

# Ortho-Bionomy® Newsletter



July 2024 ❀ Volume 34 ❀ Number 3

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## President's Address

As I gazed over the edge of the road at the beautiful view, my shoulders settled and relaxed, and I breathed a bit deeper; and I realized then that my tired body was feeling lighter. Between my host and coordinator, I had hit the ground running after a short night's sleep and a long flight. Having completed a successful Spine and Pelvis class with a few bright and eager benchers, I relished the opportunity to just be.



I stood and smiled at the distance as I felt the weariness drain off like water in a light shower. What is it about the mountains? What is it about Ortho-Bionomy? When we practice the latter, we activate the self-corrective reflexes. Is that what the mountains are doing? Is the healing also coming from within? As I matched the energy of the Utah ranges, my symptoms slipped away. I sat forward in the passenger seat, ready at any moment to once again ask my host to pull over on the narrow road so I could take it all in. By the end of the two-and-a-half-hour trip, I was completely rejuvenated—and grateful.

The SOBI board have been hard at work to juggle the varied tasks that have come our way.

- We are connecting with Canada, of our sister organizations to streamline reciprocity between our programs, and will continue to expand our outreach to the other sister organizations as well.
- We do have an exciting development to report from the *Committee of Awareness and Education*. They have begun to collect interviews to bring Ortho-Bionomy to the YouTube channel. If any of you are interested in recording one, please contact Ursula Hofer or Jessica Mark. Thank you all!
- We are still hoping to have a 2025 conference in the fall, we are looking for more volunteers to fill out the conference committee, if you are interested, please contact the office.

Speaking of the office, Keri reports that the Arthur's videos will soon be available again, now in a downloadable format through the bookstore. We hope those of you who have ordered the new brochures are enjoying them. My clients sure are.

Thanks to the mountains and their healing energy, when I notice the feeling of fatigue settling in, I take a moment and imagine myself standing on the edge of a mountain pass, taking in the view. I notice what a resource it is for me: my breathe deepens, and my shoulders settle back to centered wellness.

Have a great summer!

Lynne Marotta





## The Therapeutic Alternative and BodyWorkCEUS.net

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

### 2024 CLASSES

#### October 17, 18, 19 & 20

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

Instructor: Liz Olivas

Location: Corvallis, OR

October 21 - Study Group

#### November 2 & 3

Ortho-Bionomy®: Posture & Post

Instructor: Erin Long

Location: Deerfield Beach, FL

### 2025 CLASSES - Preview

#### February 1 & 2

Ortho-Bionomy®: Vertical Spine

Instructor: Lynne Marotta

Location: Boca Raton, FL

February 3 - Study Group

#### March 22 & 23

Ortho-Bionomy®: Demonstration Skills

Instructor: Liz Olivas

Location: Boca Raton, FL

#### April 25, 26 & 27

Ortho-Bionomy®: Pelvic Visceral

Instructor: Mike Miller

Location: Boca Raton, FL

April 28 - Study Group

#### May 31 & June 1

Ortho-Bionomy®: Phase 5

Instructor: Luann Overmyer

Location: Boca Raton, FL

June 2 - Study Group

### 2025 CLASSES - Preview

#### June 26-29

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

Instructor: Liz Olivas

Location: Indianapolis, IN

June 30 - Study Group

#### September 18-21

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

Instructor: Liz Olivas

Location: Boise, ID

September 22 - Study Group

#### November 1 & 2

Ortho-Bionomy®: Exploration of Movement

Instructor: Liz Olivas

Location: Boca Raton, FL

November 3 - Study Group

**FOR MORE INFORMATION GO TO: [WWW.BODYWORKCEUS.NET](http://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.



# A Journey of Healing

BY DEBBIE RINQUEST

JUNE 9, 2019

**A**s I sit here pondering my journey through Ortho-Bionomy®, I wonder how to sum up such a multifaceted work that spans the course of years in an essay. There are so many aspects of life that Ortho-Bionomy touches, and so many experiences that I could share.

The principles, reflexes, and work have healed and improved my relationships, they have given me tools to manage my emotions, and they have helped me and my loved ones through difficult life experiences.

The first way that Ortho-Bionomy has made a huge difference in my life is through the reflexes, principles, and knowledge of the nervous system. One

of the principles that has made the biggest impact on my life is the principle of right relationship. There is an attorney who liked to grill me to try to find holes in Ortho-Bionomy. He would try to prove to both of us that this work is all a hoax. Typically, I would get all flustered and try to defend myself. He would laugh at my fumbling. After I took the trauma class, I was able to use what I learned about the reflexes, focus on my gut, and keep myself solid and relaxed. I was able to keep the things he said from bothering me. I kindly refused to engage in defending myself or proving that the work I do has value. I knew my work was valuable, and I didn't need to have his validation to prove it. I was finally able to see the pattern of what was really happening. I clearly, but kindly

and calmly, "showed" him the pattern of what was happening. I declined his request for me to work on him and stated that he didn't want me to work on him so he could feel better, but only to prove that Ortho-Bionomy doesn't work. He literally took a step back, stared at me for a moment and then verified what I said was true. Suddenly, the focus was on him instead of me. He was able to see his own pattern and the conversation became about his mistrust of alternative medicine instead of being about me. I left calm and victorious rather than flustered, confused, and questioning. He has never attempted that pattern again and has shown total respect since. Another relationship I had left me feeling traumatized, wounded, and fearful every time I was near her. I was on





guard. Often, I would freeze up, and anger and hurt would inevitably come up even though I didn't want it to. I was put in a situation where I was going to have to be in close contact with her for multiple days in a row. I came up with a plan. I armed myself with some upbeat songs that I would use to begin a full body volery reflex. Every time I would begin to shift into frustration, anger, or fear I would start a small, unobservable bounce on my heels to introduce the volery reflex to my system. Since volery is a disrupter of patterns, I used it to shift myself out of debilitating emotions every time they came up. It worked! Suddenly, I was back in my own power and could choose how to respond. My nervous system didn't go into flight or freeze like it had for the past 4 years. Sometimes I would just shift. Sometimes this other woman would actually get up and leave the room. I was able to be present and enjoy the 4 days together. The reflexes gave me the power to shift out of my patterns and keep my nervous system in an adaptable space.

One of the most tender ways Ortho-Bionomy has made a huge difference in my life is in the work I was able to do with my mom. My mom suffered for many years with a disease called Frontotemporal dementia. This particular type of dementia removes all nouns from the person's vocabulary. They lose names for everything. Eventually they lose all association with what things are and how they are used. Over time it makes them unable to speak. This obviously makes it very difficult to know what is happening with them and their body. For years I was trying to stay ahead of the disease. I was trying to outthink it. I was trying to plan for any foreseeable problems. Eventually, I learned that I could not outthink it. I couldn't really know where the disease was going next or avoid the problems caused by FTD. It stunk. I hated it, but I used the principles regularly to remind myself not to judge the situation and go with the flow. I reminded myself to be calm in order

to handle what was right in front of me and not borrow problems of the future. Then I would use the reflexes to handle my pain. I would show myself my grief. "Here's your pattern. Here's your pattern..." I did my best to just go with the flow and to handle whatever presented itself that day. I used this to maintain my own energy so I could be in a space to work with my mom, and to never take for granted those last moments with her. I was able to use the principles to get me through years of watching my mom slowly die.

Multiple times my dad was able to call me and ask me to go see my mom because she was acting differently than normal. At times I would watch her walk and figure out what was going on structurally. I could see how one foot would hit heavier than the other and how hips were rotated or how fascia pulls were affecting her posture and comfort. She usually loved the work and would often try to rub my hands and hold them as I would work on her. There were multiple occasions though where she was tired or grumpy and didn't want to be touched. I loved that I had the option to use Phase 6 during those moments.

In December 2018, her behavior was erratic and I was called over. She was in and out of bed and very agitated. She wasn't speaking at all or understanding anything we said. She seemed to move ok, so it didn't seem like it was structural pain. In one of the moments when she would sit next to me, I was able to check in with each of her organs and I discovered that her lungs were struggling. I passed the information on to my dad who then contacted the doctors telling them we thought there might be an issue with the lungs. The next day they did x-rays and found pneumonia. The interesting fact here is that I worked with the lungs that first day, and she recovered just a few days later. This may or may not be a coincidence, but I considered it miraculous that someone in such poor health could recover from

pneumonia so quickly with only one dose of antibiotic.

A few months later, on Valentine's Day, I was again called in to assess my mom. She had been sitting in a chair non-responsive all day. As they moved her into bed, she acted like she was in pain. The MedTech said that her bladder was distended and that she seemed to be retaining urine. She had not urinated all day. I did an assessment of my mom. Her organs felt cold. They would not respond to reflexes. Her breathing was fast and labored. She didn't want work. I knew her body was shutting down. I reported my thoughts to the MedTech. She looked at me a little surprised, and then said she agreed. She seemed to think my mom had quite a bit of time left though. I was told we weren't going to be able to get hospice in for 5 more days. I pushed the issue based on what I felt in the body, and then pushed it again. Calls were made and strings were pulled. Hospice arrived a couple hours later. One hour after the hospice nurse came, my mom died. One of the final acts of service I was able to perform for her was to work with her distended, full bladder. It released shortly after the work. That pain was relieved, and we were able to avoid catheterization.

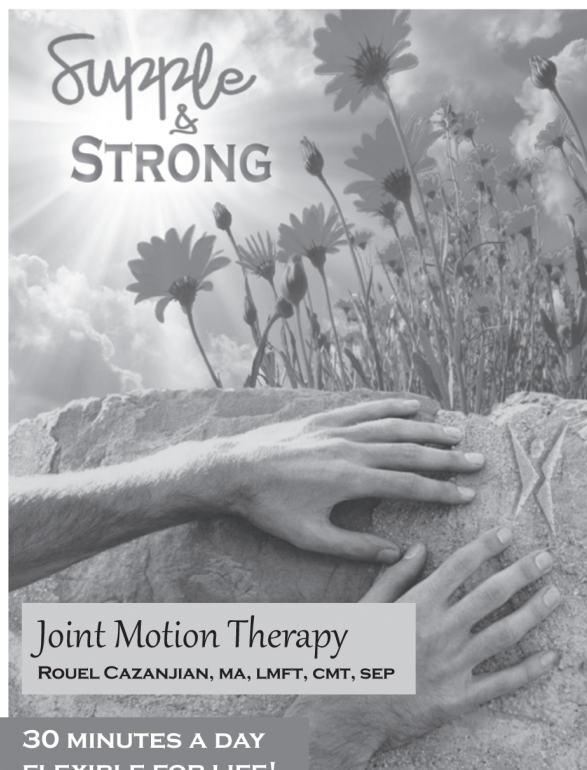
After her death, I was obviously very grieved. I love my mom dearly. I was so happy she was free from that awful disease, but so sad she was no longer in my life. Shortly after her death and services, I had my last OB class to become a practitioner. I was still in shock and full of grief. I wasn't connected to my body, and emotionally I needed distance from people. I didn't really tell anyone about what was going on, only that it had been a really rough month. Two days later, I was shocked at what a huge difference advanced pelvis work made for me not just physically, but emotionally. I became fully present in my body. I stopped avoiding people. I gained a lightness to me that hadn't been present for many months. It was a huge testament

for me about how this work is intelligent and how it can meet people on levels that we as practitioners have no idea it is meeting. It can shift people from deep heart wrenching emotions without the practitioner consciously doing anything. What a gift.

I love Ortho-Bionomy. I love the power and the gentleness of it. I love the ways that it assists me in all aspects of my life. I love the miracles that I get to be part of as I help clients get out of pain and gain more health and mobility in their lives. I love the ways that it helps my body function at a higher level. I love watching the process of Ortho-Bionomy changing lives for the better.

## Biography

**Debbie Rinquest** has been interested in helping the body since she was a young girl. She became a Massage Therapist in 1998. The model of holistic medicine is fascinating to her and she continues to study many ways to help the body. Debbie became a Practitioner of Ortho-Bionomy in 2019, received her Courageous Living Coaching Certification in 2021, and is beginning the Instructor Training Program in 2024. She continues to study nutrition and herbology and is learning to grow her own herbs and make her own herbal remedies. She loves spending time in nature and with her family.



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.

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)

Rocky Mountain  
**Ortho-Bionomy®**  
Heal from within  
Center

It is about being  
**INSPIRED**

We offer classes at the Center that are not included in any other Practitioner Training Program. These classes are built into our weekly education system. Improve and fill out your training with classes that we offer.....not only will it inspire you but it will complete your training on a level you don't even know is missing from your work.

We offer a unique classes in Visceral, Fascia, Advanced Pelvis, Advanced Neck and Whiplash.

By jumping in to these few classes you will grow in your practice and have tools to build relationships and healing opportunities for all that you welcome into your practice.

Visceral 24 hours  
Denver July 31  
August 1 & 2 29 2024

Advanced Pelvis  
Denver October 7 &  
8

Fascia  
Denver October 10 &  
11 2024

Cranial with Reflexes  
January 23 & 24

New Residential  
Mount Princeton Hot  
Springs Resort  
Nathop Colorado  
March 9-15 2025

### Discover what you have been Missing!

Fly into our Denver Classes and upgrade your educational experience without committing to our entire program. These classes lead to a deep understanding of how the systems of the body tie together with our classical understanding of the structure and reflexes.

The classes are designed for instant application and to provide you with the most cutting edge understanding of the depth and possibility at the heart of Ortho-Bionomy.

Consider adding these classes to your schedule. Take one or take them all.

It is an opportunity to deepen your understanding of how you understand and apply Ortho Bionomy in your world.

Contact us at [rmobcenter.com](http://rmobcenter.com) or [rmobcenter@gmail.com](mailto:rmobcenter@gmail.com)

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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

## ORTHO-BIONOMY® TRAININGS

### UPCOMING 2024 CLASS DATES

<u>Date</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
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
July 31, Aug 1, 7, 8	Experiential Ethics & Emotional Releases	Berns	Online
Aug 2	Releases for the Pelvis (Phase 4)	Malm	Ashland OR
Aug 5-6	Subtle Physical & Unwinding Techniques (Phase 5)	Berns	Davis CA
Sep 6	Isometrics/Isotonics for the Shoulder, Neck, & Jaw	Malm	Ashland OR
Sep 7-8	Exploration of Movement	Berns	San Francisco CA
Sep 17-18	Exploration of Movement	Berns	Davis CA
Sep 21-22	Releases for the Spine & Pelvis (Phase 4)	Berns	Chico CA
Sep 28-29	Advanced Energy Releases (Phase 6)	Berns	San Francisco CA
Oct 4	Isometrics/Isotonics for the Ribs & Diaphragm	Malm	Ashland OR
Oct 29	Study Group: Observing & Analyzing a Session with Jim Berns	Berns	Online

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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Photo credit: Melissa Malm

# What I Learned from an Equine Class Based on Ortho-Bionomy®

BY NICKY ROOSEVELT

For 4 days last weekend, I audited an equine class that included human Ortho-Bionomy sessions. It was enriching in so many ways! I had the opportunity to observe what the visiting instructor did with the hosting therapist's clients and discuss why. I then observed the instructor's work with 6 horses. (A person guided me as I learned what to look for in the horse's responses). Finally, I saw how the instructor worked with the horses' people to allow them to recognize what Ortho-Bionomy was doing for their horse. She demonstrated on the person's body what she was doing with the horse, so they could feel that. Then she had them do the same technique on their horse to feel how that related to their own experience. Because the owner knew their horse intimately, they were able to sense the work and also share with the instructor some insight into the horses' histories. There was an outline with techniques, including diagrams of horse anatomy, which helped me follow along.

My takeaway from the equine work was that the horses' processing of Ortho-Bionomy was not hidden. Their eyes showed a lot, as did the positioning of their heads and muzzles. Their heads would drop lower as they felt the comfort of the technique, and their eyes softened. (Sound familiar?) Their internal focus showed they were taking in the new information, and that often took a bit of time. Finally, blinking, licking, chewing and yawning indicated they were finished with their integration. After each technique, the instructor stepped away and let the horse have space and time to do that. They also had the horse walk around to integrate, just like we have people do. The changes to each horse's gait were really apparent.

When the horses have had enough work on a particular area, they would make that clear by stepping away from the touch. Sometimes there were other things going on around the property and the horses were distracted. We waited until they were able to focus on themselves again. All the horses were different in personality and capacity to receive the work. Some were very nervous about being touched, ("Is that going to hurt me? Wait...it doesn't! I guess it's okay to stand still for a little more"). Others showed more directly, ("I need work here, if you please" as he turned his head to nose his belly or leg). It was hilarious to watch (no disrespect to the animals, but fascinating to one observing). How cool to see the responses we have felt for ourselves and observed in our clients illustrated in the animal kingdom so clearly.

I was thinking of my clients and wondering what it would look like if I gave them the same space and timing to take in the work. Granted, humans are perhaps more goal oriented in a session. Clients choose to show up, and want this, that and the other worked with. The horses are brought to a session and can only accept or decline to engage with the practitioner. The personalities around receiving the work are similar for humans and horses: they want to know if it will hurt, or what the heck just happened. Then when it is so comfortable and helpful, they are curious and ready to continue to receive. With humans, you can at least use words. With the horses, sometimes it takes a bit to figure out what they need.

I am going to take what I learned over the weekend and experiment with my clients and imagine they are horses. What will change and what will be the same? I'll also have some new techniques that I picked

up! This experience, just like coming away from a seminar, leaves me energized and excited about Ortho-Bionomy and the many ways its principles are being put into practice. The talents and creativity of our instructors are an amazing resource!

I hope you (student or instructor) will take any opportunity to share with other teachers or practitioners different ways to work. It is so enriching, and we all can benefit!!!

PS: There is a meeting of the Committee for International Communication and Connection that does just that, quarterly. Contact the SOBI office or Laura Samel for more information.

## Biography

**Nicky Roosevelt** is a Registered Instructor and Advanced Practitioner of Ortho-Bionomy, a musician, and a sports enthusiast. She has over 20 years of helping people through her bodywork practice and teaching, making the material memorable and inspiring. Nicky's passion for physiology and her active lifestyle bring a unique perspective for using the techniques of Ortho-Bionomy to help alleviate discomfort caused by injury, muscle tension patterns, and stress.



# Got Community? Tell us about It!

**Embodiment 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.



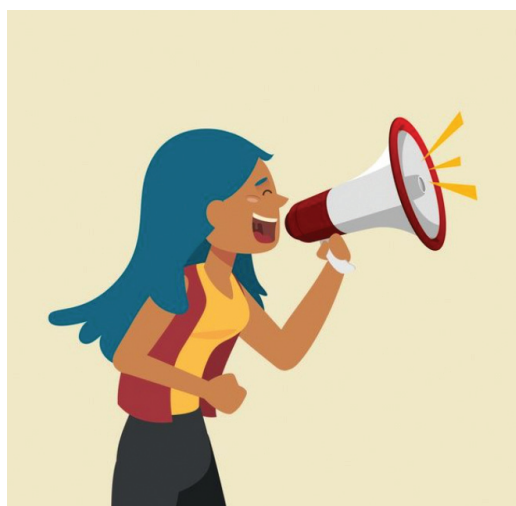
## Call for articles and columns for the October 2024 Newsletter

**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\\_0n8A](https://www.youtube.com/watch?v=JTg4xS_0n8A)

**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.





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

<b>Nicky Roosevelt</b>	<b>Instructor</b>	<b>Berkeley, CA</b>
<b>Kami Clark</b>	<b>Advanced Practitioner</b>	<b>Vernal, UT</b>
<b>Ronda Bowden</b>	<b>Practitioner</b>	<b>Boise, ID</b>
<b>Karie Cornell</b>	<b>Practitioner</b>	<b>Kanab, UT</b>
<b>Phil Clark</b>	<b>Practitioner</b>	<b>Vernal, UT</b>
<b>Barbara Ann Schoemaker</b>	<b>Practitioner</b>	<b>Vancouver, BC</b>
<b>Aubre Thompson</b>	<b>Practitioner</b>	<b>Mt Pleasant, UT</b>
<b>Katie Friend</b>	<b>Associate Member</b>	<b>Harper, OR</b>
<b>Haley, New</b>	<b>Associate Member</b>	<b>Madison, WI</b>



# 2024 SOBI Calendar



## Monthly:

### Member Support Group:

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

## Bi-Monthly:

### Coordinator Corner Meetings:

Scheduled dates for 2024 - August 21st, October 2nd, November 12th

## Quarterly:

### Newsletter:

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

### Instructor Meetings:

Each quarter on 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

### Ads for Newsletter Due:

March 15, June 15, September 15, and December 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.

# Opportunity Knocks!

BY MARLA MOORE

**C**alling all Practitioners, Associates, Students and Instructors. It's time to get noticed and be seen!

The Society of Ortho-Bionomy International website directory needs you.

With newly added features, your listing on the SOBI website is an awesome place for you to shine. It is an opportunity to share who you are with your Ortho-Bionomy family as well as potential clients and students.

Do you want more business? Are specific features that identify you personally up to date? Start with uploading your picture -- its important -- don't skip it. This will enable your directory entry to appear complete and more professional. Be sure to update your current contact information in order to make it easy for people to find you. Make sure that your website link is working and active.

You don't get a second chance to make a first impression.

This listing space is also a place where you can add a paragraph or two about yourself! Write a little something so people can get a quick impression of you while they are looking at the site. If there is a bio on your personal or company website, you can copy and paste it into your SOBI website listing or write up a new one. People viewing your entry might not be willing to go on a treasure hunt. Make it easy for people to find you.

Use this opportunity to get some exposure. If the directory part of our site looks barren -- it's time to spruce it up! You as a member are the only person who can make that change. Don't miss this chance.

Marla Moore  
Ortho-Bionomy Advanced Practitioner  
and Instructor

## Biography

**Marla Moore** has been practicing bodywork since 1992. She is a Registered Instructor and an Advanced Practitioner of Ortho-Bionomy. She has over 2700 hours of training including graduating from the Wellness and Massage Training Institute in 1992. She has studied with Arthur Lincoln Pauls, Founder of Ortho-Bionomy, as well as many other Ortho-Bionomy Instructors throughout the country.

Marla has an undeniable passion for Ortho-Bionomy and wellness. She is convinced that this is the work that she is destined to do as her life's work. Marla is an active member of the Society of Ortho-Bionomy International® and has served on the Board of Directors and several other committees supporting the organization. Her memberships also include the Associated Bodywork and Massage Professionals (ABMP), the NCTMB through which she is Nationally Board Certified in Therapeutic Massage and Bodywork, and she is a Licensed Massage Therapist in the state Illinois.





# **Dream Residential at Mt Princeton Hot Springs**



## **Resort in Nathrop, Colorado March 9-15 2025**

**Instructors: Sheri Covey  
Sara Spehar & Charity Keyes**



### **Contact**

**[Rmobcenter@gmail.com](mailto:Rmobcenter@gmail.com)**

**Housing will be shared cabins  
with private rooms & kitchen**

**Limit 15 people - sign up by  
December 1 to get the early bird  
cost of 2450.00**

**Non-refundable deposit of  
500.00**

# 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!





# 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



# Recognizing the Brilliance of Fascia

BY SHERI COVEY

Science has long underestimated the importance of the fascial system in our body. For years, they would dismiss the connective tissue surrounding the body parts and muscles thinking that it was not important to the function of the different systems. Anatomist Gil Hedley called it “fluff”.

Those days are now behind us. Science is rewriting our understanding of fascia. The use of the word “matrix” to describe it is still accurate but as the study of fascia has deepened, so has our understanding of how it communicates with the entirety of the bodily systems.

Fascia is present in every cell of the body. I am not sure about you, but I have been so engrained with the idea that we have systems in our body, that I have a difficult time comprehending how encompassing the full aspect of fascia can be. It is literally everywhere.

Reflecting on that understanding leads me to conclude it must be a major part of the information flow of the self-correction and self-recognition of healing. That also leads me to conclude that Ortho-Bionomy, without our broad acknowledgment, works with fascia constantly and efficiently.

Science has proven that our muscles are not our only source of movement in the body. It is the interrelationships between fascia and muscle that creates movement. Muscles provide the energy for movement, but it is fascia that provides the exceptional strength and stability.

We currently are recognizing the speed in which communication travels through the fascia. It is in a partially liquid state, and impulses move more quickly through the fluids than the nervous system impulses. There is a new understanding that is arising, that the fascia can even sense forward in time through our

proprioception and possibly is a key aspect to our sense of our own proprioception.

The idea that something is “unwinding” or releasing usually points back to the response of fascia. I believe that Ortho-Bionomy has a profound effect on fascia. I believe we often track our own understanding of the body through fascia. Ortho-Bionomy has always used the words tracking and releasing as many bodywork methods do. Simply put, this means that the fascia softens and melts to the point that change can happen in the tissue located where we are working. Often to our wonder, this softening also happens where we are not working. It is why our visceral work is incredible and why our structure work can unravel deep patterns. It is the fascia that influences our releases.

But wait, we are a structure-oriented work. How could Ortho-Bionomy work





with fascia? The answer is simple. Ortho-Bionomy can work anywhere and everywhere, and fascia has the same capacity. Ortho-Bionomy is not limited to working only with the skeletal system, even though that is where we orient its structure. Ortho-Bionomy has a much broader spectrum of reach into the healing intelligence of the body. Fascia is not just about lymph and fluids it is about everything. Fascia, when altered in the body (surgeries, impacts, and cuts for

example) can cause the entire system to contract and affect the function in the rest of the body. An injury to fascia in the rib cage can alter the entire organization of the structure. Who governs who is a fair question regarding what we are learning.

I am starting to believe that fascia is a major aspect of our body's intelligence. I believe our reflexes initiate often in the fascia system but are not limited to responding only in the fascia system.

The question to ask ourselves is, "Can we evolve in our own attitudes to recognize that Arthur Lincoln Pauls was most likely tuned into fascia, but he was ahead of the scientific understanding of the work?"

At the Rocky Mountain Ortho-Bionomy Center, we discovered the spontaneous self-corrective reflexes often initiated in the fascia and moved into the system that was needing change. We marveled when we felt an On-Going Action begin in the fascia and then as it moved into the rhythmic response, dropped into the structure and shifted the intrinsic relationships of bones to bone. Thirty years ago, I did not even see that as an option for either the reflexes or the fascia. Now I have experienced it repeatedly.

Perhaps it is time that the Society of Ortho-Bionomy acknowledges and embraces the evolvement of fascia as we allow the "evolvement of the original concept" to rise. This would grant Ortho-Bionomy an opportunity to jump to the forefront of impressive and effective bodywork modalities, and thus arrive in the rapid acceptance of alternative therapies in our culture.

I highly recommend a simple book by David Lesondak titled Fascia What it is and Why it Matters. That book has helped create the rough understanding that I have abridged throughout this ar-

ticle. I have also referenced the following scientists: Thomas Myers, Robert Schleip and Carla Stecco. The science is there. Now how do we move Ortho-Bionomy to the forefront of skilled fascia bodywork modalities? may be an evolvement, but it might also be an opportunity to broaden the impact of this amazing work.

I would encourage every serious student of Ortho-Bionomy to explore their understanding of fascia. Jump into a specialized class or research on your own.

Sheri Covey  
Rocky Mountain Ortho-Bionomy Center  
Colorado

## Biography

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

*Sheri offers study groups for learning to work with fascia in relationship to trauma and injury, and invites you to join in the journey.*



# Trademark Reminder

Every so often there is a question about the proper use of the Society of Ortho-Bionomy® trademarks. We depend on all of you to help preserve our trademarks and are grateful to those who alert us to questions or concerns.

In brief, when a person becomes a student member in good standing, they have earned the right to tell clients that they have had classes in Ortho-Bionomy. Associate members in good standing may list Ortho-Bionomy as one of their modalities mentioned on their business cards. As a member progresses to the Practitioner level (and maintains good standing), they may refer to themselves as a Practitioner or Registered Practitioner and can use the Ortho-Bionomy® and Dollar symbols in any of their promotional literature as well as online.

## Trademark Guidelines:

The Society of Ortho-Bionomy International, Inc. owns these registered trademarks: Ortho-Bionomy®, Society of Ortho-Bionomy International®, and the Sand Dollar design. Society encourages its members to promote their individual Ortho-Bionomy practices in ways that maintain the integrity and reputation of the Society's programs and services.

## Student Members:

Student members may not use any of the Society's trademarks.

## Associate Members:

Associate members can use the term Ortho-Bionomy in promotional literature by listing "Ortho-Bionomy®" among the bodywork modalities that they practice. Associate members may also state that they are members of the Society of

Ortho-Bionomy®

Ortho-Bionomy International®. They may not use the Society's Trademarks in any way that suggests they specialize in, or exclusively practice Ortho-Bionomy, or in any way suggests they have completed the society's registered Practitioner Training Program. They may not use the word "registered," "practitioner", or "instructor" in conjunction with the term Ortho-Bionomy®. Associate members cannot use the Sand dollar trademark.

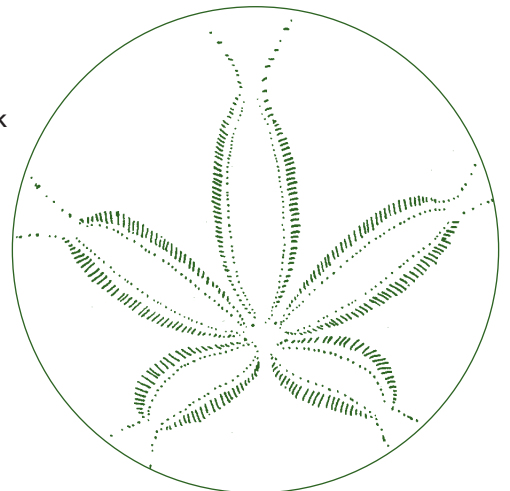
## Professional Members:

Professional Members may use the trademarks Ortho-Bionomy®, Society of Ortho-Bionomy International®, and the Sand Dollar design in promoting their Ortho-Bionomy practice and teaching. Practitioner members may use the phrase "Registered Practitioner of Ortho-Bionomy®" in promotional literature. Instructor members may use the phrase "Registered Instructor of Ortho-Bionomy®". The Sand Dollar trademark may be used in any size but may not be modified in any other way. That Sand dollar trademark must always be accompanied by the registration mark "®" in order to ensure that Ortho-Bionomy training meets the standards of the Society, Instructor members must submit their instructional materials to the society for review and approval.

## Required Statement of Ownership and Registration:

All flyers, brochures, class outlines, class manuals, handouts or any other materials must also include a statement of registration and ownership in a conspicuous position, usually on the first page containing the trademark. Use of one of the following forms or combinations, depending on which trademark is used. Ortho-Bionomy® is a registered trademark of the Society of Ortho-Bionomy International®, Inc. and is used with permission.

The Sand Dollar design is a registered trademark of the Society of Ortho-Bionomy International®, Inc and used with permission.







## 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/>



## Evolution paperwork

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

Practitioner (PRC) Instructor (IRC) Review Committees Quarterly Evolution 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 evolution 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 evolution cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.

# SOBI Store is Open

*Soon, the recordings by Arthur will be available via mp4 downloads. Stay Tuned!!!*

## BOOKS

	Member / Non-Member
Arthur the Panda, Bist	\$20 / \$30
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

## DVD's

	Member / Non-Member
Arthur Bionomy, Pauls	\$45 / \$55
Discount set of all five Phase 8 DVD's, Lee	\$250 / \$255
Phase 4 Spine, Lee	\$45 / \$50
Phase 4 Extremities, Lee	\$45 / \$50
Exploration of Movement, Lee	\$55 / \$60
Isometrics & Isotonics, Lee	\$55 / \$60
Postural Re-Education & Post Techniques, Lee	\$65 / \$70

## MERCHANDISE

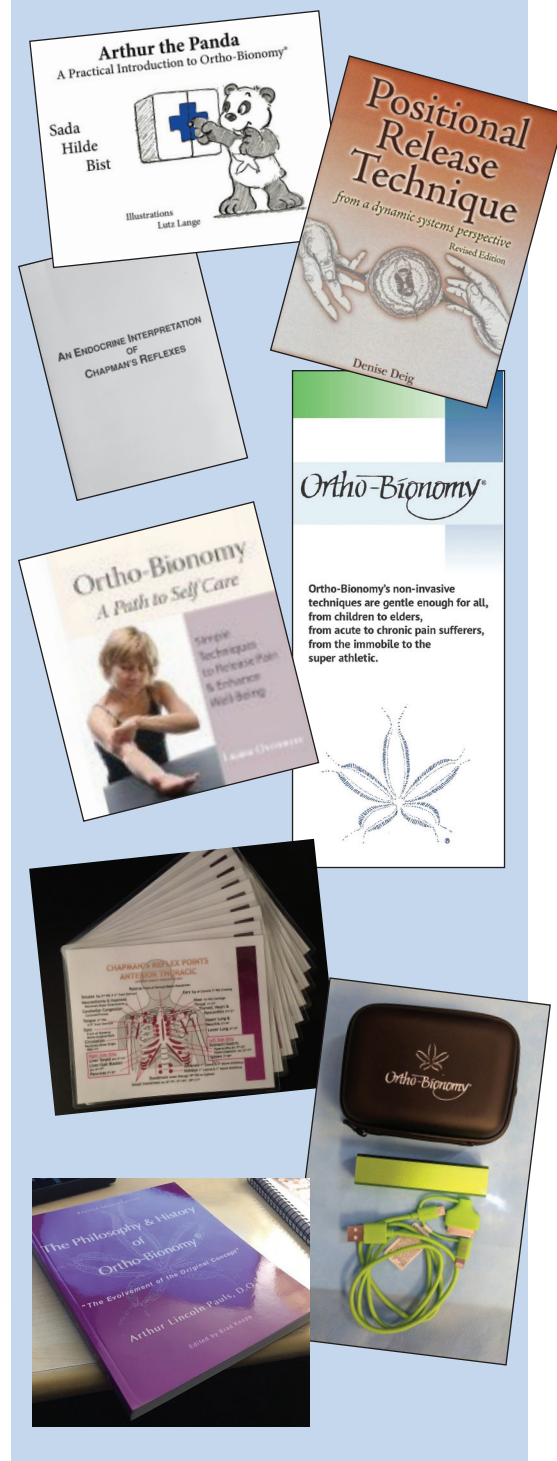
Chapman's Reflexes Charts, Deig	\$25 / \$35
Brochure -Members Only	\$30 for 100, \$50 for 200
Brochure pdf download for printing – Members Only	\$25
SOBI Conference Power Bank	\$20 / \$25

## NEWSLETTER

10 Newsletters ( Including Shipping & Handling )	\$30 / N/A
Quarterly Newsletter Subscription	\$25 per year

To order go to:

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



# 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) 426-1261  
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
Richard Valasek	15-Aug	The Body Schema
Tanya Pauls	19-Sep	Cervical Vertebre
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>**



### ...TO ADD YOUR CLASSES TO THE SOBI WEBSITE

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)**

*Happy Summer*

