List Ortho-Bionomy® as Modality		X	X	X	X
Use of Trademark			X	X	X
Teach Classes for SOBI Credit					X

Meeting Our International Community

BY LAURA SAMEL

During the 2021 Conference we had several international speakers who shared insights from their lives and practices. I was the contact for many of the international speakers at the conference and so I got to know many of them during that time. We wanted to continue working together in some way. From this collaboration during SOBI's virtual conference an idea was born for a committee that allowed all the various Ortho-Bionomy societies to communicate and get to know each other better.

In 2021 I helped form a committee with Luann Overmyer and Jeannie Douglas. In the beginning we communicated with instructors around the world mostly by email collecting information from the various organizations. We helped to increase accessibility with other organizations by getting links to SOBI's website on other organization websites as well as getting links to the other Ortho-Bionomy® Societies websites on SOBI's. We collected information about classes offered around the world.

In 2022 we had our first zoom meeting. That was a bit interesting due to the range in time zones between the various countries. In total our members stretch of 16 hours in various time zones. The first meeting on zoom was held on Aug 27th 2022. This meeting had representatives from the USA, Germany, Austria and Canada. We decided during that meeting to share videos of our favorite technique. At each meeting, we meet 3 times a year, we pick the body part that we will be

sharing techniques on. Instructors can send in a video of their favorite technique. The technique can be in any phase. It is always interesting to see the variety of techniques that show up in the videos.

I then take the videos and transcribe them, translate them and finally add subtitles in the languages of our members. At present the members we have speak English, French, German and Italian. Being able to do this between meetings helps the explanations of the techniques to be understood by all of our members. I couldn't do this without the help of Marlene from Italy. She speaks English, Italian and German. I can passably converse in German, but Ortho-Bionomy terms do not always translate accurately. So, Marlene checks translations for me before I put them in the videos.

At present we have members from the USA, Canada, Germany, Italy, Switzerland, New Zealand, Australia, Greece and England. I am also working on trying to add a member from Brazil. The members are mostly Instructors.

It has been a wonderful experience to talk with other Ortho-Bionomists from around the world over the last several years. In our first meeting we decided on sharing techniques, after that the meetings included the neck, foot, iliopsoas, first rib and the next meeting we will talk about our favorite reflexes. If any others that are not instructors would like to have a group for world-wide Ortho-Bionomy communication,

we could set a zoom meeting date for that as well.

I have gotten to know many Ortho-Bionomists around the world both through the virtual conference and afterwards through the communication committee. I love learning about their Ortho-Bionomy journeys and how it has enhanced and enriched their lives as it has mine.

Biography

Laura serves on the SOBI Board of Directors, is on the communication committee, the research committee, and the conference committee. Laura evolved to Advanced Practitioner during the March 2023 evolvement process and has been approved to train as an instructor. She 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 us and our clients. Laura enjoys creating things with her hands using all sorts of materials, and makes useful things such as soaps, lotions, bath bombs etc, as well as more decorative things out of wood. Leather and PLA (3d Printed items).

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!



Ortho-Bionomy – Potential use for Vasoconstriction

Vasoconstriction, degeneration, and the pulsing we feel when a traumatised joint releases

BY ROB RICH

Vasoconstriction is the constriction of the smooth muscles in the blood vessels in response to an injury, stress or impact. In normal blood vessels there is a slight vasoconstriction controlling the blood flow in the arterioles, similar to the muscles normally having some tone even when relaxed.



When there is an injury the blood vessels constrict further reducing blood flow to the damaged area, this helps reduce the severity of bruising and allows clotting to occur.

There is some evidence that the vasoconstriction in an area that has been injured may not necessarily release by itself. There is an interesting connection with the limbic system (the emotional part of the brain) which may be the cause of a holding pattern related to a trauma that has long since healed.

A fear response can be held within the body for decades; surrounded by our resistance to feeling that fear, we avoid exploring the area. The fear response therefore doesn't get to integrate and the vasoconstriction may be the underlying cause of degeneration that is often found in areas of the body that have sustained injury or trauma.

When we hold the body and release the trauma from the joint, we often feel a shift from tension/not much happening, to pulsing. I suspect what we are feeling there is the fear response integrating and the vasoconstriction releasing. Vasodilation, relaxation of the blood vessels, increases the blood flow to the traumatised joint.

Releasing the vasoconstriction and assisting the increase of blood flow to the traumatised area may slow or even reverse degeneration in that joint.

With this in mind, time spent just holding a joint till there is a nice even pulse may be the most important thing we do in a session long term.

How great is it that we are able to make the body feel safe and help create this long-term change with Ortho-Bionomy?

Rob Rich
Qld Australia.

If you are interested in reading more from Rob check out his new project at <https://bit.ly/42zStNt>

Biography

Rob Rich is an instructor of Ortho-Bionomy and author of *Exploring your intelligent body* and a few other books. He also enjoys taking photos of the beautiful natural environment around where he lives on the Sunshine Coast in Queensland Australia. Rob is curious about what we notice in Ortho-Bionomy, and he thinks it is possible that this can be explained using what science is discovering, and enjoys learning new things about how amazing our body/mind is.

You can reach Rob at rob@ob.net.au



SOBI Store is Open

BOOKS

Member /
Non-Member

Ortho-Bionomy®: A Practical Manual, Kain / Berns	\$ 20 / \$ 25
Philosophy & History of Ortho-Bionomy, Pauls	\$ 17 / \$ 22
Chapman's Neurolymphatic Manual	\$ 20 / \$ 25
Ortho-Bionomy: A Path to Self-Care, Overmyer	\$ 20 / \$ 27
Positional Release Technique, Deig	\$ 30 / \$ 40
Equine Positional Release – Download PDF, Carter	\$ 30 / \$ 35

DVD's

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Cranial, Pauls	\$130 / \$140
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

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SOBI Tote Bag	\$ 15 / \$ 20
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10 Newsletters (Including Shipping & Handling)	\$ 30
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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/>

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Evovement paperwork

READY TO TURN IN YOUR WAIVER OR EVOLVEMENT PAPERWORK?

Practitioner (PRC) Instructor (IRC) Review Committees Quarterly Evolvment Cycles

- Submissions due by March 15th, June 15th, Sept. 15th, Dec. 15th
- Items: Waivers, Practitioner, Advanced Practitioner, & Instructor submissions.
- Review final checklist with Advisor (s) and get all signatures needed.
- Compile all paperwork in the correct order - see the checklist on the program handbook.
- Scan into a single PDF. (If you do not have a scanner, visit your local Kinko's, Staples, or public library, and save your scanned pages onto a USB Flash Drive.)
- All dues and fees must be up to date for the evolvment packet to be submitted to the review committees.
- Email completed portfolio to office@ortho-bionomy.org and, be sure to copy your Advisor.
- The SOBI office will confirm receipt of materials received and notify applicants of the Review Committee results on or before the next evolvment cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.

Advertising

See SOBI Website for more ad size options, online payment & non-member pricing.

- Advertisements must be camera-ready.
- Size as indicated in the table above.
- Print ads must be 300 dpi (dots-per-inch) resolution and formatted as a PDF, TIF, or EPS file ready to place "as is" into print.
- Email camera-ready advertisements to office@ortho-bionomy.org.
- Fees: You will be invoiced for your ad through the SOBI office.
- Payment is due on receipt.
- Submission deadlines: first calendar day of December, March, June, and September

Advertisement size	Member Cost 1 issue / 4 issues		Non-member Cost 1 issue / 4 issues	
1/8 page (3-7/8" x 2-1/8")	\$30	\$100	\$55	\$200
1/4 page (3-7/8" x 5-1/4")	\$50	\$150	\$75	\$250
1/2 page vertical (3.5" x 10.5")	\$80	\$285	\$105	\$395
1/2 page horizontal (7.6" x 5.2")	\$80	\$285	\$105	\$395
3/4 Page Horizontal (8" x 7.75")	\$110	\$395	\$175	\$500
Full Page (8" x 10.5")	\$140	\$485	\$175	\$600

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You can include your ad in the next newsletter by following this link.
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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 2024

Instructor	Date	Topic
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	The Body Schema
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>



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

"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

