

# Ortho-Bionomy® Newsletter



July 2025 ❖ Volume 35 ❖ Number 3

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## PRESIDENT'S MESSAGE

BY LYNNE MAROTTA

**T**he spring has brought its usual uplifting renewal, and now we enter warmer days—with a slightly more relaxed pace to match, I hope.

The board is finalizing our instructor policy, after reaching out once again to our instructor community for feedback on our process and to confirm its alignment with how we function or desire to. Thanks to all of you who have worked closely with this project in the last four years. I especially want to thank Melissa Malm, Ian Jorgensen, and Keri Brown, who were consistently at my side as we waded through the enormous task.

Your membership dues made it possible to support our office staff's extra hours to work with the volunteer board, laying down a clear policy for both instructors and those who are in training. The conference this September 11-14 is shaping up nicely thanks to the hard work of the Conference Committee. They have selected the presenters and are refining the details. Join in to experience the greater community, reflecting a variety not unlike our geographical breadth, and broaden your perspective on this amazing work. Several of our sister organizations plan to come, providing an even wider experience. As a result, the scheduled times each day will vary to accommodate the time zones both here and abroad. Sign up soon for the early bird price! See more specific information later in this newsletter.

The Awareness and Education Committee recently recorded footage of a short video to promote Ortho-Bionomy through social media. Thanks to your membership dollars, SOBI was able to hire a professional videographer of the committee's choice. We are grateful for all the volunteers' hard work both in and outside the committee, donating their time to help get Ortho-Bionomy out there. Bravo.

Melissa Malm and I are preparing the board for the completion of our second term in service. This dynamic board is stepping up to carry the baton forward with Jandi Briggs and Sarah Spehar on October 1.

Enjoy you summer!

*Lynne Marotta*

President, SOBI Board of Director





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 three weeks of intensive training covering Week 1: Sports Injuries & Impact Injuries Week 2 Advanced Visceral & Endocrine Week 3 will cover Advanced Cranial, fascia and understanding brain injuries. Invest in your future and your skills!!!

**October 13th - 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.

**October 5- 9th 2026**

**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.

**October 11-15 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](mailto:Rmobcenter@gmail.com)  
or 970-209-9400

## Society Office

Society of Ortho-Bionomy  
International  
PO Box 40937  
Indianapolis, IN 46240

**Administrator**  
KERI BROWN

**Assistant**  
IAN JORGENSEN

### Hours

TUESDAY 1 PM–6 PM

THURSDAY 9 AM–3 PM

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

**Phone Number**  
Office: (317) 207–0739

**Email Address**  
office@ortho-bionomy.org

**Website**  
www.ortho-bionomy.org

## Newsletter Staff

**Newsletter  
Board Liaison**  
LYNNE MAROTTA

**Graphic Designer**  
TERRI WOLTERS

**Editor**  
JOAN WEISBERG

## Board of Directors

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Nicky Roosevelt	Treasurer Liaison
Laurie Schmitt	Secretary
Melissa Malm	Member at Large
Samuel Claiborne	Member at Large

## Mission Statement

The Mission of the Society of Ortho-Bionomy is to support its membership in their Ortho-Bionomy Practices, to promote public education and awareness of Ortho-Bionomy, to regulate the registration of Practitioners and Instructors, and to continue the evolvement of Ortho-Bionomy in accordance with its own philosophy and principles.

## Newsletter Disclaimer

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

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

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

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



# TERRI LEE - CELEBRATION OF LIFE

BY SHANEY ROCKEFELLER

A Celebration Of Life for Terri Lee is now scheduled. The celebration will be a potluck dinner with opportunities to share stories about Terri and celebrate how she touched all of our lives. There have been requests to join via zoom, so we will do our best to make it happen.

This Event Is Hosted By: Terri's Tribe in the Ontario, Oregon/Boise, Idaho region.

If you would like to contribute or have any questions:

Please reach out to Shaney Rockefeller 541-216-1545 or via email at shaneyrock2405@gmail.com

Date/Time: Friday, July 25 at 6:30 PM mountain time

Where: Weiser, Idaho



## LENNY BURDICK IN MEMORIAM

BY LAURA HOLTON

What an honor it has been in my life to have known and experienced Lenny working her Ortho-Bionomy magic with me. I want this tribute to reflect her uniqueness.

Lenny was an Appreciator of beauty, an intuitive Bodyworker, a Healer and a Life-long Learner.

She was curious about everything and was a lover of nature, rocks and bodies of water. Lenny was a Storyteller, a Mentor, Nurturer and Friend. She felt it was an honor to hold space - for healing, for learning, for joy. Having her in our lives has affected many of us and her kind words and involvement will leave ripples in our lives for ages to come.

The world is a better place because Lenny was here.

Lenny Burdick

4/21/56-5/23/25

*If you suddenly and unexpectedly feel joy,  
don't hesitate. Give in to it.  
— American poet Mary Oliver*





# **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 \$2550.00**

**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](mailto:rmobcenter@gmail.com)  
For more information!**

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# 23rd Society of Ortho-Bionomy Conference

Cirque du SOBI

September 11-14, 2025

**T**he 2025 conference committee has been working hard to create an unforgettable virtual conference for SOBI members, students and friends. The theme for our conference is

Cirque du SOBI. Since this is a virtual event, we have the space to have prerecorded presentations available at any time as well as live presentations during the conference itself.

We have fabulous topics you won't want to miss!  
Registration will be open soon and an email blast will be sent... so keep an eye on your inbox!

## **This year's presenters are:**

**Jim Berns** – Advanced Exploration of Movement—Movement from Within, Movement from Without

**Rouel Cazanjan** – Exploring the Power of Suggestion in Ortho-Bionomy

**Sheri Covey** – How Can We Work with the Emotional Aspect of Healing

**Jeanne Douglas** – A Sublime and Efficient Way to do Ortho-Bionomy

**Dr. Anna Hayes** – Back Pain and What It Has to Do with the Pelvis—A Schematic Approach to Treating Lower Back Pain

**Janine McCarthy** – So how's your Period? Why & How to Address Women's Health Problems from Menstruation to Menopause

**Tanya Pauls** – Moving with Flow and Pizazz!

**Rob Rich** – Working with Kyphosis—The Excessive Forward Curvature of the Spine

**Nicky Roosevelt** – The Martial Arts Roots of Ortho-Bionomy

**Susan Smith** – Vital Pelvic Techniques for Horse and Rider

**Richard Valasek** – The Neglected Phases of Ortho-Bionomy and the Importance of Play

**Cynthia Woods** – Working with the Tongue

## **Also: International panel sharing –**

**A conversation on The Art of Ortho-Bionomy: creativity, imagination and intuition**

<https://sobi2025.vfairs.com/>



# Cirque du SOBI



# 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

## Advanced Phase Four for the Extremities with Morel Stackhouse, Registered Advanced Instructor

### Lower Extremities • Sept 20-21, 2025

Cottage Grove, WI (Madison, WI area)

This class expands and builds upon Phase Four Extremities. Participants will learn detailed releases for both the joints and the soft tissue structures of the hip, thigh, knee and leg. Releases for the ankle and foot will be covered in detail.

16 SOBI training units • 16 ncbtmb CEs

Prerequisite: 16 units Phase Four

### Upper Extremities • Nov 8-9, 2025

Cottage Grove, WI (Madison WI area)

This class expands and builds upon Phase Four Extremities. Participants will learn detailed releases for both the joints and the soft tissue structures of the shoulder girdle, upper arm, elbow, and forearm. Releases for the wrist and hand will be covered in detail.

16 SOBI training units • 16 ncbtmb CEs

Prerequisite: 16 units Phase Four.



For additional information and to register: <https://morelstackhouse.com/events>



# 2025 SOBI Calendar

## Monthly:

**Member Support Group:** First Monday of each month at 8:00 pm Eastern Time. Open to all members.

## Bi-Monthly:

**Coordinator Corner Meetings:** Forth Tuesdays, each month this fall. Upcoming meetings: September 23, October 21, November 18. Open to all Coordinators

## Quarterly:

**Newsletter:** Available each quarter in January, April, July, and October.

**Instructor Meetings:** Quarterly - next meetings 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

**Board Nominations Due:** March 1

**Board Applications Due:** March 1

**Nominee Statements Due:** March 1

**Annual General Meeting:** April 29

**Board of Directors Ballots Due:** June 15

## Got Community? Tell us about It!

The next coordinator meetings are September 23rd, October 21st, and November 18th. Contact Erin long at [long.erin@att.net](mailto:long.erin@att.net) to RSVP. And notify the SOBI Office if you want to be included on Coordinator communications. [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)

### Instructor quarterly meetings

The next Instructor meeting will be August 28th. If you are an Instructor you will receive an invitation from SOBI with confirmation of the time and date along with the Zoom link.

# The Ortho-Bionomy Advanced work, is it really Advanced?

BY JIM BERNIS

When you think of the word “advanced work”, do you imagine that it is better, more evolved, or something that should be used more than the “regular, basic, or foundation work”?

I have a memory to share with you. When Arthur first came to the states to teach Ortho-Bionomy, he only taught 2 classes. The first class was the Phase 4 Ortho-Bionomy Classes, which included the spine, pelvis, upper and lower extremities, postural reeducation and post techniques, Chapmans’ reflexes, and whatever else he found to help whoever he was demonstrating on. (Whew, no wonder we the students were exhausted and wiped out at the end of his classes.) The second class was the Advanced Ortho-Bionomy Classes (which included most of the Phase 5 and Phase 6 techniques). A few years before he started teaching in the states, he had gained a new sensitivity to energy work and was completely fascinated and absorbed in it and I found that he wanted to talk about it most of the time. Thus, he named the energy work “Advanced”.

Many years later, I overheard Arthur say that he wished he didn’t name the second class the

“Advanced Class”. He saw that students heard the word “Advanced” and thought that it was the better technique, more esoteric, more mystical, more evolved than the Phase 4 work, and thus the only technique to do. I remember hearing him saying many times that he felt that at least 85% of what clients need is Phase 4 work. He said that people need to come into their body not just be out there in the energy field only.

I still observe this belief in receiving many feedback sessions. Students are wanting to go into the energy work and show me their “advanced energy reflexes” work but not pay attention to the body at a Phase 4 level. This is not to say there isn’t importance and value in the energy work, but what Arthur was pointing out was to recognize that the “advanced or energy work” is not more important than the foundational Phase 4 work.

What about for you? Do you hold a belief that the energy work has more value than the basic work? Are you drawn to the reflexes more than the physical structure? Do you agree with Arthur that 85% of what most clients need is Phase 4? Do you feel that the “magic” of Ortho-Bionomy is primarily in the Advanced work?

Let’s talk about this among our

Ortho-Bionomy community.  
Stay in touch.

## Biography

**Jim Bernis** has been teaching Ortho-Bionomy internationally for over 45 years (whew :) and is an Ortho-Bionomy Advanced Instructor. He is co-author with Kathy Kain of the training manual **Ortho-Bionomy A Practical Manual**. Jim can be reached at [objimberns@gmail.com](mailto:objimberns@gmail.com), or [www.LearnOrtho-Bionomy.com](http://www.LearnOrtho-Bionomy.com)

Podcast by Rob Rich: Interview with Jim Bernis

Jim Bernis 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=GzIn\\_rgkTx6mAaUo1qaw1A](https://open.spotify.com/episode/5qwbPStzpBbgoaSKpafh6V?si=GzIn_rgkTx6mAaUo1qaw1A)





# 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](mailto: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/5fXgwAxPeWnOLV2MoE9v4C?si=eO4TElj7QcKgfw6Ce-0Sg>

### UPCOMING 2025 CLASS DATES

Date	Class	Location	Instructor
Jul 19-20	In Depth Releases for the Shoulders & Ribs (Phase 4)	Chico, CA	Berns
Jul 24	Introduction to Ortho-Bionomy Three-Hour Class	Olympia, WA	Malm
Jul 25-26	In Depth Releases for the Neck & Thoracic Outlet (Phase 4)	Olympia, WA	Malm
Aug 1	Releases for the Cervical Spine (Phase 4)	Ashland, OR	Malm
Aug 7, 8, 12, 13	Connection from a Distance (Phase 7)	Online	Berns
Aug 9-10	Releases for the Spine & Pelvis (Phase 4)	Chico, CA	Berns
Aug 18	Study Group	Davis, CA	Berns
Aug 19-20	Subtle Physical & Unwinding Techniques (Phase 5)	Davis, CA	Berns
Aug 29	Releases for the Thoracic Spine (Phase 4)	Ashland, OR	Malm
Sep 2	Study Group	Davis, CA	Berns
Sep 3-4	Exploration of Movement: Evaluation and Release Technique	Davis, CA	Berns
Sep 27-28	Exploration of Movement: Evaluation and Release Technique	Portland, OR	Berns/Malm
Oct 3	Releases for the Lumbar Spine (Phase 4)	Ashland, OR	Malm
Oct 4-5	Subtle Physical & Unwinding Techniques (Phase 5)	Chico, CA	Berns/Malm
Oct 9	Introduction to Ortho-Bionomy Three-Hour Class	Olympia, WA	Malm
Oct 10-11	In Depth Releases for the Pelvis & Low Back (Phase 4)	Olympia, WA	Malm
Oct 20	Study Group	Davis, CA	Berns
Oct 21-22	Isometrics/Isotonics	Davis, CA	Berns
Oct 31	Releases for the Pelvis (Phase 4)	Ashland, OR	Malm

For more information go to [www.LearnOrtho-Bionomy.com](http://www.LearnOrtho-Bionomy.com)

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

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**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





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

<b>Clive Salzer</b>	<b>Advanced Instructor</b>	<b>Sao Paulo, Brazil</b>
<b>Sara Spehar</b>	<b>Associate Advanced Instructor</b>	<b>Grand Junction, CO</b>
<b>Derek Lozupone</b>	<b>Associate in PTP</b>	<b>San Francisco, CA</b>
<b>Carisa Springer</b>	<b>Associate in PTP</b>	<b>Baker City, OR</b>
<b>Elysia Cabaniss</b>	<b>Associate</b>	<b>Lenoir City, TN</b>
<b>Eden McCarthy</b>	<b>Associate</b>	<b>Ashland, OR</b>
<b>Chase Clark</b>	<b>Associate</b>	<b>Washington, UT</b>
<b>Carol Bennett</b>	<b>Associate</b>	<b>Fruitland, ID</b>



# Trauma and the Reflexes

BY SHERI COVEY

**T**rauma is like the tide breaking on the shore and not receding back to the ocean. It lingers like an undertow in our experience. Unresolved trauma creates a tugging undertow in our systems. If the shore is our bodies and the ocean is what happens to us in life, then the undertow is what we can't let go of through our process of living. The trauma draws back or pulls against the flow of our lives.

Unresolved trauma has a deep impact on our behavior, our fears and our resiliency. We often feel edgy, self-critical and irritated. The undertow of trauma unexpectedly pulls on our lives and alters our available responses to what is happening in our life.

Ortho-Bionomy, gratefully, helps the body resolve trauma. The work supports a natural discharge which helps our biological system with this trauma resolution.

How does Ortho-Bionomy help resolve trauma? It is the presence of a solid practitioner which contributes to a sense of safety, coupled with the practitioner's ability to maintain their own energy, which eliminates the tendency to merge their energy with that of the client. This creates a clear pathway for the client's body to release the trauma. Clarity in our systems helps the shore to be the shore and the incoming and receding waves to be the true rhythms of our lives, allowing our purpose to flow in the world.



The reflexes are the heart of our work, they initiate from fascia and they carry the body's ability to resolve trauma without creating more physical or emotional pain.

(Editor's note: "Reflex" refers to a spontaneous response of the fascia and the nervous system that triggers various energetic and physical impulses or movements.)

The practitioner's groundedness and listening skills allow the reflexes to help the client release the trauma. Using reflexes, the client's body communicates with the practitioner and in turn, the practitioner can respond using reflexes to communicate with the client's body. Reflexes initiate the discharge of trauma through the extremities. These reflexes are the language of the body's natural capacity to heal.

Arthur Lincoln Pauls clearly expressed the broad use of reflexes in his book, The Philosophy and History of Ortho-Bionomy, in the chapter titled "Reflexes". He wrote:

**1) The Follow-On (my favorite)  
2) Rebound reflex  
3) On-Going Action  
4) Regret Reflex  
5) Volery syndrome  
6) Ciny Time Zone  
7) Space Between the Notes.**  
**All of these reflexes can be used in Phases 4-7" - ALP**

As Practitioners, there is no argument that to be effective at resolving trauma it is important to know and recognize the reflexes in all the Phases. This grants the body's ability to respond, and trauma to exit. These skills are the heart of our ability to listen. Our capacity to respond to the body is why Ortho-Bionomy is so profoundly effective.

*continued on page 14*



## The Therapeutic Alternative and BodyWorkCEUS.net

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

### 2025 CLASSES

#### July 8 – ZOOM Study Group (6-9pm ET)

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

Instructor: Liz Olivas

Location: ZOOM

#### July 12 & 13

Ortho-Bionomy®: Phase 4 Spine

Instructor: Liz Olivas

Location: Boca Raton, FL

#### 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

#### November 15 & 16

Ortho-Bionomy® Exploration of Movement

Instructor: Erin Long

Location: Boca Raton, FL

**November 17** - Study Group

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

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tive at reducing the “undertow” of the trauma in our lives.

What a gift the reflexes are in our ability to listen to the language of the body. The power of each of them in every Phase is also what makes Ortho-Bionomy distinctly different than any other bodywork. It is designed to respond to the body rather than just run through an agenda or a protocol. That is also why each session is so individual and unique for each person’s journey. Our ability to recognize the self-correction aspect of the intelligence of the reflexes is the key that allows us to meet each Phase and respond with confidence and compassion. The private language of the body was given to us through Arthur Lincoln Pauls. The reflexes are the language.

Science has also caught up with Dr. Pauls’ impressive energetic understanding by furthering our understanding of the fascia’s ability to be the largest messaging system within the body. The messaging system of the fascia often initiates the reflexive response. Our ability to listen and feel

the response of the fascia as we work (*think that wonderful melting sensation we often feel*) is where the reflexes reflect the intelligence of each individual client’s unique healing journey. It is the reflexes more than the power of individual Phases that help create change. It is archaic to think the body would only respond to certain reflexes in certain Phases. It makes no sense to limit the reflexes to just certain Phases. We need to expand our understanding of the reflexes and toss out the belief systems that say otherwise. Our responsibility for the future is to resist undermining or devaluing the body and its capacities. Embracing the body’s intelligence is our future.

Why continue to get swept away by the undertow when we can resolve trauma through our understanding of the principles, Phases and Reflexes of Ortho-Bionomy? It is all here. We just have to open our senses and recognize how the reflexes arrive within our sessions.

*Sheri Covey*  
Advanced Instructor of Ortho-Bionomy

## Biography

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

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



## 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](mailto:office@ortho-bionomy.org) and, be sure to copy your Advisor.
- The SOBI office will confirm receipt of materials received and notify applicants of the Review Committee results on or before the next evolverment cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.



**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



# REQUEST FOR A LIBRARY OF STANDARD IMAGES

BY SAMUEL CLAIBORNE

**S**OBI is interested in creating a library of standard images and templates for preparing materials that can be used to aid visual learners in integrating class handout material, and to make the creation of new handouts easier for instructors. This library will eventually include photographs, drawings, and standardized descriptions of releases and techniques. While many find text-only handouts sufficient, the old adage that “a picture is worth a thousand words” holds true for many Ortho-Bionomy students when confronted with a text only handout. This is especially true for visual learners like myself.

To help instructors and students alike, SOBI would like to create a library of ‘boilerplate’ photographs, drawings, and text relating to our techniques, starting with the phase 4 core curricula and expanding outward from there. Ideally, we foresee exterior photographs and/or drawings showing the positions and sequences of various releases as the starting place. Over the long term, we would also like to find skillful illustrators in our community who are willing to produce internal anatomical drawings depicting the way sequences of positions are biomechanically working alongside of and in response to the proprioceptive system.

Fascial Counterstrain manuals contain the drawings and/or photographs of the sequence of moves, and detailed anatomical drawings of what’s going on ‘under the skin’ as well as descriptive text, for every single release they teach. This is the standard to which I aspire for SOBI. A handout with clear text, clear photographs of the sequence, and clear

drawings of just what is going on under the skin could greatly enhance understanding of the releases and diagnostic techniques used in Ortho-Bionomy.

Use of the library text and these images would be highly encouraged, and templates already containing them for a given class would be available to use as-is, or for practitioners to modify to their taste. The use of this material would not be compulsory, but we think its widespread adoption could benefit many students. Feedback over the years makes it clear that many students would enthusiastically support the use of photographs and drawings in their handouts.

A library of standard templates that could easily allow the dropping-in of items from this library of text blocks and images would also be produced. And, possibly, even complete standardized handouts of the most popular classes would be produced eventually for teachers who would find a ready-made handout useful either to use as-is, or as a convenient starting place that they can then customize.

I will participate with this group since enhancing and improving the way Ortho-Bionomy is taught and practiced vis-à-vis our handouts is a passion of mine. My reason for this is that I, a visual learner, have handouts dated all the way back to 2009 that have extremely limited utility for me. My mind processes spatial information versus textual information, and for myself, as is the case for many others, a picture or sequence of pictures will always be worth a thousand words or more. Provided below you will find sample pictures, and written standards for

## Photographic Guidelines:

### Image formats supported:

JPEG, JPG, and PNG

### Minimum Image Resolution:

300 DPI (dots per inch/pixels per in).

### Minimum Image size:

4 inches X 4 inches. Images need not be square, as the example pictures show, but the minimum dimension, either height or width, should be no less than 4 inches.

No sharpening or contrast adjustments please, just ‘native’, unaltered photographs from your dedicated camera or cellphone, as these types of adjustments are very screen dependent. Images will be sharpened and adjusted for contrast and exposure by someone using a calibrated monitor using a standardized methodology before being included in the library.

Proper contrast is paramount, so either a dark table /wall surface with light colored clothing, or the opposite, is mandatory.

Solid colored clothes are required, as visual patterns on the clothing can be distracting in photographs. Clothing that’s relatively thin, such as leotards and tee shirts is preferred rather than thick and/or textured clothing.

Please check for visibly clear anatomical representation and detail in the chosen participants used for these examples before submitting.

*continued on page 18*

## Biography

image resolution, sizing, etc. These images were casually lit and are not super high-resolution but give you an idea of what can be accomplished. Any volunteers who are interested, please contact the SOBI Office. Your interest will be referred to me and I will contact you.

Thank you.  
Samuel Claiborne

**Samuel Claiborne** (b. 1959) is a bodyworker, poet, essayist, composer, musician, graphic designer, photographer, and video artist. A native of New York City, he now makes his home in the Hudson valley in Rosendale NY. In his healing practice, he uses Ortho-Bionomy, and two of his own modalities, AuraLuminance and Shamanic Psychology. Mr. Claiborne is a former quadriplegic whose healing and artistic work are all informed by his experiences while paralyzed and profound gratitude for his recovery. His poetry and song lyrics range in subject matter from meditations on nature, to erotica, cosmology, and the nature of self, to fervent political anthems. He is currently at work on a novel, *NODding Out*, and a memoir of his time as a quadriplegic, and his recovery, *Walking Through Snow*.



# CONVERGENCE: *RESIDENTIAL in the Beautiful Wasatch Mountains*

*end of Sept/Early Oct of 2026*  
*Exact dates TBD*

*Prereq: Phase 4 and 5, or  
permission of Instructors*



*Come explore with Lynne Marotta, Mike Miller and Liz Olivas the interconnections within Ortho-Bionomy. We will explore the relationship of the structure, lymphatics/fluids, langer lines, viscera, Chapman's reflexes and bowstring.*

*The focus of this residential will be in how to intergrate theses techniques seamlessly into your practice. We will explore how the different systems work together to influence a clearer communication within the body, its effects on structural alignment, and a clearer pathway for the life giving fluids to travel throughout the body.*

*Hold your spot with \$300 deposit. Deposit will count toward early bird pricing once dates are announced.*

*To sign up contact Brenda Critchfield at [brenda\\_critchfield@hotmail.com](mailto:brenda_critchfield@hotmail.com) or text at 406-431-9628*

*\$300 Deposit fully refundable until Oct 2025 when dates are finalized.*



*We will take time to explore the incredible beauty surrounding us.*

# SHARED EXPERIENCES

(previously published 1992)

BY LUANN OVERMYER

**A**t the end of February, 1992, I was invited by Sally Dutzak to work with some physically disadvantaged children at the school where she teaches, outside Austin, Texas. Some have Cerebral Palsy (results in the brain's inability to control the muscles), others are abuse survivors, and a few are accident victims. During my 6 hours there, I worked with 30 children and 2 adult staff members. I feel that I am still integrating the experience within myself.

My experience with Candy, a child whose left hip dislocates easily, stands out for me. I made contact with her foot and leg and began to follow her body pattern. She acknowledged our contact with her eye contact, and I observed her attend to the movements we were doing together. As she moved into the energetic pattern, she began to communicate with me energetically. She shared with me three distinct descriptions of how she had coped with emotional trauma. In each of these instances, she moved into a Remem-

bered Emotional Response pattern and then communicated her resolution, as a triumph of spirit. I felt moved and honored to have had the opportunity to witness her capable and shining spirit.

My experience with Candy, Reubeh and the other children I worked with at Copperas Cove, Texas, has given me profound insight into the universal capacity of Ortho-Bionomy as a direct means of communication. It reaches beyond all apparent barriers and accesses the life force directly and immediately. I had only five to fifteen minutes with each of these children. Yet, my communication and contact with them felt remarkably profound and whole. We met, acknowledged, shared and touched. We experienced and felt heard.

Thank you Sally, for the work you are doing with these children, and with the staff and especially for your insistent invitation to me, to come and experience these wondrous children.

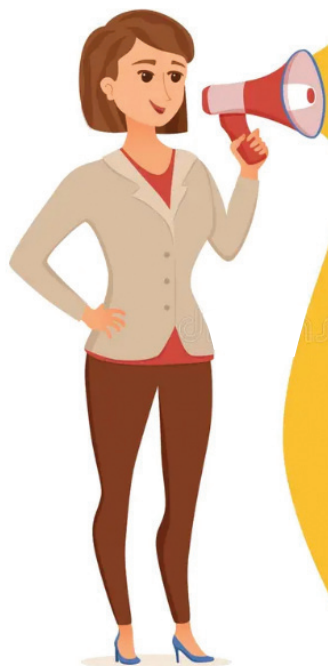
Sincerely,  
Luann Overmyer

## Biography

Since 1978 **Luann Overmyer** has worked with thousands of people in pain in her Ortho-Bionomy private practice. As an Advanced Instructor of Ortho-Bionomy she mentors students and instructors, teaches Ortho-Bionomy seminars throughout the US, Australia and New Zealand, presents at conferences, and she is the author of *Ortho-Bionomy A Path to Self Care*, now translated into three languages. Luann has been active in spreading the wisdom of Ortho-Bionomy since her early studies with Arthur Lincoln Pauls and throughout the years has served on the Board and various committees. She is a licensed massage therapist in Florida, and a Continuing Education provider in Florida and nationally, certified through the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). She has a BA in Psychology and a minor in Education.







## Call for Articles for the October 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.

## 2025 Indianapolis Class Schedule

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](mailto:keri.cobi@gmail.com) or 317-446-1559**

"Ortho-Bionomy® is a registered trademark of the Society of Ortho-Bionomy® International, Inc. and is used with permission".

# 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

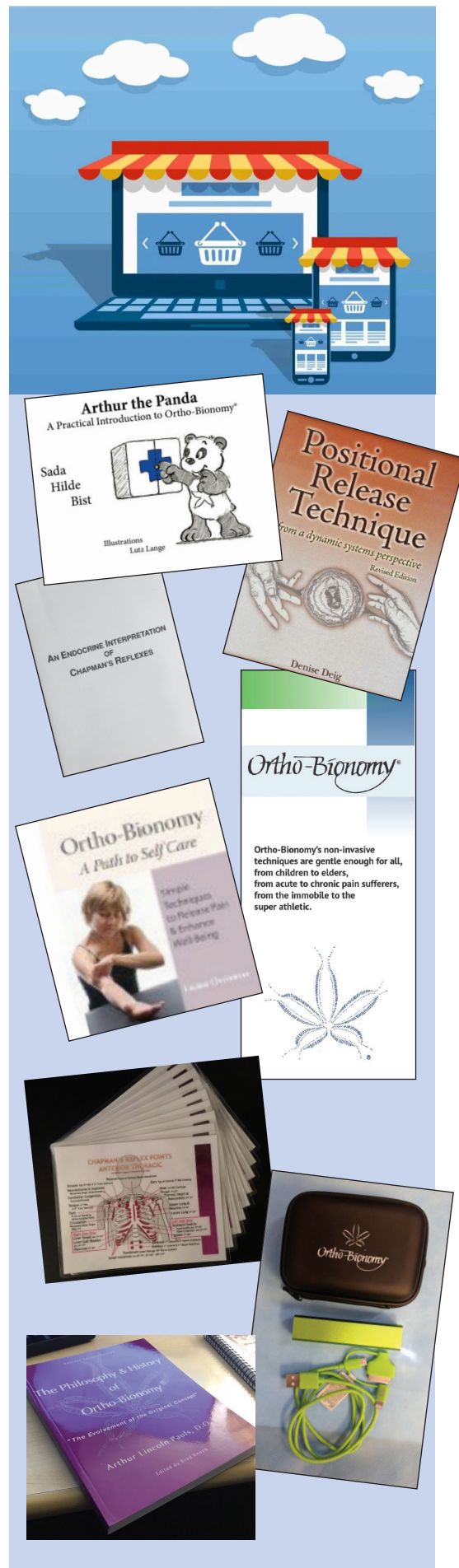
Chapman's Reflexes Charts, Deig	\$25 / \$35
Brochure -Members Only	\$30 for 100, \$50 for 200
Brochure pdf download for printing – Members Only	\$25
SOBI Conference Power Bank	\$20 / \$25

## 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](mailto:office@ortho-bionomy.org).
- Fees: You will be invoiced for your ad through the SOBI office.
- Payment is due on receipt.
- Submission deadlines: first calendar day of December, March, June, and September

Advertisement size	Member Cost 1 issue / 4 issues	Non-member Cost 1 issue / 4 issues
<b>1/8 page</b> (3-7/8" x 2-1/8")	\$50 \$150	\$75 \$200
<b>1/4 page</b> (3-7/8" x 5-1/4")	\$75 \$250	\$100 \$350
<b>1/2 page vertical</b> (3.5" x 10.5")	\$100 \$350	\$125 \$450
<b>1/2 page horizontal</b> (7.6" x 5.2")	\$100 \$285	\$105 \$395
<b>3/4 Page Horizontal</b> (8" x 7.75")	\$125 \$450	\$150 \$550
<b>Full Page</b> (8" x 10.5")	\$150 \$550	\$175 \$650

Society of Ortho-Bionomy International®  
P.O. Box 40937  
Indianapolis, IN 46240  
Phone: (317) 207-0239  
Email: [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)  
You can include your ad in the next newsletter by following this link.  
<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/newsletter>



# Class listings

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

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





# Do you need Study Group Credits?

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

## SOBI Sponsored Study Groups 2025

Instructor	Date	Topic
Bruce Stark	17-Jul	Working with Neurological Dysfunction
Luann Overmyer	21-Aug	Questions and Answers
Jessica Mark	18-Sep	All About the Feet
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>**

## 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](https://www.ortho-bionomy.org/aws/SOBI/pt/sp/home_page)

## *Check Out* our FaceBook groups!

Society of Ortho-Bionomy International:

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

Ortho-Bionomy - @theevolvementoftheoriginalconcept:

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

Ortho-Bionomy Instructor Group:

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

Coordinator Embody O-B:

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

