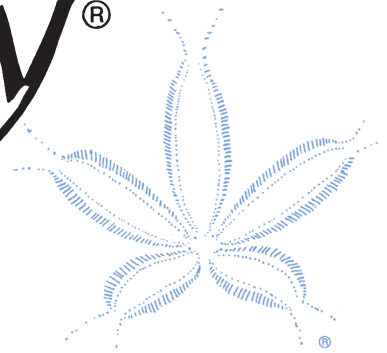


Ortho-Bionomy® Newsletter



January 2025 ❀ Volume 35 ❀ Number 1

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Dynamic Neutral

That's what Terri Lee titled this photo for her presentation at the 2011 Society of Ortho-Bionomy International conference. This picture speaks volumes about Terri, and how she held the practice of Ortho-Bionomy. She made it look effortless, but she always had such focus and clarity in her teaching and in her work.

Terri Lee passed away Tuesday December 17th, and she leaves a tremendous legacy in her wake. She was one of Arthur's early students, an Advanced Instructor, and a mentor to many of us in our Ortho-Bionomy training. Terri is leaving behind family, friends, neighbors and students of all ages. Even if you had never met Terri, her work within the Society has touched you. Here are some tributes for Terri from the SOBI community, past and present.

Love and Gratitude for Terri Lee

Terri – my Lakota Sioux twin from another life. I celebrate your dancing light, your calm spirit, your wisdom and breadth of consciousness. I celebrate your dedication to caring for family and for all creatures great and small. I celebrate the healing touch of your practice and teaching, and your continued modeling of Ortho-Bionomy principles as a way of life. You have touched many hearts and guided so many hands. Thank you for your years of service to SOBI as an ambassador of the work, as an Advanced Instructor, Board President in the mid-nineties, and for your work on the various committees throughout the years. You were always there to assist and guide the evolution of the organization with your wisdom and clarity.



continued on page 4

NEW CERTIFICATE PROGRAM STARTING IN DENVER 2025

Program #14 2025-2026-2027

“Take a class, stay for a week or enroll in our Practitioner Training Program”

Week 1 \$900.00

Phase 4:
Spine & Shoulders May 5 & 6, 2025
Practitioner Training p1 May 7, 2025
Phase 5;
The Art of Connection May 8 & 9, 2025

Week 2 \$900.00

Phase 4:
Extremities August 4 & 5, 2025
Ethics August 6, 2025
Exploration
of Movement August 7 & 8, 2025

Week 3 \$850.00

Isometrics & Isotonics October 20 & 21 2025
Study Group 1 October 22, 2025
Phase 6 October 23 & 24, 2025

Week 4 \$900.00

Anatomy December 1 & 2, 2025
Study Group 2 & 3 December 3, 2025
Emotions &
Resolving Trauma December 4 & 5, 2025

Week 5 \$900.00

Posture
& Post Techniques February 9 & 10, 2026
Practitioner Training p2 February 11, 2026
Chapman's Reflexes February 12 & 13, 2026

Week 6 \$850.00

Phase 4 Advanced Spine April 13 & 14, 2026
Study Group 4 April 15, 2026
Advanced Neck
& Whiplash April 16 & 17, 2026

Week 7 \$900.00

Anatomy II August 9 & 10, 2026
Visceral August 12, 13 & 14, 2026

Week 8 \$850.00

Advanced Pelvis October 19 & 20, 2026
Study Group 5 October 21, 2026
Fascia October 22 & 23 2024

Week 9 \$850.00

Phase 4 Review December 7 & 8, 2026
Study Group 6 December 9, 2026
Cranial with Reflexes December 10 & 11 2026

Week 10 See website for pricing and location

Residential March 2027
Detailed information will be posted on the
website as it becomes available

Online Classes - Early 2026

Elements of a Successful Practice - 16 Units

Demonstration Skills -16 Units

Class Dates are subject to change

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

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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 evolution of Ortho-Bionomy in accordance with its own philosophy and principles.

Newsletter Disclaimer

Ortho-Bionomy News is published quarterly by the Society of Ortho-Bionomy International® (SOBI) as an informational and educational tool for members of SOBI, Ortho-Bionomy® enthusiasts, and anyone interested in learning more about Ortho-Bionomy. Feel free to print portions to hand out to advertise your business. Remember to attach your label with your contact info. Printed newsletters can be ordered from the SOBI Office. See order form on SOBI website.

Information contained in the Ortho-Bionomy News does not necessarily reflect the opinions or beliefs of the Society of Ortho-Bionomy International and/or the staff of Ortho-Bionomy News.

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

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



We are all moments in time. Moments that inspire, guide, and lead to recognition and wonder. I'm grateful for you, for your inspiration, and for the moments we shared in this lifetime. As your soul flies free of this body trust in the love that surrounds you, dear one, and keep dancing to the music of your soul.

With a grateful heart,
Luann Overmyer,
Advanced Instructor, Florida

I see Terri in balance, harmony and dynamic neutral - beautiful. Hair flying as her horse bends deep around the barrel. I kept that picture in my therapy room from the time I met her. A healer across time. Quiet, understated. Inspiring.

She helped me find a deep, quiet confidence in my work and soul – a dynamic neutral I found and refound in myself, and for my clients. She was able to guide my hands to feel, to demonstrate, to facilitate, to show the body, the animal body, the balance that's possible, even when we're out of balance. Dynamic neutral. Terri Lee is a gift in my practice, and my life. She and Luann are with me every day. Words fail.

Much, much gratitude and love.
Jennifer Reinbrecht, Colorado

Precious Memories of Terri Lee

Terri Lee has passed. She leaves behind an OB trail of inspiration, creativeness, dedication, focus, dance, and fun.

I've known Terri for many, many years. I remember so many classes we had with Arthur. She always held such precious energy around Arthur, yet never let him get too out there, even as she danced around him :)

I tell the story in my classes that Terri once said that her psychic abilities blossomed because of Ortho-Bionomy. Terri was a unique character- sensitive, wild, she knew how to hold her grounding when she needed to, yet so very kind.



Each of us who were touched by her continue to carry her with us as we go along life's journey.

Thank you, Terri, for sharing your love with us...
Jim Berns, Registered Ortho-Bionomy
Advanced Instructor, California

Terri Lee embodied Ortho-Bionomy and shared it with so many. It is such a blessing to have known her, learned from her, and got to share a little piece of her. May she be dancing through the universe, playing with her dogs and horses, and catching up with all those who she has loved.

Shaney Rockefeller, Instructor, Oregon

As the reality of Terri's passing begins to set in, I've been reflecting on the positive impact she's had in my life.

I remember a class with her in the Winter of 2002 after getting back from studying Ortho-Bionomy in Europe, I asked her to be my advisor. That one conversation changed the direction of my life forever. She helped me focus on completing my practitioner training, eventually moving onto instructor training with her. Terri was always patient, allowing me to learn crucial lessons in my own time. I remember the fun I had in her classes and especially loved attending the residentials she hosted on Isla Mujeres (Mexico). Road trips across the country with her dog (Osa), visiting her home in Northern Washington State, and teaching me to can jams from the blackberries that grew in her home orchard. Conversations varied greatly...around subjects like guns, law, martial arts, primitive skills, Phase-Eight, breeding dogs, and being more self-sufficient in general all tying into the principles of Ortho-Bionomy. So many memories... even more as I type this!

When my life went in a different direction, Terri and I kept up our "check-ins" several times a year and on birthdays/holidays. I cherished those phone calls, especially sharing how I was using the principles of Ortho-Bionomy raising my daughter. Terri was a very special woman, and I'm reminded of her influence in many ways in my life...the lessons continue.

Bill Parravano, Kentucky

continued from page 4

I looked for some pictures of Terri. This is to me what I like to remember and share with you - thinking at Terri. It was in June 2010 in a big open-air museum near to my house.



The times we spent together were filled with discussions, reflections about our work, good food, fun and recreation whenever needed.

A candle is burning for her and always a smile into the sky when I think at her. Kind regards and best wishes for you all.

Jutta Niedernhofer, Advanced Practitioner, Germany

"I began my journey with Ortho-Bionomy in 1983 and met Terri and the rest of the Reno crowd at my first residential training with Lynn Drummer later that year. Terri had started only one year earlier in 1982, but she was an old pro by then and seemed super experienced and knowledgeable - like you wanted to believe whatever she said just because of the way she said it. She helped show me the ropes in a way that was relaxed, confident, dry-witted, and above all, down to earth. I knew at that time that she would complete the journey to Advanced Instructor. There was no question who were going to be the ones to go all the way with this work, and Terri epitomized that image. Plus, I believe we took every class offered in California in the mid-80s to mid-90s, and of course never missed when Arthur would come to

town once a year to stir things up. That was just what people did back then that were really committed to this work, and that's how we knew who was going all the way. Terri's years traveling with Arthur were, to me, a sign of her total commitment and her stepping into her own mastery at the same time. I distinctly experienced a feeling of awe when Terri told me, at that very first residential experience in 1983, that she was a card dealer. I thought "Wow, card dealers are super skilled, crafty, street smart, and akin to magicians." Terri was all that and much more. Under that smooth dealer exterior was the warmest heart you could ever imagine and a creative spirit. I am glad Terri found Ortho-Bionomy to give room for her creative spirit to express itself. I am convinced that Terri made her very best mark in this life when I run into students that she inspired. I trust her soul will rest freely, knowing she really made the very best of this existence and left a ripple of helpful influence in the universe".

Rouel Cazanjan, Advanced Instructor, California



Terri Lee

I don't think there are words to describe how we all must be feeling right now with the loss of Terri Lee. Her death is deeply felt by all of us. Terri was an incredible teacher and mentor. She helped create some of the best Ortho-Bionomy communities across the U.S., and the people from those communities formed lasting kinships with others nationwide. If you were lucky enough to have Terri in your community, you experienced her generosity of spirit and dedication to Ortho-Bionomy. She made everyone feel welcome in her classroom, regardless of background. She embraced everyone into that space. Terri made Ortho-Bionomy easy to love and to learn.

Terri was an undeniable pillar of our organization. She had a huge impact on both the growth of our organization and the development of our curriculum. She mentored many practitioners and instructors. I truly believe we are the teachers and practitioners we are today because of what she instilled

in us. I am truly grateful for all that she has given to so many of us.

Carole Poffinbarger, Advanced Instructor, Ohio

President's Address

With the ringing in of the new year, I hope this newsletter finds you enriched with fresh memories of friends and family to warm your hearts and bellies this past holiday season. May they nurture us to venture forward in expanding our community.

The loss of Terri Lee this past December has left a deep vacuum for many of us in this society that will take a long time to heal, yet I have met many of her inspired students at every level and look forward to them carrying her sensitive grasp of Ortho-Bionomy onward. We are blessed that she shared her wisdom with us for over four decades.

To this day I am struck by Terri's conference presentation in 2011 on Dynamic Neutral. At the end of that spellbinding talk, she shared a photo that summed it all up. It was of Terri herself riding one of her horses, each an entity unto itself, yet connected in a shared path around a bend on a track. To me it demonstrated the art of our work. It was breathtaking.

The SOBI Board of Directors is happy to announce that the virtual conference this year will take place on September 11-14. Our Conference committee will keep us posted on deadlines for presenters' applications for both live and recorded sessions. The Instructor Retreat is scheduled on September 9-10, just before the conference with more details to come.

Save the dates!

This October we will have two openings on the Board of Directors. (See Page 18) Consider offering your engagement with this work and the principles that guide it. We have already received some applications; if you are interested, apply today—the deadline is fast approaching. The forms for nomination and application are on the SOBI website. If you need guidance, call Keri at the office.

May this New Year bring us unity in all our diversity.

*Lynne Marotta,
President of the SOBI Board of Directors*

2025 Indianapolis Class Schedule

February 22/23	Isometrics	Keri Brown	\$295 EB \$350 after January 22nd
April 11-13	Cranial	Denise Deig	\$475 EB \$575 after May 11th
June 25	Sessions	Liz Olivas	\$120
June 26-29	FFL	Liz Olivas	\$595 EB \$675 after May 26th
June 30	FFL Study Group	Liz Olivas	\$75
August 1	Sessions	Lynne Marotta	\$120
August 2	Langer Lines	Lynne Marotta	\$175 EB \$250 after July 2nd
August 3	Vagus/Phrenic	Lynne Marotta	\$175 EB \$250 after July 3rd
November 1 & 2	Phase 4 Extremities	Keri Brown	\$295 EB \$350 after October 1st

To register contact Keri Brown - keri.cobi@gmail.com or 317-446-1559

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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.

Residential
Mt Princeton
Hot Springs
March 9-15 2025

Week 4 Grand
Junction Co
Anatomy Live
February 3 & 4
Resolving Trauma
Emotions Feb. 6 &
7th 2025

New Program in
Denver May of 2025
Jump into the best
program in the
country

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.

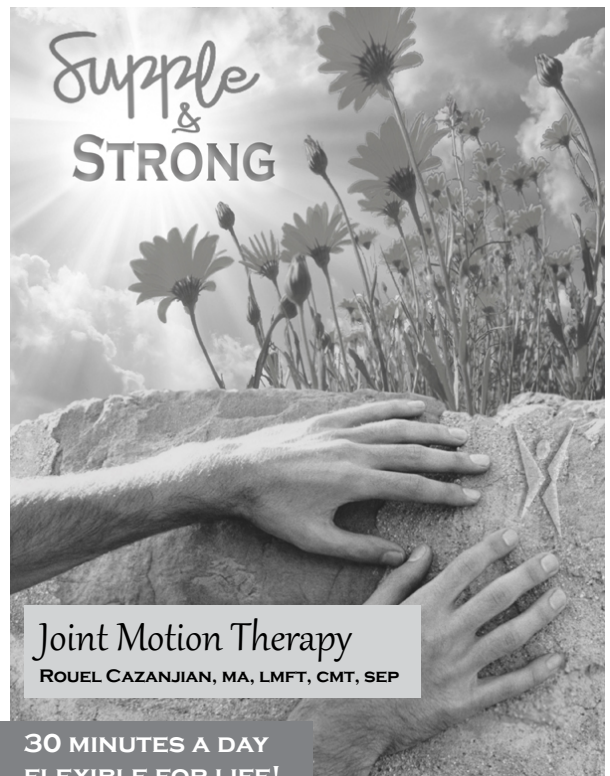
It is an opportunity to deepen your understanding of how you understand and apply Ortho Bionomy in your world.

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

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Back to the Principles

- Non-Judgment
- Structure governs function
- Function governs structure
- Working “with” vs. Working “on”
- Moving toward ease, away from pain
- Exaggeration of the pattern
- Going with the flow
- Be present with others
- Right relationship
- Less is more
- Finding Comfort within Discomfort
- Honor What Arises
- Self- Recognition, Self Correction



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

A BRIEF NOTE ABOUT LYNN DRUMMER

The world of Ortho-Bionomy has lost two giants in less than two weeks. Lynn Drummer passed from this plane on Friday December 27th, 2024.

Lynn was with Arthur Pauls at the very beginning of the development of the Society and has been called the grandmother of Ortho-Bionomy with good reason. The people we know now as our elders were introduced and guided into Ortho-Bionomy by Lynn as she helped shape the Society as it has come to exist today.

We are truly grateful for her guiding hand in the development of Ortho-Bionomy and the Society.

Farewell wise grandmother.

Please Note: An Eblast with a more complete sharing about Lynn's life and association with our organization will be sent to the community as soon as possible.



ORTHO-BIONOMY® TRAININGS

UPCOMING 2025 CLASS DATES

<u>Date</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
Jan 4, 18	Visual & Kinesthetic Anatomy for Bodyworkers (1&2/8)	Online	Malm
Jan 16	SOBI Study Group: Advanced Applications of Circle Theory	Online	Berns
Jan 20-21	Advanced Energy Releases (Phase 6)	Davis	Berns
Jan 24	Study Group: In Depth Neck Post Techniques	Ashland	Berns
Jan 25-26	Ortho-Bionomy Cranial: Skin, Muscle, Bone	Ashland	Berns
Feb 1-2	In Depth Releases for the Shoulders & Ribs (Phase 4)	Portland	Berns/Malm
Feb 7	Releases for the Shoulder - Anterior & Clavicle (Phase 4)	Ashland	Malm
Feb 8	Visual & Kinesthetic Anatomy for Bodyworkers (3/8)	Online	Malm
Feb 12/13, 26/27	Elements of a Successful Practice	Online	Berns/Malm
Feb 22-23	Releases for the Spine & Pelvis (Phase 4)	Davis	Berns
Mar 1, 22	Visual & Kinesthetic Anatomy for Bodyworkers (4&5/8)	Online	Malm
Mar 7	Releases for the Shoulder - Posterior & Scapula (Phase 4)	Ashland	Malm
Mar 28	Introduction to Ortho-Bionomy Three-Hour Class	Corvallis	Malm
Mar 29-30	In Depth Releases for the Ribs (Phase 4)	Corvallis	Malm
Apr 1-2	Postural Re-Education & Post Techniques	Davis	Berns
Apr 4	Releases for the Elbow & Wrist (Phase 4)	Ashland	Malm
Apr 5, 19	Visual & Kinesthetic Anatomy for Bodyworkers (6&7/8)	Online	Malm
Apr 24	Study Group: Two Detailed Tarsal & Metatarsal Releases	Online	Berns/Malm

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

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

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JIM BERNS

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



MELISSA MALM

Registered Instructor
melissa_malm@yahoo.com
415-595-0328 (text best)

Photo credit: Melissa Malm

Got Community? Tell us about It!

Coordinating Ortho-Bionomy classes can present exciting opportunities and challenges for coordinators. Join Registered Instructor and class coordinator Erin Long for a collaborative discussion about coordinating classes.

Learn what other coordinators are doing. Strategies that work and haven't work. Get input from other coordinators and share your experience to support others. If you are a new coordinator or seasoned pro, this is a rich opportunity to connect with others who are growing Ortho-Bionomy communities in their areas.

Next meetings via Zoom: January 28th, and March 18th.
Contact Erin to RSVP long.erin@att.net



Call for Self-Care Articles, Video, Blogs, Anecdotes

Call for Articles - We'd love to hear from you! How does Ortho-Bionomy show up in your life and in your practice? Please share your experience as it may resonate and support others in their Ortho-Bionomy journey.

Self-Care is an important component of Ortho-Bionomy for us, our families, and our clients. We are interested in adding a Self-Care section to the SOBI newsletter and website. Please send your Self-Care anecdotes/photos/blogs/videos to office@ortho-bionomy.org What are self-care pieces you give your clients? What pieces are supportive for you personally?

Podcast by Rob Rich: Interview with Jim Berns

Jim Berns is an Advanced Instructor of Ortho-Bionomy, in this interview he shares his perspective on Ortho-Bionomy and the effect that the principles have had on his life.

<https://open.spotify.com/episode/5qwbPStzpBbgoaSKpafh6V?si=GzlnrgkTx6mAaUo1qaw1A>





Congratulations to these members and their commitment to the study of Ortho-Bionomy, and as evolving members of the Society.

Laurie Schmitt	Associate Instructor	Hastings, NE
Cesar Correa	Advanced Practitioner	Colts Neck, NJ
Maya Burnett	Advanced Practitioner	Santa Fe, NM
Anna Kosugi	Practitioner	Seattle, WA
Diane Stern	Practitioner	Santa Fe, NM
Candice Guarino	Practitioner	Cincinnati, OH
Sarah Wilcox	Associate in Practitioner Training	Pleasant Grove, UT
Jenna Reese	Associate	Pollack Pines, CA
Leon Stroughter	Associate	Sacramento, CA
Jason Zwickler	Associate	Norwalk, CT
Mark Heminway	Associate	Greenwich, CT
Asya Ginzburg	Associate	Stamford, CT
Gary Rosenzweig	Associate	San Leandro, CA

2025 SOBI Calendar



Monthly:

Member Support Group:

First Monday of each month at 8:00 pm EST. Open to all members.

Bi-Monthly:

Coordinator Corner Meetings:

Fourth Tuesday every other month: January 28, March 18
Open to all Coordinators.

Quarterly:

Newsletter:

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

Instructor Meetings:

Quarterly - February 27, May 22, August 28, December 4, 2025

IRC/PRC Submissions:

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

Newsletter Articles Due:

December 1, March 1, June 1, September 1

Ads for Newsletter Due:

December 15, March 15, June 15, September 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

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.



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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WELCOME LAURIE SCHMITT TO THE BOARD OF DIRECTORS

I am Laurie Schmitt. I reside in central Nebraska with my husband and 18-year-old dog, Tuffy. I am a Registered Advanced Practitioner, and I also participate in the Instructor Training Program.

Since my first session and first class in 2003, I can say Ortho-Bionomy has forever changed my life. It opened a whole "new" world internally and externally. With every level of training I go through and complete I am amazed at the evolvement and refinement of the work in and through me.

It has changed my relationships with everyone and everything. I enjoy learning so I decided to learn



SOBI Board to Be the change I want to see in the world, which is to have Ortho-Bionomy experienced and known to many rather than a few. I look forward to making this happen with your input and using our Principles to learn and grow with greater clarity and ease.

I enjoy the great outdoors even if that means just sitting on my own front porch. I enjoy being a creator of beauty of any kind AND this work is a thing of beauty. I look forward to serving SOBI and meeting more members during my time here.

something new and to be part of the Society of Ortho-Bionomy Board of Directors. I decided to be part of the

Evolverment paperwork

READY TO TURN IN YOUR WAIVER OR EVOLVEMENT PAPERWORK?

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

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

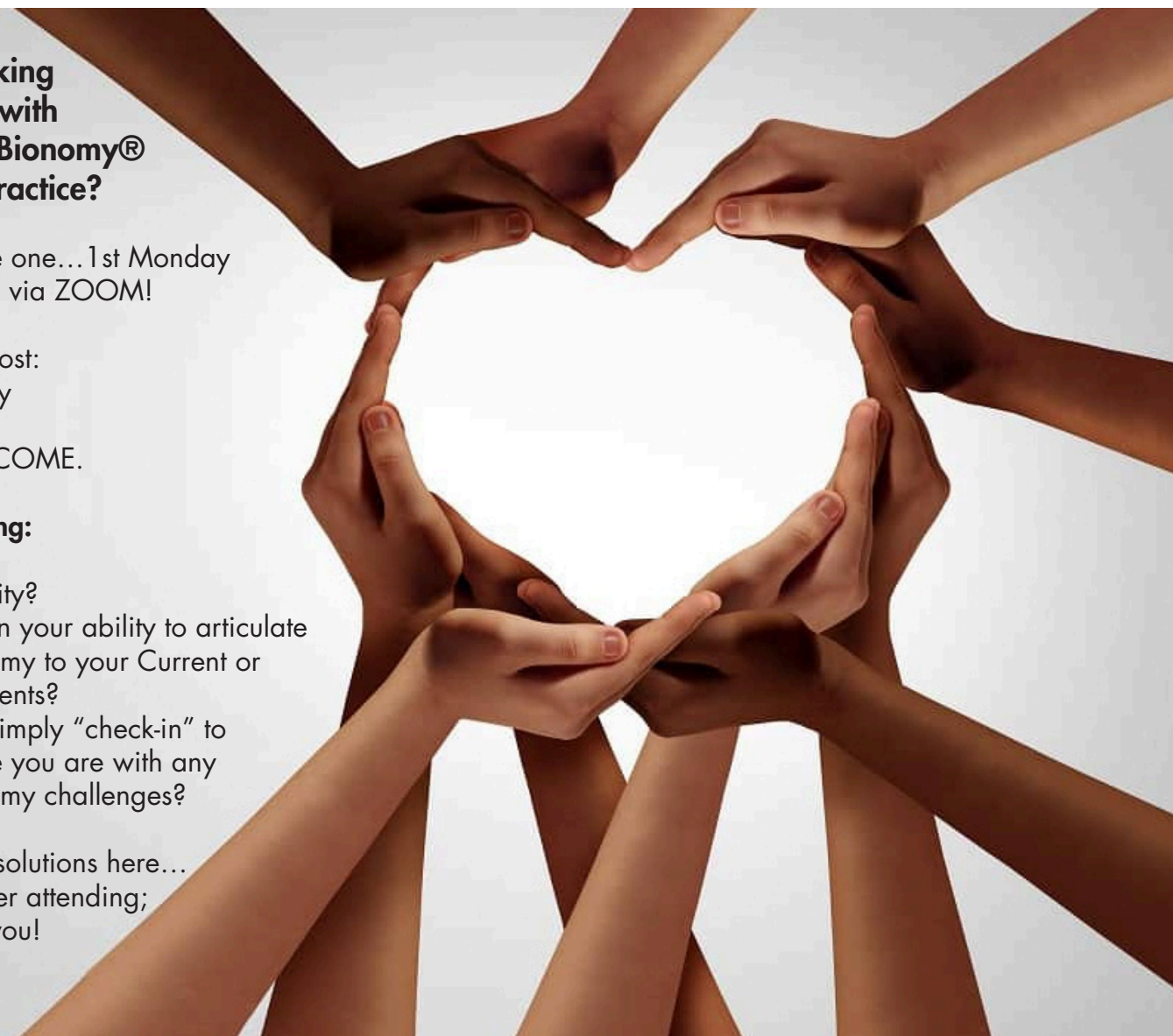


Member support group



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

Residential: Experience the Exquisite: Ortho-Bionomy® Amid the Desert Spirits

May 1-7, 2025



Are you just beginning your journey into Ortho-Bionomy, or are you a seasoned Ortho-Bionomist? Both ends of the spectrum, and all levels in-between, will find comfort, ease, relaxation, and maybe develop new awareness of yourself and Ortho-Bionomy. Learn how to work smarter, not harder.

Come immerse yourself in Ortho-Bionomy, at **Douglas Ranch Training Stables** in the tranquility the Panoche Valley. This remote, high desert valley is an hour from the nearest town and is surrounded by the Diablo Mountains. Stars so bright you will feel like you can reach out and touch them!

Rustic cabins, hot showers, large dining hall with a private cook, tent and RV hook-ups, campfires.

\$300 **non-refundable** deposit by January 15, 2025, will hold your space in class.

Early Bird PAID IN FULL by January 15, 2025: \$1900

Paid in full by January 30, 2025: \$2100

Paid in full by February 15, 2025: \$2200

Instructors: Rouel Cazanjan and Jeanne Douglas, Co-teach

Contact Jeanne Douglas: jeannedouglas1831@outlook.com , 612-384-9098.

For More Info See www.ortho-bionomy-minnesota.abmp.com

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A Call for Nominations

2025 Board Elections

Nominations for the Board of Directors of the Society of Ortho-Bionomy International® are now open. Any Associate, Practitioner, or Instructor Member of the Society may serve as a member of the Board of Directors. However, Instructor positions require that the nominee be an Instructor. Those nominating individuals and those accepting nominations should be very clear about the expectations and responsibilities that go with being a member of the SOBI Board. (Nominations that do not follow the steps and criteria below will be withdrawn)

1. Any Associate, Practitioner, or instructor Member may make one nomination to the Board of Directors.
2. Nominees may not nominate themselves.
3. Those nominating someone must get the permission of the person they wish to nominate.
4. Those nominating someone must complete the nomination form available on the SOBI website. <https://ortho-bionomy.org/aws/SOBI/pt/sp/administration> on or before March 1, 2025. The nomination must include reasons why the person would be a good board member.
5. Nominees must submit the Board Application form found on the



SOBI website <https://ortho-bionomy.org/aws/SOBI/pt/sp/administration> by March 1, 2025.

6. Should we have more nominees than openings an election will be held.
7. A statement from the nominees to the membership will be needed for the membership by May 1st.

The statement must include:

- How they have been involved with Ortho-Bionomy.
- Why they would make a good board member.
- What they would like to pursue as a board member.
- Their understanding about the duties and responsibilities of the position.

Job description for members of the Board of Directors

The Board of Directors is elected by the voting membership to represent the needs and interests of the entire Society of Ortho-Bionomy International. Board members shall meet on a regular

basis to discuss the activities and affairs of the Society. Members of the Board of Directors shall accept responsibilities and duties that are necessary for maintaining and promoting the legitimate concerns of the Society of Ortho-Bionomy International.

Duties and Responsibilities

1. Participate in scheduled monthly meetings of the Board of Directors.
2. Attend the Annual General Meeting of the Society of Ortho-Bionomy International
3. Serve on the Board of Directors for three years.
4. Accept an appointment as an officer of the Board or Special Liaison as needed.
5. Work with other Board members and/or committees on special projects or tasks.

Election Timetable

March 1, 2025 - Nominations and Applications Due

May 1, 2025 - Nominee Statements Due

May 15, 2025 - Ballots Emailed

June 15, 2025 - Ballots Due

July 1, 2025 - Ballots Counted

GOLDA'S STORY

By TERRI LEE
First run July 2020

I breed, raise and train old fashioned, straight back German Shepherds as well as practicing & teaching Ortho-Bionomy since 1982. I call my dogs, Ortho-Bionomy German Shepherds because they get Ortho-Bionomy in the womb. They get Ortho-Bionomy on their bodies from birth. They have Ortho-Bionomy in their bones from birth. I want to tell you a story about one of my pups. Her name is Golda.

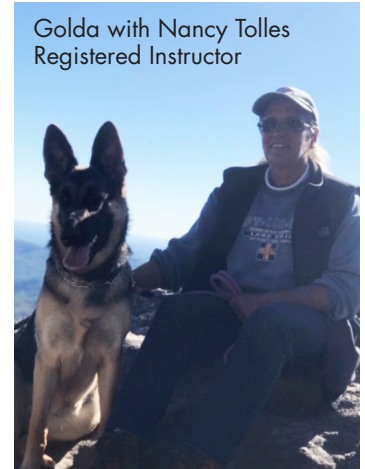
As Golda was being born, with head and shoulders coming out, an interruption happened that caused the Mom, Mandy, to suck the baby back into the birthing canal. After some very scary moments, Laurel, my sister and fellow puppy midwife, was able to get the pup out and born alive. She was christened Golda because of her strength & will to live. She immediately was suckling with the other pups while awaiting the birth of the next pup.

The first day, I noticed that Golda was not 'plumping up' like the pups usually do in the first 24 hours. She was flat and was crawling on her side to get to her Mom to nurse. This is quite unusual, and most breeders would have disposed of this pup at this point. They do not know Ortho-Bionomy and the elegance to which it addresses these unknown nervous system disorders. I assumed her nervous system/cranial nerves had been highly distressed during the birthing trauma. Knowing how powerfully we can work with the nervous systems, Golda became an adventure in discovery.

Every day, I observed and worked with Golda. It wasn't a full session every day. I would work with the parts that seemed obvious that day- like neck, cranium & pelvis. The patterns

that would present themselves were fascinating. Pups grow so quickly, making changes daily in their motor skills and awareness. I would exaggerate & support. When she couldn't hold her head up, I worked with connecting all of the neck vertebrae with C1, helping her stabilize and feel herself all the way through her spine. When she started to walk and her head was like a weeble wobble head, I would hold & stabilize her body and head, while her little legs & feet worked at moving her in the direction she was going. Living up to her name, strong & determined. When it seemed she was locking into a wry neck sort of 'RCA Dog Pose', I started doing isometrics with her. Also, several times during the days, I would cock my head and mimic her and then slowly move my head in the opposite direction and she would follow me as she watched, turning her head out of the locked position, allowing the nervous system to feel that movement and the use of those muscles. She was a voracious eater, growing strong and big quickly. Everyday there were different patterns, every day a creative process with Ortho-Bionomy. What will my hands find today? How will she be different?

Because of Golda's 'special needs and her insistence from birth that she was going to my friends Bob & Nancy, I called Nancy and told her of Golda and her special needs - I was sure she would need Ortho-Bionomy as a constant part of her everyday life for the rest of her life. I sent them pictures and video of Golda so they could



Golda with Nancy Tolles
Registered Instructor

see what I saw then, Golda was about 4 weeks old. Bob & Nancy had talked to me about getting one of my pups, however they wanted one - later. So, I was calling & asking them to consider a special needs dog out of their planned timing. They had discussions, we had discussions. They decided they would take this sweet, happy girl. However, because they were moving, they could not take her at 8 weeks old. I would need to keep Golda until they were moved. This was good with me. She is a very special girl.

Then came the day all the other pups went to their forever homes and I was left with Golda and my pack. I quickly realized that Golda was deaf. All this time, the other pups had been Golda's ears - tagging her when she was asleep, telling her that I was approaching. My dogs would go by and rattle her bed - I hadn't noticed that they were waking her up before this as there were so many puppies in motion, playing with each other the way pups do. However, without the other pups it was so obvious!

I called Nancy & Bob to inform them that I would be keeping the pup and although they had sent some wonderful toys for her to play with and I much appreciated that they were going to take her, a deaf dog changed that

agreement. Nancy asked "WHY?" I said, because a deaf dog cannot hear you call them, or soothe them, or praise them. A deaf dog cannot hear the bear, or the oncoming car. So many challenges that I have no experience with. I had however, immediately found a website that was marvelously informative and had been educating myself on the subject. I told Nancy about it. She wanted to talk to Bob, read up on deaf dogs and think about it.

When Bob was told about Golda's deafness his first response was "I sent a deaf dog squeaky toy?!!" I then sent a video of her totally chomping down on this loud squeaking toy and told them "Golda does not care that the toy squeaks - Golda cares that it fights back". She loved that toy, tore it up real good. Nancy told me she later found Bob waving his fist in front of the neighbor's dog and when asked what he was doing, he replied

"practicing my paw language".
Funny man.

Golda stayed with me and my pack until it was time to take Golda to Bob & Nancy when she was 7 months old. German Shepherds need a job. I give all of my pups a job before they leave my house - love your human family. I talked to Golda, yes, I talked out loud to the deaf dog, all of the time about Bob & Nancy. They received pictures and videos of her as she was growing. I had to work hard not to personally bond with her as 'the owner'. It was so hard, she is such a love.

When I arrived with Golda, it was instant love, like they had already met. Another proof of energetic connections. She adored them. And they adored her. About day two, we were sitting outside and I put a Therapy Dog vest on Golda. She looked at me, puffed up her chest and went over and sat next to Nancy and said 'this is my

human'. It was so incredible. The transition was seamless. I left for a week and came back to visit, just to see how things were going. And to give them a chance to hand her back if it was too much. Golda was happy to see me and the two dogs I was traveling with, however, she made it clear, she was with her people and was not going anywhere with us. Bob & Nancy made it clear she was staying. I was so happy.

Golda is loved. She looks after her family like she was born to do. I love the pictures I get, seeing how she is maturing. How wonderful Bob & Nancy are with her. How much she loves them. Golda is a wonderful 'What Ortho-Bionomy Can Do' success story! Trust the work. Observe. Support.

Terri Lee

Advanced Instructor of Ortho-Bionomy

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

CALL FOR ARTICLES FOR THE APRIL 2025 NEWSLETTER — We need to hear from you! We also invite articles for your clients' perspectives. How Ortho-bionomy has shown up in your life and in your personal and professional journey. We would like to know what they have learned from a purely experiential, "non-student" perspective! The newsletter is just a collection of news from the office and advertising without articles from you. Please help us share more about how Ortho-Bionomy has been showing up in your life, and in your practice. You never know how your experience can resonate and support others on their Ortho-Bionomy journey.

INSTRUCTOR QUARTERLY MEETINGS

All Associate Instructors through Advanced instructors are invited to join SOBI Board member and Instructor Nicki Roosevelt via Zoom for the quarterly instructor meeting. This venue is for Instructors to share experience with one another and to receive information from the SOBI Board of Director regarding current SOBI projects and to get feedback from the instructor community about what the SOBI Board is doing on behalf of SOBI.

All instructors will be notified via email three weeks before each meeting and be sent a reminder the day before with the Zoom link.

2025 Instructor Meeting Schedule: February 27th, May 22nd, August 28th and December 4th.



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>



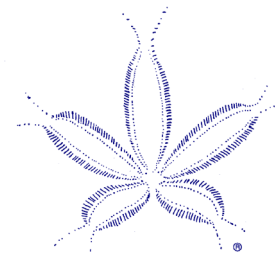
Advertising

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		Non-member Cost	
	1 issue	4 issues	1 issue	4 issues
1/8 page (3-7/8" x 2-1/8")	\$50	\$150	\$75	\$200
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")	\$80	\$285	\$105	\$395
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?

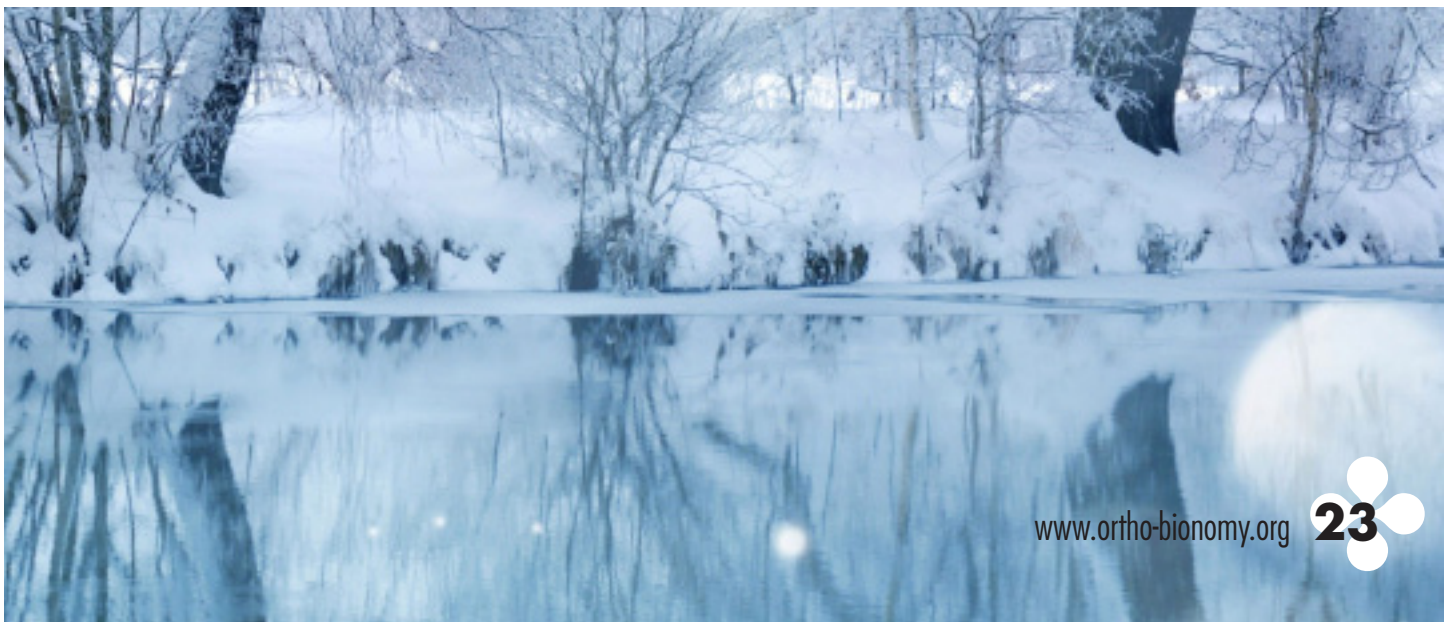
Study Groups are held on the 3rd Thursday of every month. These Study Groups are taught by Ortho-Bionomy® Instructors who have a passion for aiding you in a deeper understanding of Ortho-Bionomy. Member cost \$55, non-members \$65 Instructors interested in participating please email: office@ortho-bionomy.org

SOBI Sponsored Study Groups 2025

Instructor	Date	Topic
Jim Berns	16-Jan	In-Depth Applications of the Circle Theory
Susan Smith	20-Feb	Whole Horse Breathwork
Carole Poffinbarger	20-Mar	Low Back and Pelvis
Ann Hoeffel	17-Apr	TBD
Sara Sunstein	15-May	Chapman's Reflexes and Self-Care
Melissa Malm/Lynne Marotta	19-Jun	SOBI Trademark Policy
Bruce Stark	17-Jul	Working with Neurological Dysfunction
Luann Overmyer	21-Aug	Questions and Answers
Jessica Mark	18-Sep	TBD
Bettina Beaucamp	16-Oct	Marketing
Morel Stackhouse/ Lynne Marotta	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>





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/>

