

Ortho-Bionomy® Newsletter



April 2025 ❀ Volume 35 ❀ Number 2

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Directory News!

BY IAN JORGENSEN

We have some exciting announcements regarding the membership directory! First, member search results can now be viewed on an interactive map. You can access the member map through either the [Find a Practitioner](#) search on the main SOBI website (includes results for Associate members to Advanced Instructors) or the [Find a Member](#) search in the Member's Only section of the website (includes all members). Once you enter a search the results will also display on a world map. Here you can view all SOBI members around the world by simply clicking the *Find* button without any additional search criteria. Go try it out!

Second, for those of you who have wanted a downloadable copy of your fellow SOBI members' contact info, we are excited to announce we've completed two PDF versions of our membership directory for 2025:

- **2025 Directory (with photos)**: This version includes clickable links for each member's contact information as well as photos from past conferences.
- **2025 Directory--Printer Friendly (no photos)**: If you wish to print out the directory, this version will save you ink as it is more streamlined and does not include any photos.

Both versions are also available to download through the member's section of the SOBI website under *Member Documents*.

In addition, the fully searchable, up-to-date, online membership directory database remains available in the member's section of the website under *Find a Member*. You can search by name, location, or other criteria to connect with members directly at any time.

Ian Jorgensen
Office Assistant
Society of Ortho-Bionomy International

Biography

Ian Jorgensen is a mental, emotional, spiritual, physical mover most often exploring the dynamics and improvement of the physical/psychological relationship. He works with fellow humans to help them develop joyful movement, body gratitude and to become more naturally and fully themselves. He balances his bodymind/spiritual work with artistic endeavors and administrative responsibilities. Throughout his adult life he has supported non-profit organizations through administrative work.





It is about being
INSPIRED

Advanced Practitioner Workshops

The Center will be offering an Advanced Certification Program designed to improve your skills and cover your elective options in your Advanced Training. We will be offering an additional week of intensive training each year through 2027. October 2025: Sports Injuries & Impact Injuries. Fall 2026: Advanced Visceral & Endocrine. Fall 2027: Advanced Cranial, Fascia and Understanding Brain Injuries. Invest in your future and your skills!!!

**October 13 - 17, 2025 Grand Junction
Colorado**

Week 1: Sports Injuries and Impact Injuries: this week of classes will cover common sports injuries, how to unravel the fascial relationship throughout the body to heal the entire injury pattern. We will focus on how impact moves through the body.

We will also study different motor vehicle accidents and how they affect the long term health of the system and potential recovery. We will work with the fascial response to the emotional aspects that are in relationship to these traumas and repeated traumas.

Week 2: Advanced Visceral and Endocrine Patterns: this week will allow each student to review not only the foundation of the visceral but add in how the fascia in the mesentery influences the lymph and endocrine system. It will also reinforce how the relationship of the Enteric, fascia, nerves, organs and disease. How can we work with the side effects of cancer treatments and nutritional ideas.

Fall 2027

Week 3: Advanced Cranial and Working with Impact injuries to the brain: this week will work with the insights of brain injuries, cranial relationships and how the fascia around and through the brain can be influenced by our work. We will also study the preventive options for the rising epidemic of dementia and other brain disorders, working with plaque pockets and atrophied aspects of the brain.

Contact Rocky Mountain Ortho Bionomy Center to learn more or to sign up. Rmobcenter@gmail.com or 970-209-9400



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Hours

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THURSDAY 9 AM–3 PM

Voice messages and email will be checked regularly and responded to within 24-48 hours during the week.

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Board of Directors

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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.

President's Address

BY LYNNE MAROTTA

The crocuses pushed up through the grass this past week, despite the wavering thermostat. Happy Spring!

The SOBI Board of Directors has been busy during the dark nights of winter and is now preparing for the Annual General Meeting for all our members, which will take place virtually at 8:00 p.m. EST on Tuesday, April 22. Join in for the hour and learn what the Society of Ortho-Bionomy is doing to support you in this amazing work.

This year our Sand-dollar Trademark is up for renewal. In the process of defending the right to keep it, we discovered that our own website needed a correction. As a result, I thought I'd take this moment to remind you that, when you use the sand dollar image, keep the space surrounding it open. This will respect our founders' vision to



allow the symbol to expand beyond, and to honor our trademark.

The Conference Committee is busy reviewing presenter proposals for the September 11-14 virtual conference. Presenters at every membership level will be considered. If you'd like to present, write up your idea and send your application to the office today. The committee is considering postpon-

ing the Instructor Retreat to a later date.

We have accepted two applications for the Board of Directors to fill two vacancies this October. Thank you to Sarah Speher and Jandi Briggs for your willingness to step up and serve our national organization for the next three years.

Lynne Marotta,
President, SOBI Board of Directors

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

Residential in Yellowstone National Park

May 17 - 23 2026



Join the Rocky Mountain Ortho Bionomy Center in a life changing and soul inspiring week of training! Come visit the country's oldest and spectacular national park! This week will provide inspiring education and deep insights into the power of Ortho Bionomy and explore the richest national park in the country. Savor the experience while you learn, grow and settle into one of the greatest natural experiences in the world.



May 17 -23rd 2026

Cost \$2500.00

Stay at the Springhill Suites on the West End of the Park and walk downstairs to the classroom.

Instructors: Sara Spehar and Sheri Covey

Contact Sheri Covey

970-209-9400 or

rmobcenter@gmail.com

For more information!

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Being Human: The Perpetual Path of Self-Correction

BY ROUEL CAZANJIAN

What do you see in this picture? Is it by a famous artist or a preschooler, or is it a random watercolor stain? Does it matter? Is it something, or is it becoming something, or is it nothing? Do you identify with this picture in any way? Whatever you see, intuitively, may be accessing your inner psyche for growth and transformation. You may want to let go of your mind and let yourself have that experience as you look at this picture or look at anything else. Our moods often shift when we let go of the stronghold our minds have on our experience, become receptively observant, and experience things differently.

I chose this picture, because it feels a lot like life to me – perpetually in process, perpetually self-correcting, and perpetually in a state of becoming something new. I think we all feel like this at times, rather than being neatly organized finished products.

What I notice, as I continue to live, is that life appears to be getting more complex. It's hard to say exactly why. Is it me and my increasingly complex life, is it the world around me, or is it my increasingly more complex ways of looking at things? I would guess it's all three, and add that the universe and life all around us seems to be getting more complex. If I were a cell phone, I would need to be constantly upgrading my operating system just to keep up with everything. In fact, we actually are the same as a cell phone in that way – upgrade or become obsolete. This rule of constant change and adaptation seems to apply to everyone and everything. Ortho-Bionomy focuses on



following the path of ease, which is a great way to live, but is that always possible? I would answer “yes,” with the caveat that one must update one’s operating system from time to time. We can call this psychological self-correction. This short article will explore what this process of self-correction means to me and what I think it meant to our founder.

Are we clear inside, or do we have inner conflicts? My answer again is “yes,” but which side of the coin we fall on may have to do with our points of view. When we have a point of view – a way of understanding something – that is in harmony with ourselves and the world around us, even though the world isn’t perfect, we are clear with

no internal conflicts – things just feel right, and life makes sense. When we cannot reconcile the imperfections of the world with how we feel and think, we are at risk of being a human contradiction and fragmented in our understanding of life – taking a piece of life and blowing it out of proportion, while ignoring other important information. This predicament, which we all go through at times, is always an opportunity for a self-correction of our viewpoint – an upgrade of our cognitive operating system. If our viewpoint cannot adjust to the adverse circumstances of life befalling us, we remain stuck in a bad experience where things don’t feel right, and life makes less and less sense. At these times, using the method of trying to avoid the discom-



fort by getting away from the adverse situation, short of safeguarding our personal safety, will not work, because the discomfort is within us. Changing our way of understanding the discomfort is our only way to return to ease.

Understanding is the path to ease but is not always the easy path.

This natural self-correction process of evolving our viewpoints is something that I feel should be happening with all of us throughout our lifetimes if we want to be truly healthy and happy most of the time.

What do I mean by a fragmentation of understanding? Think of your understanding as a map – a map of reality – that which you understand to be true about life in a scaled-down form. Life actually is not a map. Albert Korzybski, a Polish-American philosopher is famous for coining the phrase, “the map is not the territory.” However, we all need a map to navigate the territory of life, and our map needs to have roads to access the territory. These roads are our understandings of life with all its permutations. If there is no road to reasonably understand a situation, then no favorable understanding of that particular circumstance will be possible. Loss, death, sickness, betrayal, change, upheaval, discord, abuse, and injustice are some examples of the bigger existential challenges we all must face, along with all the minor annoyances of life – all part of the deal of being human. No one escapes these existential challenges. If one of those challenges happens to you, you must have a road on your map of reality that goes there accurately (wrong maps don’t help us), or you will have a fragmented state of understanding. “I just don’t understand why that is happening” is what we all say to ourselves and others when our map doesn’t have a road to get to the situation. Or, we might say “I know why that’s happen-

ing, but it’s all wrong and hopeless,” if our map has insufficient or incorrect information. However, all of this is okay. We all have these moments of despair at various points in our lives. We all are supposed to be going through these psychological growth steps, and this article is an attempt to show you how to thrive in the process.

The term “psychological” translates to the “psyche” making “logic” out of life. Our health, mentally and physically, depends greatly on how well we can make sense of life in a way that promotes positive states of well-being.

Can the principles of Ortho-Bionomy help with these life challenges? We follow the direction of ease, but if we are faced with one of these unavoidable challenges (e.g., someone we love gets sick, dies, or betrays us, we have accidents, injuries, sickness, or lesser inescapable annoyances), there is often no direction of ease available, unless our viewpoint can understand the circumstance in a new, life affirming way. The conflict is with our way of understanding, not with the circumstance – no easy path of understanding exists, and our map of reality does not have roads of understanding on it to make true sense of the adverse circumstance. A deeper understanding will eventually come, if we stay with the process in a resourced way and are open to new ways of understanding it, shifting our point of view without sacrificing our integrity.

Rather than taking my word for any of this, let’s look at some evidence and see if it is compelling enough to show that points of view are transient, adaptive, needing to evolve, and hopefully everchanging, rather than objective truths: Think about you in your teens. Do you seem at all similar to that person in the way you now think, act, and see the world? If so, you were

a very special teenager. How about your 20s, 30s, or even last year? How much of you stays the same as you go through life, and how much changes? Can you imagine how much discomfort you would be in if you still believed what you held true in past years? Try thinking of human consciousness as a wave of response to internal and external life, and imagine catching that wave and riding it! Note how this is better than the wave of your responses crashing on you and challenging you to keep your head above the water if your reactions to life are negative or overwhelming. We all know both of these experiences of riding the wave and the wave crashing on us, and the process of life is designed to help us get better and better at riding the wave of our responses to life as we age. Why did you think that way in your teens anyway? You probably did, because you needed to feel okay and make sense of things. We all need to feel we are okay and that we understand life, otherwise we get horribly confused. We also need to feel we are right about life most of the time, but needing to be right and being right are two different things. I honor the natural learning curve self-correcting our viewpoints as well as the psychological need to feel we are right. We are subjectively right at any given moment until we evolve into a new, better sense of what is right through the teachings of the circumstances of life. I know, for myself, that life, in the end, will inevitably show me how I need to change my outlook. This is where “moving away from pain towards ease” comes into play psychologically. But, how do we do this with the onslaught of all the inescapable imperfections of life?

The imperfections of life are conundrums that our viewpoints must reconcile, one way or another, if we want to be free of unnecessary suffering. Avoiding the imperfections and following the path of ease is always a great option, if possible, but at times, this is not pos-

sible. At such times, our points of view must be flexible enough to see things in a new and different way, otherwise we will suffer, and the dis-ease brought on by our experiences will be an inside job. It is the grandest of psychological insights to realize that our viewpoints of painful events are causing our suffering, not the events themselves.

Pain is inevitable. Suffering is optional and subconsciously self-inflicted. Happiness comes from seeing pain in a new way. A new view of pain is the path that promotes true ease. From ease comes flow and new understandings with new choices.

I mentioned growth and transformation earlier, but what exactly are growth and transformation? The simple answer for both is learning something new, but growth is more of a stepwise learning, and transformation is the ah-ha moments that stick with us, until we have a new epiphany. This constant evolution in human consciousness is natural. We are more fluid than solid when it comes to being human. Being comfortable in fluidity gives us a different kind of stability that helps us stay balanced with life's challenges and changes.

Self-correction of a point of view is different than simple learning. Simple learning is taking new information and applying it. Self-correction of a point of view is transforming how we feel and think about something, and we are very attached to our feelings and thoughts. To be human is to have a point of view that we really believe in and are committed to that will eventually have to be modified – this is the deal we are stuck with, and I spent most of my life resisting this truth, only to have it prevail in the end.

Could some of your points of view that are holding fast stand a change? Only you can decide that, and your well-being or lack thereof can be your

guide. I am writing about this, because I have had to change many of my viewpoints to survive, and the changes keep coming for me. I am enjoying the process more now, but it wasn't easy at first, until I understood more about the necessity of change. I share my personal journey with you in hopes that you will connect with these ideas and make them your own idea by tweaking them to fit you. But the fundamental truth we can all agree on is that, in Ortho-Bionomy, we ultimately do not need to suffer over anything forever.

Here is the point that happens in all my articles, when I shamelessly mention and quote Arthur Lincoln Pauls, D.O. in order to gain credibility, elevate myself by association, sell my points, and give those of you who never met him a feel for his intuitive genius. He was often quoted for saying "we take the 'miss' out of misunderstanding," and that wasn't just about self-correcting back pain. It was often about changing points of view.

There were countless times when Pauls would do a Phase 6 demonstration in front of a class, working off the body in an auric communication process with the recipient, and suddenly they would both burst in to laughter. Most of the class would look at each other quizzically, and some would join in with the laughter. Pauls would call it the "cosmic joke." I didn't always get the joke back then, because I didn't understand what I know now about points of view.

What Pauls was doing, as I understand it now, was, through his genius, letting the recipient know that whatever mind-set he or she was holding onto was arbitrary and unnecessary, and that letting it go could be so ridiculously easy, it was hilarious. That was the cosmic joke! It didn't really matter what the issue was, and the issue was never discussed. Pauls could feel the discomfort and the rigid holding in the auric field, and through helping the recipient self-recognize the holding pattern, gave

the discomfort a path to self-correction. It was funny at times.

Comedians rely heavily on this trick of cultivating ridiculousness. That's why the famous ones fill up concert halls. Our points of view weigh heavily on us. Comedians lighten the load of being human. When we are laughing, we are most likely softening a point of view, whether we realize it or not. Each comedian is actually giving a lecture on certain subjects they want you to change your point of view on. The laughing is the cosmic joke – that which we were so concerned about is just a normal part of being human; in other words something I was holding tight about is something I could relax about. Pauls did this with his hypnotic aura work, and laughter was not always necessary. "I'm going to tell you a little story in your aura" is what he would always say to clients before he began. It was always a story about how they could live life with more ease. Sometimes there was a great feeling of release into cosmic peacefulness when he worked. That is a lot more common with my work with clients, and I'll bet it is with your clients too. Knowing about this release-of-mental-constructs-process makes me a more effective practitioner. When we release our mind's grip on something, and experience our sensate bodies, we often will make shifts in consciousness without thinking. Our mind can make sense of it later.

In 2019, I wrote a very long article for this newsletter called A Spiral a Day Keeps the Doctor Away Part 4: Seeing Multiple Points of View (vol. 1/19). It outlined how seeing other people's points of view was essential and necessary for conflict resolution in any democratic process. I asserted then that this was the most important process to save our ailing world and planet, and I still hold to that.

This article is about how seeing, understanding, and modifying our own points of view is an essential aspect of

psychological health and well-being. I stand by that statement as well. My message to anyone reading is that it may be easier than you think to do this, and some of you may already be experts at doing this. If you are happy most of the time, you are probably doing this. In that case, please share as much as possible of yourself with the world to help others get it. They will pick it up by osmosis from you being your natural self.

Easy steps for self-correcting a point of view:

1. Identify your discomfort in an adverse situation, large or small.
2. Identify how you make sense of it – your personal point of view.
3. Realize that what you experience is not reality but is your subjective interpretation. This is the hardest part for some.
4. Decide that feeling better is more important than being right about your point of view. All points of view that make you feel bad have the possibility of changing for the better.
5. Let yourself be in the unknown about this process and feel things with your intuitive felt-sense body: “We must learn to fly within ourselves, and launch our-

elves into spaces where we can see no landing place. This is the only true courage.”

Arthur Lincoln Pauls

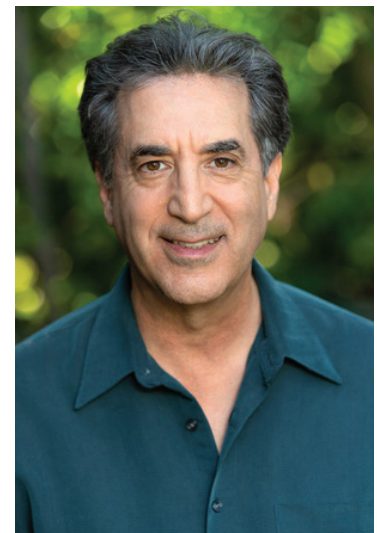
6. Be curious how you might, without altering any of the facts or compromising your safety or integrity, look at the situation in a new way that makes you feel better.
7. Identify and adopt a new point of view that feels right and truer than the old point of view. Keep experimenting with multiple versions until you get it right. You will feel this in your body.
8. Pat yourself on the back for taking the initiative to grow psychologically.
9. Notice all the new benefits that come with your new point of view – new connections to people you were in conflict with, new ideas about how to make things better, more awareness of nature and the greater universe, new insights about your life, increased overall creativity, better habits, and better health.
10. Keep growing, because now you have the secret to psychological growth.
11. Tackle all your disturbing

points of view, one at a time, for everything from the smallest minutia upsets to the largest existential questions at a pace that it right for you!

“My passion is to help people use Phase 7 Life Mastery principles to alleviate suffering, improve relationships, improve health, and achieve success.”

Biography

Rouel Cazanjan, MA, LMFT, SEP, CMT, is 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.





Got Community? Tell us about It!

The next coordinator meetings are Tuesday May 20th, June 24th.

Contact Erin long at long.erin@att.net to RSVP. And notify the SOBI Office if you want to be included on Coordinator communications. office@ortho-bionomy.org

Instructor quarterly meetings

The next Instructor meeting will be Thursday May 22th. If you are an Instructor you will receive an invitation from SOBI with confirmation of the time and date along with the Zoom link.



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 with Rob Rich: Interview with Liz Olivas

Liz Olivas is an Ortho-bionomy instructor and Lymphatic drainage therapist that has developed a new way to work with the lymph. In this episode Liz shares her in-depth knowledge gained from decades of clinical experience in how you work with the lymph.

<https://open.spotify.com/episode/5fXgwAxPeWnOIV2MoE9v4C?si=eO4TElj7QcKgfw6Ce-0Sg>





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

Patty Gast	Advanced Practitioner	Crested Butte, CO
Brenda Critchfield	Advanced Practitioner	Spanish Fork, UT
Mary Lo	Practitioner	New York, NY
Jennifer Heurlin	Practitioner	Vancouver, WA
Samuel Claiborne	Practitioner	High Falls, NY
Monica LaFave	Practitioner	Lake Oswego, OR
Tracy Jones	Practitioner	Lake Oswego, OR
Justina Harms	Associate	Gunnison, CO
Tawnia Stringer	Associate	Grand Junction, CO

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: May 20, June 24
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 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.



The Therapeutic Alternative and BodyWorkCEUS.net

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

2025 CLASSES

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 15 & 16

Ortho-Bionomy® Exploration of
Movement

Instructor: Erin Long

Location: Boca Raton, FL

November 17 - Study Group

2025 Classes

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: **Lehi, Utah**

October 27 - Study Group

FOR MORE INFORMATION GO TO:

WWW.BODYWORKSCEUS.NET

THE GIFT

BY CATHERINE LEATHERS

I began my Ortho-Bionomy journey over 30 years ago, when Arthur Lincoln Pauls was in his latter days of teaching. I had heard “stories” about him and was frankly so intimidated I chose to not take a class from him. Now of course looking back at that time, I know it would have been a boon for me to have had time with the Master of our beloved profession.

During this past week, I was receiving a session from my wonderful trading partner Marcie Shumway. She was focused on my cranium and the work felt very delicate. All of a sudden, I saw ALP in the room with us. This is not a usual experience for me to see in this way. In all my years, I have never seen nor felt his presence in a session before. (Maybe others of you have??)

Though Marcie didn’t see Arthur in the way I did, she described a feeling of compassion entering the room.

As I sank into this feeling, I knew his presence was guiding both of us with a very refined sense of the work. His compassion permeated the space. It was a huge gift.

I will be honest in saying that I had my own perceptions about Arthur, from the tales I had heard from the “early Days”. The healing I received from his presence affected both my body and mind, as I was able to release prior judgements held about our beloved founder. I was able to rest into what I experienced as the truest essence and compassionate seed of what he had planted. This seed is now bursting with magnificence through all of us. I am so grateful to this powerful modality and to all of you who have stepped up and have felt the call to study, practice, and teach. I know of the continual wrestling required to evolve Ortho-Bionomy and the wholeheartedness necessary to hold it in the highest integrity.

Thank you, Arthur and to you all.
Catherine Leathers

Biography

Catherine Leathers is an Advance Practitioner and Associate Instructor of Ortho-Bionomy. She is the Co-founder of Phoenix Rising Center a Wellness Clinic that also offers classes in the internal healing Arts locate in Moab Utah where she has lived for the past 30 years.



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

PHASE 7 - PROJECT

BY ANDREAS FRITZ

The current social and particularly the political situation of our world worries me greatly, especially the increase in violence with unpredictable acts of terrorism on the one hand and mankind's apparent powerlessness against this on the other hand. To turn this helplessness into positive energy, I suggest the idea that we Ortho-Bionomists join our energetic strength and use it positively in a regular 'Phase 7 Energy Meeting'. Therefore, I cordially invite every Ortho-Bionomist to support this effort.

In humans who have never experienced unconditional esteem and love, hatred, violence, and terror can grow, because the unloved and disrespected may begin to believe that this could yield personal power and public attention. This is my starting point. We can accomplish this by joining forces and sending our unconditional appreciation and love together in the form of our Heart Energy into the world. Our focus can be very strongly directed to every single cell in the universe which needs this and is ready to accept it. This idea regards every single cell in a human as

having an enormous energy potential to disseminate information. If we succeed in addressing a cell and 'encoding it energetically', it can disseminate the information extremely quickly and virtually comprehensively in every human being.

How am I implementing this project?

I have already begun to meet Ortho-Bionomy colleagues every Sunday at 6:00 pm CET PM (*this is Sunday 9 am Pacific time*) for about 3 to 5 minutes on an energetic level. In joint contact, we send our heart energy with our unconditional appreciation and love to all living cells who need it and are ready to accept it.

I invite everyone who wants to support us in this project to our Sunday 'Phase 7 Energy Meeting'. Those who wish may use the following 'choreography' as a guide, which Sabine Fritz, Christel Lenz and Detlev Leuschner-Lenz have conceived together with me: We are channeling our energetic aspiration into a little ritual. As you know, this

works better because it increases focus.

Intro: We calm ourselves and look at our own inner light, go to our heart energy and let it shine inside...

Main part: then we open ourselves, and with the spiral and in contact with our community (the Ortho-Bionomists), we give our heart energy with our unconditional appreciation and love to all living cells in the universe which need and want to accept it...

Closing: after this we end Phase 7 as usual and release everything into the flow of the universe...

End: We return to ourselves in this room and perceive our body once again. In this way, no matter where we are, we all have the opportunity to join our energies in a focused manner, thus trying to help our sick world. I will be happy about everyone who joins in, passes the message on, and finds new supporters. We will all benefit.

For more information, please feel free to contact me:

Andreas.Sabine.Fritz@gmail.com

Best regards

Andreas Fritz



Biography

Andreas Fritz

Married, three children

Since 1970 intensive contact with horses through equestrian sports

1980 – Abitur

1989 – Diploma in Business

Administration at the University of Mannheim

2005 – Diploma Practitioner in Ortho-Bionomy®, German Institute for Ortho-Bionomy®

Since 2009 – Treatment of horses and dogs

A LETTER OF LOVING GRATITUDE FROM ASHEVILLE, NC

BY SARAH SCHUETZ

Dear Ortho-Bionomy® -
Thank you. I love you.

I am grateful for your presence in my every cell. I am grateful for a livelihood (not just a job, a profession, a career) - a LIVELIHOOD - which helps me to remember, embody, and celebrate my own wellbeing, so that I am able to help others remember, embody, and celebrate their own well being.

My experience of, and daily life since, Tropical Storm Helene's devastating sweep through my home region of Western North Carolina (among other locales) on 27 September 2024 would not have been the same without you in my being as you are in these times: a culmination of classroom learning, formal and informal mentoring, years of practice, and fervent curiosity. You were always there, of course (the accidentally secret truth), and I am ever-so grateful to have remembered enough about your gentle power over the years to dance with you more and more mindfully ... and to honor that I am ever learning with you.

I appreciate especially in these post-storm times, how you help me to be present with what is (even in contradiction), to self-witness as an act toward self-recognition, to remember that I have choice, to notice and celebrate what resources I do have, and to continue to honor what arises without judgment, as the multi-dimensional spiraling unfurlment continues ... all of this both internally and externally, micro and macro.

I am grateful to have felt resourced enough to begin seeing clients in right timing - to help support my community

in these very same ways. I am grateful to be a version of that lighthouse we talk about.

Across all sessions since the storm, Ortho-Bionomy, you have helped me to engage in cellular roll calls with folks. Together we have, more distinctly than ever, assisted people in attuning to the presence, safety, and interconnectedness of their cells and systems: not dissimilar to the neighborhood door-to-door wellness checks performed all over my community. Yes, cells are present, they are accounted for, they are safe, they are in communication leading to harmony with the cells around them.

Again it has been true all along, and just the same, Ortho-Bionomy, I have a fresh awareness of how you invite me to bear witness to and for others as they reclaim that gift for themselves. Further, that I have the honor of meta-witnessing the self-witnessing these individuals have done and continue to do. Sometimes I am glass, sometimes I am mirror, and sometimes I am prism. (This is a whole dissertation of its own; stay tuned.)

Ortho-Bionomy, thank you for helping me to maintain my sense of self as I engage not only with the humans in my inner and outer spheres, but with the soil, the rivers, the rocks, the trees, flowers, mushrooms, and mosses, the creatures of water, sky, and land - all of the non-human beings and all facets of life affected and grieving.

Thank you for helping me to better recognize my real-time capacity to stay present and well resourced, as well as when and how I am invited to seek additional support in its many forms. This is essential.

While disappointed I could not proceed as intended with a current term of SOBI® Board service in these times, I am grateful, Ortho-Bionomy, that you helped me to recognize right timing and right relationship in pressing pause.

I am grateful for the support of SOBI and the wider Ortho-Bionomy community flowing in as spirals and bright vibes directed toward me and all colleagues affected, as well as all regions affected.

I express my deepest loving gratitude for you, Ortho-Bionomy, for all of the ways you flow through me and all beings.

Onward we spiral.
- Sarah

Biography

Sarah K. Schuetz (she/her) is a Registered Advanced Practitioner of Ortho-Bionomy®, and has a private practice, In Motion Wellbeing, downtown Asheville, NC. She is personally and professionally curious about the many ways to be an embodied human, each with our own gifts and challenges. She loves that she is called to be a respectful asker and listener, a witness, a translator, a helper, a student, and a celebrant of all that is. She chooses fascination as often as possible, and she's known to pair that with a quirky sense of humor. You can reach Sarah at 828.450.2939 (voice and text) and by email at: sarah@inmotionwellbeing.com





Coordinator Meetings

Tuesday May 20th, June 24th.

Contact Erin Long at long.erin@att.net to RSVP. And notify the SOBI Office if you want to be included on Coordinator communications. office@ortho-bionomy.org

Quarterly Instructor Meetings

The next Instructor meeting will be Thursday May 22th. If you are an Instructor you will receive an invitation from SOBI with confirmation of the time and date along with the Zoom link.



2025 Indianapolis Class Schedule

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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Call for Articles for the July 2025 Newsletter

We need to hear from you! As a new option, we are excited to receive articles from your clients who have experienced receiving this wonderful work and have not attended a class. 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.

UPCOMING 2025 CLASS DATES

Date	Class	Location	Instructor
Apr 19-20	Ortho-Bionomy Releases for the Breath	San Francisco	Berns
Apr 25	Study Group: Two Detailed Tarsal & Metatarsal Releases	Online	Berns/Malm
Apr 26-27	Releases for the Upper Extremities (Phase 4)	Chico	Berns
May 2	Releases for the Hand (Phase 4)	Ashland	Malm
May 17-18	Releases for the Spine & Pelvis (Phase 4)	Portland	Berns
May 21, 22, 28, 29	Practitioner Training Seminar	Online	Berns/Malm
May 31-Jun 1	Exploration of Movement: Evaluation and Release Technique	Chico	Berns
Jun 3-4	Experiential Ethics & Emotional Issues	Davis	Berns
Jun 6	Releases for Interosseous Membranes (Phase 4)	Ashland	Malm
Jun 7-8	Subtle Physical & Unwinding Techniques (Phase 5)	Nashville	Berns
Jun 20	Introduction to Ortho-Bionomy Three-Hour Class	Corvallis	Malm
Jun 21-22	Exploration of Movement: Evaluation and Release Technique	Corvallis	Malm
Jun 21-22	Subtle Physical & Unwinding Techniques (Phase 5)	San Francisco	Berns
Jun 24-25	Releases for the Upper Extremities (Phase 4)	Davis	Berns
Jun 27, 28, 30, Jul 1	In Depth Releases for the Neck & Thoracic Outlet (Phase 4)	Online	Berns/Malm
Jul 8, 16, 22, 30	Elements of a Successful Practice	Online	Berns/Malm
Jul 19-20	Subtle Physical & Unwinding Techniques (Phase 5)	Chico	Berns/Malm
Jul 24	Introduction to Ortho-Bionomy Three-Hour Class	Olympia	Malm
Jul 25-26	In Depth Releases for the Neck & Thoracic Outlet (Phase 4)	Olympia	Malm

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



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

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

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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	\$10 / \$15
Ortho-Bionomy® : A Practical Manual, Kain / Berns	\$20 / \$25
Philosophy & History of Ortho-Bionomy, Pauls	\$20 / \$30
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	\$35 / \$55
Brochure -Members Only	\$30 for 100, \$50 for 200
Brochure pdf download for printing – Members Only	\$25
SOBI Conference Power Bank	\$10 / \$20

NEWSLETTER

10 Hard Copy Newsletters (Including Shipping & Handling)	\$30 / N/A
Quarterly Hard Copy Newsletter Subscription	\$30 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) 207-0739
 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
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>

Interesting Connections – SOBI orders the Chapman's Reflexes books from the American Academy of Osteopathy (AAO) and as a result we have recently been receiving the AAO's online newsletter. Many of the articles are about osteopathic manipulations and their effects with various conditions. We thought these would be fun to share with the SOBI community. Here's a link if you're interested.

<https://www.multibriefs.com/briefs/aaorg/aaorg021225.php>





Check Out our FaceBook groups!

Society of Ortho-Bionomy International:

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

Ortho-Bionomy - @theevolvmentoftheoriginalconcept:

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

Ortho-Bionomy Instructor Group:

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

Coordinator Embody O-B:

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

