

Ortho-Bionomy® Newsletter



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Inside this issue

President's Address	1
SOBI Members in the Path of Hurricanes	4
A Place To Come To BY SUSAN SMITH	5
An Invitation BY JOAN WEISBERG	9
Evolvements	11
Science and Magic BY ROUEL CAZANJIAN	13
Hiking Self-care Follow Up BY VIRGINIA STUEBER	18
SOBI Member Dues	19

President's Address

I gazed outside my window at the tall green foliage and was surprised to notice that it had new red and yellow leaves on top. Oh. Then I noticed a third burst of color that came from a blooming Rose of Sharon that had wrapped itself around the neighboring bush. They were at once expressing different seasons. I took this photo to welcome the arrival of autumn with you.



The SOBI Board of Directors completed its yearly retreat in Indianapolis Indiana on the heels of Hurricane Helene. We thank Jackie Davis for her service on the board these past three years and wish her the best as she redirects her focus to instructor training. We planned to welcome Sarah Schuetz as our new board member and secretary, but the hurricane had other ideas and sadly the roads made it impossible for Sarah to join us as well as to serve at this time on the board. Best to you Sarah!

If you are an Associate Member or above and interested in serving on the board of directors at this time, please apply today.

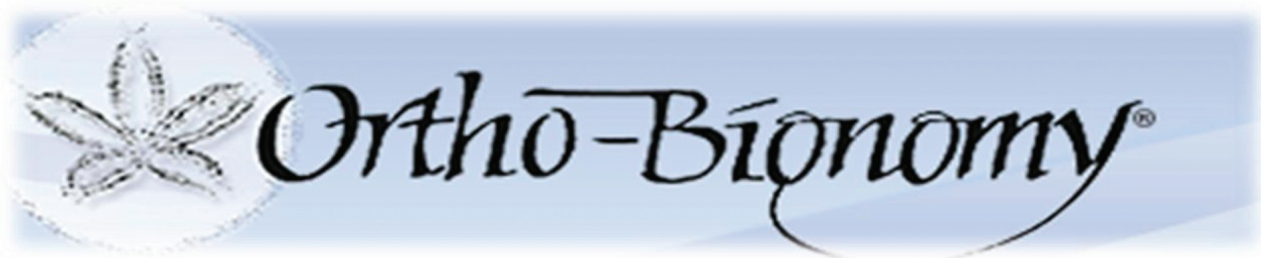
At the board retreat we finalized details of our upcoming virtual conference in the fall of 2025, see more information in this issue. The board also reviewed SOBI by-laws and policy, updated our code of ethics, discussed our international relationships and elected new officers. We spent a few hours of our time together on team building doing a Scavenger Hunt, playing a board game, *Frankly Speaking* and puzzling in the evenings. This team is ready for another year.

The Instructor community has met virtually for the fourth time with well over half of our instructors present. The discussion included the usage of the term, *Equine Ortho-Bionomy* and its relationship to our trademark, a suggestion to provide more in-person study groups for students in the training programs, an idea to run practice groups, and the evolution of building/maintaining communities with a mix of students both in and out of our training programs. Join our next scheduled meeting on December 5.

Our board is working with OBAC on simplifying reciprocity for instructors to teach in both the U.S. and Canada. They are looking for SOBI Instructors who are interested in teaching in the eastern half of Canada. The details are being finalized; give Keri a call at the office if you are interested. Do you remember the first time you learned about Ortho-Bionomy? Did you struggle to curb your enthusiasm about this work after your first few classes or after receiving a session? I wonder how we can harness this enthusiasm and allow our student members to do what comes so naturally. Any ideas? The committees and the board have been busy at work to support the Society of Ortho-Bionomy. Feel free to communicate any suggestions to our office and to join in the behind-the-scenes of this wonderful modality.

Enjoy the cool breeze,
Lynne Marotta,
President of the SOBI Board of Directors





The Therapeutic Alternative and BodyWorkCEUS.net

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

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

November 1 & 2

Ortho-Bionomy® Exploration of Movement

Instructor: Erin Long

Location: Boca Raton, FL

November 3 - Study Group

November 2 & 3, 2024

Ortho-Bionomy®: Posture & Post

Instructor: Erin Long

Location: Boca Raton, FL

November 4, 2024

Ortho-Bionomy®: Scoliosis

Instructor: Lynne Marotta & Erin Long

Location: Boca Raton, FL

2025 Class Preview OB Fluids, Fascia and the Lymphatic System

June 26-29

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

Instructor: Liz Olivas

Location: Indianapolis, IN

June 30 - Study Group

September 11-14

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

Instructor: Liz Olivas

Location: Boise, ID

September 15 - Study Group

October 23-26

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

Instructor: Liz Olivas

Location: Utah

October 27 - Study Group

FOR MORE INFORMATION GO TO: WWW.BODYWORKCEUS.NET

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Board of Directors

SOBI Member	Office Title
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Kami Clark	Co-President
Nicky Roosevelt	Treasurer Liaison
Melissa Malm	Member at Large
Samuel Claiborne	Member at Large
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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.

The Society of Ortho-Bionomy International reserves the unrestricted right to accept or reject any submissions within its sole discretion, determine when to publish a certain piece of work, edit materials where appropriate, reject copyrighted material unless the consent of the copyright holder is obtained in writing; and assumes no responsibility for errors, corrections, omissions, or modifications in publication.

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

SOBI Members in the Path of Hurricanes

The SOBI office has received questions about our members who live in the path of hurricane Helene.

As of now Jessica Mark, Sarah Schuetz, Nancy Tolles and Erin Long are all safe. but we know that the lives of many people have had their lives significantly disrupted.

Join the SOBI board in sending Phase 7 to our members and the people who have been so deeply affected by the hurricane.

Ortho-Bionomy Australia (OBA) has reached out to SOBI to share their care and concern for our members in the path of Helene and Melvin.

Sarah Schuetz was unable to leave her home in Asheville to join the SOBI Board of Directors last week because the roads were impassible. She has decided that her focus must be on her home and community at this time. A decision the SOBI board understands and respects. We look forward to the time when Sarah is ready to share her gifts and passion for SOBI on the Board of Directors in the not too distant future.

This leaves the board short by one member as the SOBI By-Laws call for seven members on the board at all times. If you are interested in completing a full term on the SOBI Board (3 years) please contact the office at office@ortho-bionomy.org



A Place to Come To

BY SUSAN SMITH

Years ago, a client came to my office in great distress. She had had trouble finding my place. It turned out she was terminally ill and things that would be a minor irritant for others were enormously difficult for her.

At first, I thought this wasn't going to go well. But then, as I listened very carefully, my body and entire being responded. It created a place for her.

Fortunately, there was nothing physically difficult about the environment – only a small step she could easily negotiate. I doubt she even paid attention to her surroundings.

That first time, she lay on the table, and sometimes in the sessions thereafter she would sit on the table or a chair for her session. I always knew what was needed to navigate a session for her. My whole being had become a place for her to come to.

All environments influence how we feel. As I recall that wonderful client,

I become very aware of that intimate place inside myself, a place to come to in which the office is not the topic or issue. I seek a quiet place within myself to work in and to reach out from, in which I provide what my clients need that day. Sometimes it appears almost as a watery mirror of ocean, sometimes a cool stream. Nor does it have to do with water: it can be a mountain top, or somewhere I've been and treasure in my heart. It is a form of meditation – it is for you, the person who comes to the practice room.

The practice room could be anywhere. Does it have to be big, spacious? Or does the spaciousness come from within us? As Ortho-Bionomists we know what *internal place* is, because it draws us to our cores, where our body seeks the answers. It is what we seek to awaken in our clients. There is no need for feng shui there, though entering a calming physical environment is always welcome.

I work with horses. I go into noisy, active spaces, characterized by nickers of horses and laughter of riders or those working with the horse, the gentle cadence of the horse's stride on soft footing, the call of the riding instructor, sometimes yelling. Each barn has its own character; some are very relaxed,



yet still noisy. Others, like jumping barns and some breeding barns, are quite goal oriented. Professionals (veterinarians, farriers, dentists, other bodyworkers) might be onsite at the same time -- there may be a need to confer with them in the moment. Horses will nuzzle my hand to make sure we are together, that any others are only peripheral to the session.

Most often now, when I go to someone's pasture or barn, there will be no one else there. The horses and I work in silence, except for an occasional snort as I chatter with them.

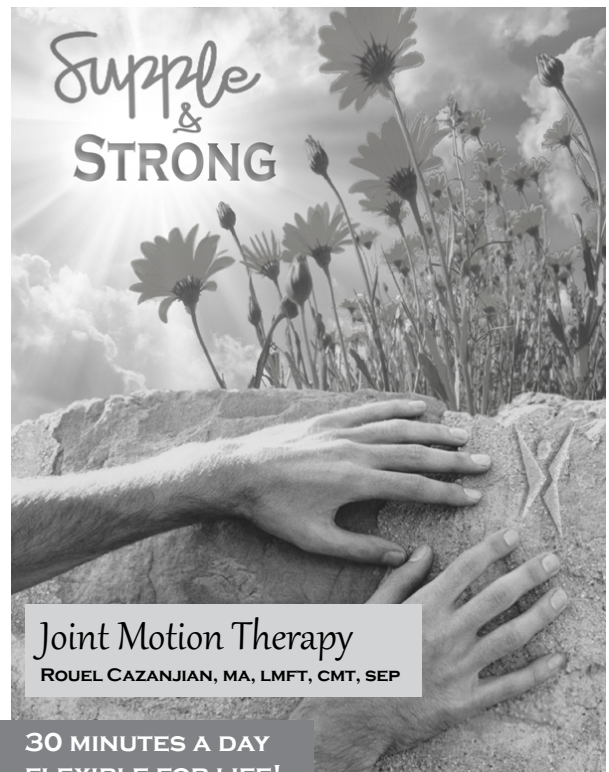
Perhaps that is the origin of my internal place, a place to work from that doesn't have much to do with venue. It doesn't care what pictures I have on the wall or who is in the next room. I require only

continued on page 8



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



In his new book, ***Supple and Strong: Joint Motion Therapy***, Rouel Cazanjian offers a simple method that enables you to assess the health of joints, improve flexibility and balance muscles, while also building strength and endurance. It uses the body's own natural ranges of motion with no weights, resistance, or special equipment, and can be practiced anywhere, anytime.

Just 20-30 minutes a day is all it takes to reap the benefits, which include:

- increased joint longevity
- improved posture
- greater energy
- better mood
- refined coordination
- marked reduction in tension
- greater well being

Effective as cross training for any sport, dance, or musical instrument, Joint Motion Therapy supports an active, healthy lifestyle. Plus, it enhances your knowledge of biomechanics!

Supple and Strong: Joint Motion Therapy is available online for \$20 through Amazon.

[To purchase, click here.](#)

https://www.amazon.com/Supple-Strong-Joint-Motion-Therapy/dp/B0BXNF2KTB/ref=sr_1_1?crid=2YLP1XO7B7O2U&keywords=rouel+cazanjian&qid=1679448735&srefix=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.

Advanced Pelvis
Denver October 7
& 8

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.

Fascia
Denver October 10
& 11 2024

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.

Cranial with
Reflexes
January 23 & 24

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

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

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

Contact us at rmobcenter.com or rmobcenter@gmail.com

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continued from page 5

an awareness of the space I'm working in, its spaciousness and its boundaries. I realize that place has always been within me, ready for me to tap into it. The study of people, animals, and Ortho-Bionomy help refine and deepen it. It's important that, when in my home office, I am subconsciously aware of all



others in the home, absorbing and removing their intrusion. (Of course, they know not to make too much noise while clients are there).

But our cats are allowed free access to the office and can come and sit with the clients if the clients are amenable. The cats are silent explorers with highly tuned senses of smell, touch and sight. They are attracted to those who come, to their beautiful spirits with whom the cats want to interact.

Being in our internal landscape allows us to hear and see the messages the body sends us – the client's as well as our own. A song, a phrase, a picture, a scent, humor – is elicited by the work and courses through the body to offer a gift from within itself. It is the grand interior decorator at work, doing what needs to be done to create the climate, the environment, for healing to begin.

Biography

Susan Smith is Instructor of Equine Body Balance, and Registered Instructor & Advanced Practitioner of Ortho-Bionomy®, Equine Ortho-Bionomy®; Certified Acupressure Practitioner (Tallgrass Animal Acupressure Institute), and Equine Positional Release practitioner. She has been involved in equine activities and bodywork for over 20 years. Her articles have appeared in Trail Blazer Magazine, Western Horseman, Equine Wellness, Horse Around New Mexico and many others.



ORTHO-BIONOMY® TRAININGS

UPCOMING 2024-2025 CLASS DATES

Date	Class	Instructor	Location
Oct 4	Isometrics/Isotonics for the Ribs & Diaphragm	Ashland	Malm
Oct 26-27	In Depth Releases for the Shoulders & Ribs	San Rafael	Berns
Oct 29	Study Group: Observing & Analyzing a Session with Jim	Online	Berns
Oct 30-31	Releases for the Lower Extremities (Phase 4)	Davis	Berns
Nov 1	Isometrics/Isotonics for the Shoulder, Wrist, & Thumb	Ashland	Malm
Nov 4-5	Isometrics/Isotonics	Davis	Berns
Nov 9-10	Releases for the Spine & Pelvis (Phase 4)	Chico	Berns
Nov 6, 7, 12, 13	In Depth Releases for the Neck & Thoracic Outlet (Phase 4)	Online	Berns/Malm
Nov 16-17	Isometrics/Isotonics	Portland	Berns/Malm
Dec 3	Study Group: Two Detailed Tarsal & Metatarsal Releases	Online	Berns/Malm
Dec 6	Isometrics/Isotonics for the Sacrum, Ilium Rotation, & Knee	Ashland	Malm
Dec 7-8	Experiential Ethics & Emotional Issues	San Francisco	Berns
Dec 13	Introduction to Ortho-Bionomy 3-Hour Class	Corvallis	Malm
Dec 14-15	In Depth Releases for the Ribs (Phase 4)	Corvallis	Malm
Dec 14-15	Experiential Ethics & Emotional Issues	Davis	Berns
Jan 4, 18	Visual & Kinesthetic Anatomy for Bodyworkers (classes 1&2 of 8)	Online	Malm
Jan 16	SOBI Study Group - Advanced Applications of Circle Theory	Online	Berns
Jan 25-26	Cranial: Skin, Muscle, Bone	Ashland	Berns

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



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415-595-0328 (text best)

Photo credit: Melissa Malm

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AN INVITATION

BY JOAN WEISBERG

The very first cranial class I attended in the early 1990s I was learning from Luann Overmyer. What Luann shared about her experience when working with the occipital ridge still rings true, and I have found myself applying her instruction in different ways throughout many types of experiences, practices, and life events.

This magic that Luann shared with us while describing what she was doing “back there”, involved her own personal experiences when working with the occiput. I doubt I can quote her perfectly now, but it went something like this... “I don’t know exactly... I hold my hands so they lightly cradle the occiput, I don’t try to move it or do anything, I just invite it into my hands, wait for a moment, and it just drops (she might have said ‘plops’) into my hands.”

I kind of think Luann wasn’t aware, at that time, of what a profound effect that instruction could have, and has had, not only in my Ortho-Bionomy work, but on easing stuckness, movement, and change in many areas of my life’s process and practices.

Being in the state of invitation helps to eliminate the urge to struggle or force or make something change. It almost seems that one cannot coexist with the other. I like simple... inviting is so much simpler and more energy efficient than struggle....
I really like simple.

When I invite “it” in, I am creating a space for it, opening the door, so to speak, saying “you are welcome here”. Then, I wait for a moment and notice what appears so that I can actually receive it. For me, being in a state of invitation is a heart-smile with a soft and gentle opening where sweetness can flow. What do you experience when you are in this state?

This works with cranial bones, inviting energy into an area for others or myself, using spirals to create acceptance and options from which to choose, bringing something, or someone, new into my life, and even in finding the most meaningful words for me when I write this article. The most challenging part is remembering to use it. Perhaps I only need to peek into my toolbox so I can invite it to join me. Then we get to play together.

Biography

Joan Weisberg, a Registered Practitioner of Ortho-Bionomy and a member of SOBI since 1990, served on the BOD for 2 years. She is also an editor, copy and technical writer, poet, and published author. For 30+ years she has facilitated clients and students on their journeys to trusting their own healing process. Also, a certified facilitator of Qigong, Tibetan Yoga, Transformative Mindfulness, meditation techniques and Medical Qigong, these pathways are often included in the journey. Joan enjoys being a perpetual student of life, serving on the BOD and committees for the Spirit of Life Unitarian Universalist Church, and finds simpler peace in her Taoist and Phase 7 Life Mastery studies. She feels blessed with loving friendships and an ability to serve others. Joan’s greatest joy is being able to share time and experiences with her daughter.



Got Community? Tell us about It!

Coordinators are the grassroots of the Society. We share what we love, we invite Instructors into our areas and collaborate with Instructors to fill the needs of our area. We do the footwork of pulling a class together, and we grow community. We believe deeply that by supporting one another, while promoting the principles of Ortho-Bionomy, we can all thrive, and we can all prosper.

If you are a coordinator or are interested in becoming a coordinator you may attend the Coordinator Corner Zoom meetings. The next coordinator Corner meeting is scheduled for November 12. Check the SOBI website for more information <https://ortho-bionomy.org/aws/SOBI/pt/sp/events>

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.



Call for articles and columns for the January 2025 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.

Informative Podcasts—Australian SOBI Instructor, Rob Rich has been recording a series of podcasts called Exploring Your Intelligent Body. Here's the link to episode 3 with an interview with our own Jim Berns.

https://open.spotify.com/episode/5qwbPSzpBbgoaSKpafh6V?si=Gzln_rgkTx6mAaUo1qaw1A

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 gift from Bruce Stark, feel free to share your own for the newsletter.

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.

**Lynne Marotta
Anne Andrews
Debbie Rinquest
Cesar Correa
Heather Black
Kristin Moore
Rachel Frey
Karen (Moss) Scheer**

**Advanced Instructor
Instructor
Advanced Practitioner
Practitioner
Practitioner
Practitioner
Associate
Associate**

**Leonia, NJ
St Augustine, FL
Taylorsville, UT
Colts Neck, NJ
Tacoma, WA
Moab, UT
Los Angeles, CA
Ashland, OR**

2024 SOBI Calendar



Monthly:

Member Support Group:

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

Bi-Monthly:

Coordinator Corner Meetings:

November 12, 2024. 2025: January 21, March 16, May 20

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:

March 1, June 1, September 1, and December 1

Ads for Newsletter Due:

March 1, June 1, September 1, and December 1

Annually:

Call for Board of Directors:

January 15

Annual General Meeting:

April 22

Board Nominations Due:

March 1

Board of Directors Ballots Due:

June 15

Board Applications Due:

March 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.



Science and Magic: a special nod to Denise Deig

BY ROUEL CAZANJIAN

At the 2023 Ortho-Bionomy® Conference in Albuquerque New Mexico, I had the privilege of attending many great presentations. One of my favorites was Where Science Meets Magic by Denise Deig, about the possible applications of science and magic in our work. It was a presentation that inspired confidence and creativity. I have since read through her handout several times, and each time, it inspires me to deepen my work with its crafted summaries of healing potentials and leads me to further connections and targeted study. I love taking small, powerful soundbites and contemplating them until I come up with my own insights, and her presentation and handout were perfect for that.

Since the conference, I have been examining how I incorporate science and magic in my work by noticing when I was using science and when I was using magic and how they were

working together or not. I could see, in basic terms, that I was shuttling between both, and the more conscious I was of that process, the better it seemed to work. I made a big shift in my awareness when I realized that there is a big difference between “science and magic” and “science or magic.” “And” creates an inclusive paradigm. “Or” creates an exclusive paradigm. I marveled at how a simple shift in language could have such a huge shift in consciousness, behavior, and outcomes. Rather than science and magic being mutually exclusive where never the twain shall meet, I could see, with the strategic use of the word “and,” that they can actually feed one another.

Knowing things, knowing how to surrender into the unknown, and shuttling back to knowing things with the right timing can be the “magic” secret to mastering this work. I feel that it is this fluidity in consciousness that supports the process of meeting

unique individuals with a customized approach, rather than using a cookie-cutter approach.

In my intense observation of Arthur Lincoln Pauls, albeit decades ago when I couldn’t grasp all of this as deeply, I feel that this shuttling between the known and unknown was his secret, along with having several skillsets under his belt that he could access intuitively and spontaneously. Those of us who were around him would listen to him going on and on about how important the timing of meeting the person in the moment was, rather than performing a pre-rehearsed technique.

It doesn’t seem to matter how much one knows, but rather, how one knows how to be supported by what one knows without being limited by it. We, as conscious creatures, are filtering machines. We filter out most of the input around us and “know” whatever is left. If we really know this fact, we will not



assume that what we know is objective reality, and that is a really good start to tapping into magic.

Before we get too complex, let's circle back to some basics:

What is science? Science is the systematic study of the structure and behavior of the physical and natural world through observation, experimentation, and testing theories against the evidence obtained through observation. For simplicity's sake, let's call the results of this process the known.

What is magic? Magic is the power to influence the course of events by using mysterious or supernatural forces. We can refer to this process as the unknown, because even if we can perform it, we can't really explain how it works exactly, unless we refer back to science.

Herein lies the link between science and magic – the relationship of the known and the unknowable. I can take comfort in knowing that I know things and even be inspired to know more, because there is always something more to know, but we can never know everything there is to know. I can also relax and tell myself that I know enough and really let that sink in. I can use what I know to take me to those launching points that lead me to where I can't see a landing place.

We must learn to fly within ourselves and launch ourselves into spaces where we can see no landing place. This is the only true courage.

-Arthur Lincoln Pauls, DO

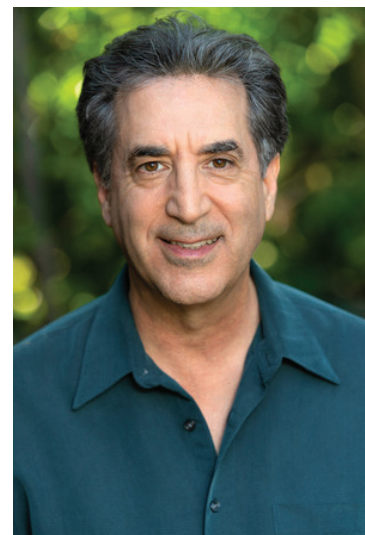
The launching point, for me is what I know from solid science and life experience. The flying within myself and not seeing a landing place is me letting go and trusting my presence is beneficial and my intuition is creative and leads to self-correction. I can, potentially, feel all this in my hands, in my energy, and in the space between us. Being open to things happening that I may not be able to understand allows the whole process to blossom. Touching back on what I know without getting trapped in it is the perfect touchstone and launching pad for new journeys to paths uncharted.

Science and magic are now in a love affair for me, but like all healthy relationships, one shall not cancel the other, nor shall they merge into a blob, rendering each useless.

Thank you all for listening, and thank you, Denise Deig, for your tireless pursuit of knowledge and your special gift of putting it together for us, and especially, supporting science as an important ongoing and legitimate aspect of Ortho-Bionomy.

Biography

Rouel Cazanjan, MA, LMFT, SEP, CMT, is a bodywork therapist and a somatic psychotherapist. He is an advanced instructor and practitioner of Ortho-Bionomy® since 1988 and received his degree in psychology in 2001. Along with extensive training with Arthur Lincoln Pauls, D.O. over a ten-year period, Rouel has advanced training in Somatic Experiencing®, Focusing, Biodynamic Psychology, Walking In Your Shoes, mindfulness-based psychology, and specialized training in subtle hands-on osteopathic methods. Rouel has brought all of his training and influences back to the timeless unifying principles of Ortho-Bionomy to serve his clients more successfully and to help his students master and integrate all the aspects of Ortho-Bionomy with greater ease and clarity.



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

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

**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**

HIKING SELF-CARE

Follow Up from “Client Self-care” April 2024

BY VIRGINIA STEUBER

I just got home from an eight-day backpacking trip. I feel incredibly lucky to be able to hike 50 miles up and down mountains with 35 pounds on my back. It was not easy keeping up with my 20-something kids, but I am so happy and grateful to be able to do that.

On this trip I had the opportunity to practice my Ortho-Bionomy self-care. On the fourth day, a sharp pain began in my left hip. I found a way to hold my hip while I walked and within a few miles it was happy again. The pain did not come back. I am so so grateful!!!

Thank you thank you thank you for all you have taught me!!!

Virginia



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.

Please note:

Virginia is Sara Sunstein's client, and her original article was published in the April 2024 issue of this Newsletter.

INSTRUCTOR REMINDER 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

CLASS LISTINGS

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

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

SOBI Member Dues

 SOBI has been blessed to have kept the same rate for our membership dues for the last 15 years. After a thorough review of SOBI finances it became clear that to be fiscally responsible we need to moderately increase member dues and increase the rate for our newsletter ads.

Beginning January 1, 2025 the new rates will be as follows:

Member Dues:

Student	\$50	Associate Instructor	\$230
Associate in PTP	\$125	Instructor	\$300
Associate	\$150	Associate Adv Instructor	\$325
Practitioner	\$190	Advanced Instructor	\$350
Adv Practitioner	\$200		

Page Size	Member Cost Single	Member Annual	Non-Member Cost	Non-Member Cost Annual
1/8 Page	\$50.00	\$150.00	\$75.00	\$250.00
1/4 Page	\$75.00	\$250.00	\$100.00	\$350.00
1/2 Page	\$100.00	\$350.00	\$125.00	\$450.00
3/4 Page	\$125.00	\$450.00	\$150.00	\$550.00
Full Page	\$150.00	\$550.00	\$175.00	\$650.00

SOBI 2025 Conference: We need you!

The SOBI Board of Directors is excited to announce that the September 2025 conference will be a Virtual Conference.

Our 2021 Virtual Conference was a huge success, and we are looking for amazing members to join the committee to create another incredible event.

We need a vision for the next conference that will inspire the next generation of Ortho-Bionomists.

We need volunteers to help plan the next conference. Committee duties include but are not limited to:

- Willingness to collaborate and share vision and ideas for this and future conferences
- Willingness to commit time and passion
- Review and approve applications for conference presenters
- Coordinate timing of presentations and activities
- Technology skills

The SOBI conference can't happen without member support.

Please consider joining the fun and volunteering to be a part of the 2025 SOBI Conference Committee

Please Contact: office@ortho-bionomy.org

Our 2027 Conference is scheduled to be held in person.

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 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, Terri Lee	\$250 / \$255
Phase 4 Spine, Terri Lee	\$45 / \$50
Phase 4 Extremities, Terri Lee	\$45 / \$50
Exploration of Movement, Terri Lee	\$55 / \$60
Isometrics & Isotonics, Terri Lee	\$55 / \$60
Postural Re-Education & Post Techniques, Terri Lee	\$65 / \$70

MERCHANDISE

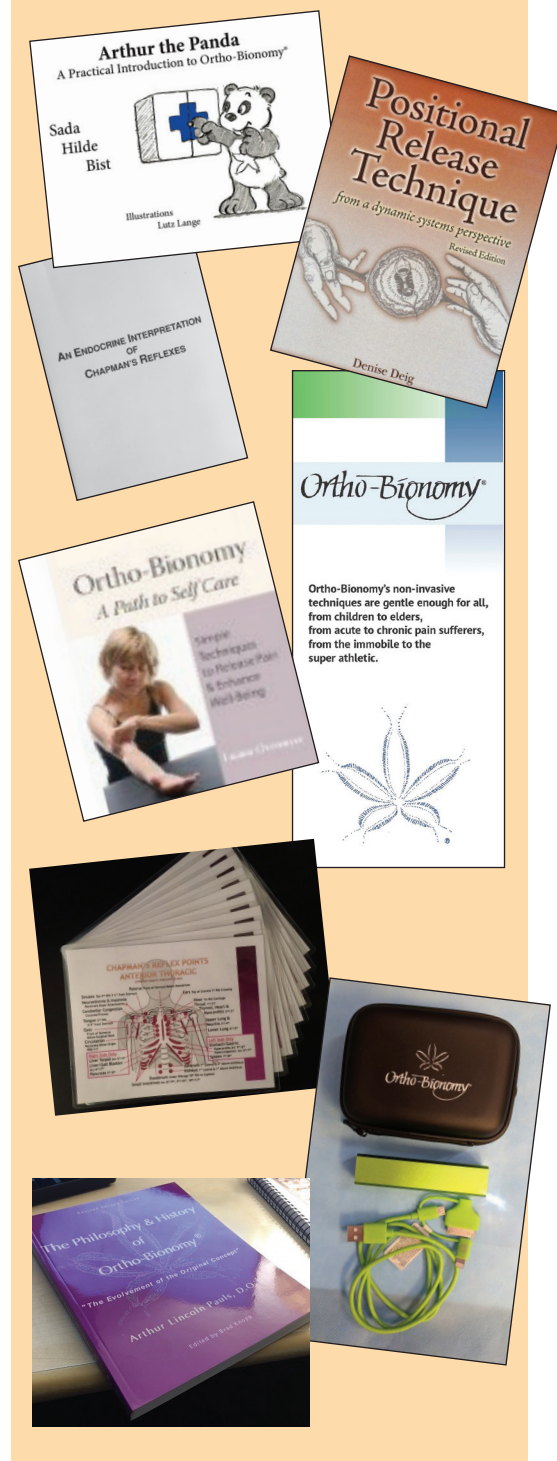
Chapman's Reflexes Charts, Deig	\$25 / \$35
Brochure -Members Only	\$30 for 100, \$50 for 200
Brochure pdf download for printing – Members Only	\$25
SOBI Conference Power Bank	\$20 / \$25

NEWSLETTER

10 Hard Copy Newsletters (Including Shipping & Handling)	\$30 / N/A
Quarterly Hard Copy 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.
- 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")	\$50	\$150	\$75	\$250
1/4 page (3-7/8" x 5-1/4")	\$75	\$250	\$100	\$350
1/2 page vertical (3.5" x 10.5")	\$100	\$350	\$125	\$450
1/2 page horizontal (7.6" x 5.2")	\$100	\$350	\$125	\$450
3/4 Page Horizontal (8" x 7.75")	\$125	\$450	\$150	\$550
Full Page (8" x 10.5")	\$150	\$550	\$175	\$650

Society of Ortho-Bionomy International®
P.O. Box 40937
Indianapolis, IN 46240
Phone: (317) 426-1261
Email: 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

SOBI Sponsored Study Groups 2024 & 2025

Instructor	Date	Topic
Bettina Beaucamp	17-Oct	Marketing
Sara Sunstein	21-Nov	Ethics
Rouel Cazanjan	19-Dec	Phase 7
Jim Berns	16-Jan	In-Depth Applications of the Circle Theory
TBD	20-Feb	TBD
Carole Poffinbarger	20-Mar	Low Back and Pelvis
Ann Hoeffel	17-Apr	TBD
TBD	15-May	TBD
Lynne Marotta/Melissa Malm	19-Jun	SOBI Trademark Policy
Bruce Stark	17-Jul	Working with Neurological Dysfunction
TBD	21-Aug	TBD
Jessica Mark	18-Sep	TBD
Bettina Beaucamp	16-Oct	Marketing
Sara Sunstein	20-Nov	Ethics and Emotions
Rouel Cazanjan	18-Dec	Phase 7

To Register for the next Study Group go to:

<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/online-study-groups>



"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

