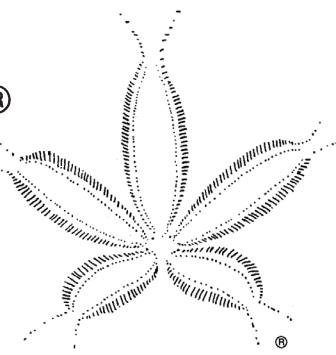


Ortho-Bionomy® NEWSLETTER



January 2026 ■ Volume 36 ■ Number 1

President's Address

BY LAURA SAMEL AND KAMI CLARK

Greetings!

This is a new year with a new board. What an excellent opportunity to step forward with renewed vision and shared purpose!

Our board is rooted in collaboration and mutual respect, recognizing that each of us brings something essential to the work we do together. No single voice holds more weight than another. This is why we chose to serve as co-presidents.

Co-presidency reflects our commitment to shared leadership and to honoring the strengths we each bring to this role. Laura brings her love of community, connection, and coordination. Her vision is to bring together all of our communities, both national and international, so we can continue growing stronger. Kami brings her passion, voice, and deep dedication to community. Her vision is to empower and uplift the growth of Ortho-Bionomy across our communities.

Together, we are stronger – as a co-presidency, as a board, and as a community. And we know that Ortho-Bionomy® grows through each of you. Your strengths, your gifts, and your love for this work are what move us forward.

We invite you to join us in expanding the reach, the impact, and the voice of Ortho-Bionomy. You are Ortho-Bionomy.

Laura & Kami

continued on page 4



INSIDE THIS ISSUE

President's Address	1
BY LAURA SAMEL AND KAMI CLARK	
Call for the Board of Directors	6
2026 Calendar	8
The Rule of the Artery is Supreme	9
BY COLIN GIBBS	
Evolvements	12
Incorporating Self Care in your Sessions: Case Study	17
BY LUANN OVERMYER	
What I have learned about myself on my Ortho-Bionomy Journey	20
BY LEILA SULLIVAN	



The Therapeutic Alternative and BodyWorkCEUS.net

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

2026 Classes

January 13 – Study Group 6-9pm

Ortho-Bionomy® Post Mastectomy & Radiation
Instructor: Liz Olivas
Location: **ZOOM**

February 7 & 8

Ortho-Bionomy®: Pelvic Visceral
Instructor: Mike Miller
Location: Boca Raton, FL
February 9 - Study Group

February 28 & March 1

Ortho-Bionomy®: Phase 5 & the Reflexes
Instructor: Luann Overmyer & Liz Olivas
co-teaching
Location: Boca Raton, FL

April 18 & 19

Ortho-Bionomy®: Phase Four: In-Depth
Upper Extremities
Instructor: Morell Stackhouse
Location: Boca Raton, FL
April 20 - Study Group

June 6 & 7

Ortho-Bionomy®: Phase Five
Instructor: Denise Deig & Liz Olivas (co-teach)
Location: **Indianapolis, IN**

June 27 & 28

Ortho-Bionomy®: Phase Six
Instructor: Luann Overmyer
Location: Boca Raton, FL
June 29 - Study Group

August 20-23

Ortho-Bionomy®: Fluids, Fascia and the
Lymphatic System
Instructor: Liz Olivas
Location: **British Columbia, Canada**
August 24 - Study Group

October 12-17, 2026

Ortho-Bionomy® Residential

Instructors: Lynne Marotta, Mike Miller
and Liz Olivas

Location: Wasatch Mountains, UT

To sign up contact Brenda Critchfield at
Brenda_critchfield@hotmail.com
or text 406-431-9628. (\$300. Deposit)

For more class information go to:
WWW.BODYWORKSCEUS.NET

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 ET

THURSDAY 9 AM–3 PM ET

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

LAURA SAMEL

Graphic Designer

TERRI WOLTERS

Editor

JOAN WEISBERG

BOARD OF DIRECTORS

SOBI Member	Office Title
Laura Samel	Co-President
Kami Clark	Co-President
Jandi Briggs	Vice President
Sara Spehar	Secretary
Nicky Roosevelt	Treasurer Liason
Samuel Claiborne	Member at Large
Laurie Schmitt	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 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.

Imagine my surprise when at 55 I discovered Ortho-Bionomy! As a client, I felt for the first time how my body could respond to gentle movements rather than, change through



force. Before my session was complete, I was signed up for my first class. There I met Terri Lee and was introduced to a completely new way to live in this world! I was hungry to learn more of this amazing body work, I live in Idaho, and I traveled to Colorado, Washington, and Oregon for classes. In doing so I have met many amazing

people. I am now an Associate Instructor working towards Basic Instructor. I am honored to be serving this Ortho-Bionomy community by taking a position with the Society of Ortho-Bionomy Board of Directors.

Kami is a Registered Advanced Practitioner from Vernal Utah, currently working toward her Instructor evolvement.

She joined the SOBI Board to help support the continued growth of Ortho-Bionomy. Ortho-Bionomy changed her life and the lives of those she loves so much that she currently has her husband, two children, niece, sister-in-law, and two friends in the Practitioner program. She firmly believes that Ortho-Bionomy changes lives and wants to support the Ortho community as much as she can.



Center for Ortho-Bionomy® Indiana Schedule

14/15, 2026

Phase 4 Spine with Keri Brown

April

11/12, 2026

Posture and Post with Carole Poffinbarger and Keri Brown co-teaching

June

6/7, 2026

Phase 5 with Denise Deig and Liz Olivas. Super or Co-Teach

August

8/9, 2026

Isometrics with Keri Brown

November

6/7, 2026

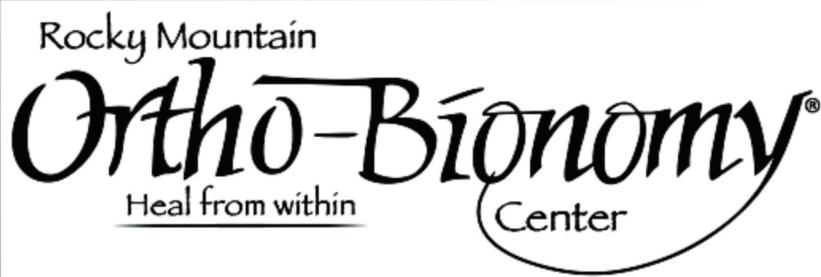
Phase 6 Denise Deig and Erin Long Co-teaching

November

8, 2026 Phase 7 Denise Deig

To register contact Keri Brown - 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".



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 two additional weeks of intensive training covering Week 2 Advanced Visceral & Endocrine

Week 3 will cover Advanced Cranial, fascia and understanding brain injuries. Invest in your future and your skills!!

October 12 - 16 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.

What others are saying about our First Advanced Practitioner Training!

I can't thank you enough for the Impact Injury Workshop! Thank you!

It has given me an amazing perspective on impact injuries! I just worked with an high school cheerleader who had experienced a life changing car crash! Her body let go and she was able to let it go! It was so amazing and beautiful! I believe that impact had stayed with her until now!

Karie

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

Ortho-Bionomy® is a registered trademark of the Society of Ortho-Bionomy International, Inc. and is used with permission. RMOBC is Approved & Regulated by the Colorado Department of Higher Education, Private Occupational School Board. We are a NCBTMB provider.

Call for SOBI Board of Directors

Three positions for the SOBI Board of Directors are scheduled to be filled this year.

Nominations for the Board of Directors of the Society of Ortho-Bionomy International® are now open. Any Associate, Practitioner, Advanced Practitioner, and all levels of Instructor member of the Society may serve as a member of the Board of Directors. Those nominating individuals and those accepting the nomination should be very clear about the expectations and responsibilities that go with being a member of the Board of Directors. **Application and Nomination Forms must be filled out online using the links below.**

SOBI's Board of Directors and Committees function with the foundation of the Principles of Ortho-Bionomy and the current policies, code of ethics, bylaws and mission. Go to the About Us section our website for more information - <https://ortho-bionomy.org/aws/SOBI/pt/sp/who-are-we>

Board and Committee application

Please review the Committee Contact list for more details on each committee and board. Please complete this online application and click submit to send.

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

If you are not a member of SOBI, some questions will not be applicable to you. **Also, note that you will need a SOBI member to nominate you for the position for which you are applying. They may complete and send their nomination online.**

Nomination Form for SOBI Board of Directors

To be filled out by person nominating another member. Please complete this form and submit. The nomination will not be reviewed until the candidate completes their online board/committee application. Thank you in advance for your participation and support in the process.

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

(Nominations that don't follow the steps and criteria below will not be considered.)

1. Any Associate, Practitioner, or Instructor Member may make one nomination to the Board of Directors.
2. Nominees may not nominate themselves.
3. Those nominating someone must get the permission of the person they wish to nominate.
4. Those nominating someone must complete and submit the questions on the Board Nomination online

document and click submit on the online application **before March 1, 2026**, indicating the person they wish to nominate.

5. Nominees must submit a statement for the membership **by March 1, 2026**. This statement must include a signature and a phone number where the nominee can be reached. These statements must be typed, less than 500 words, and e-mailed to the Society's office.

Job Description for members of the Board of Directors

The Board of Directors is elected by the voting membership to represent the needs and interests of the entire Society of Ortho-Bionomy International. Board members shall meet on a regular basis to discuss the activities and affairs of the Society. Members of the Board of Directors shall accept responsibilities and duties that are necessary for maintaining and promoting the legitimate concerns of the Society of Ortho-Bionomy International.

As per the SOBI Bylaws:

1. The Board of Directors shall provide leadership for establishment for standards of conduct and ethical parameters for carrying out Society of Ortho-Bionomy International's vision, mission and scope.
2. Ensure the Board meets its legal responsibilities including understanding the legal form and structure operations, administrative systems and staying informed about Board governance for Non-profit organizations.
3. Develop a long-range and strategic plan to serve as a guide for the work of the organization. The plans will cover a minimum of three (3) and a maximum of five (5) years of work.

Board positions are voted on at the SOBI Board Retreat in October. For example, if a member holds an office like President one year, it is not guaranteed that the member will be President again the following year.

Also from the Bylaws:

President- the president is the chief executive office and general manager of the corporation and has, subject to the control of the Board, general supervisions, direction, and control of the business and affairs of the corporation.

continued on page 7

continued from page 6

Vice -President- The Vice-President shall perform the duties of the President in the absence or disability of the President, and shall perform such other duties as may be assigned by the Board.

Secretary- The Secretary shall keep a record of, minutes of meeting members and of the Board, together with a copy of the corporation's Articles and Bylaws. As amended to date and shall perform such duties as may be assigned by the Board.

Treasurer- The treasurer oversees the management of the financial affairs of the corporation.

Other positions include liaising with the Instructor Review Committee (IRC), the Practitioner Review Committee (PRC), Curriculum Review Committee (CRC), Research Committee, etc.

Board responsibilities require meeting with the Board via Zoom once a month. These meetings last for about 2 hours each month. Staying up to date on board communications weekly, more time on Board duties may be necessary depending on the needs of the Society at any given time and the office that the Board members hold.

If you are curious about joining the Board and would like to know more, please contact the office for more information.

CALL FOR ARTICLES FOR THE APRIL 2026 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.



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

2026 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: Tuesdays every other month. Next meetings: February 3rd, April 7th.
Open to all Coordinators

Quarterly:

Newsletter: Available each quarter in January, April, July, and October.
Instructor Meetings: Quarterly - next meetings February 26, May 28, August 27, December 3, 2026
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!

We have a new Society of Ortho-Bionomy Int'l Community Facebook Group! This is a closed group so you will need to request permission to join. It was created for the Ortho-Bionomy community to connect and share thoughts and ideas about Ortho-Bionomy <https://www.facebook.com/groups/804400072202345>

NEWS FROM WITHOUT:

We've saved some space in the newsletter for links that might be of interest to our members. The link below will take you to one of the Osteoblast newsletters which is produced by the American Academy of Osteopathy. See what you think.

Effect of osteopathic manipulative treatment on primary pelvic pain - A systematic review with meta-analysis - International Journal of Osteopathic Medicine

[https://www.journalofosteopathicmedicine.com/article/S1746-0689\(25\)00042-2/abstract](https://www.journalofosteopathicmedicine.com/article/S1746-0689(25)00042-2/abstract)

Te hā o te toto: *the breath of the blood*¹ THE RULE OF THE ARTERY IS SUPREME—

when awa (river) meets whenua (land)

COLIN GIBBS AUGUST 2025



Andrew Taylor Still, the founder of Osteopathy, says *The Rule of the Artery is Supreme*.

We often refer to this as a principle in Ortho-Bionomy.

Sometimes we find it difficult to explain. I like what Dr Still wrote. He says this:

when blood and lymphatics flow freely, the tissues can perform their physiologic functions without impedance.

When trauma—either physical or emotional—happens, the tissues contract, twist, and compress. This causes the fluid flows to become obstructed and this is when we get dis-ease.

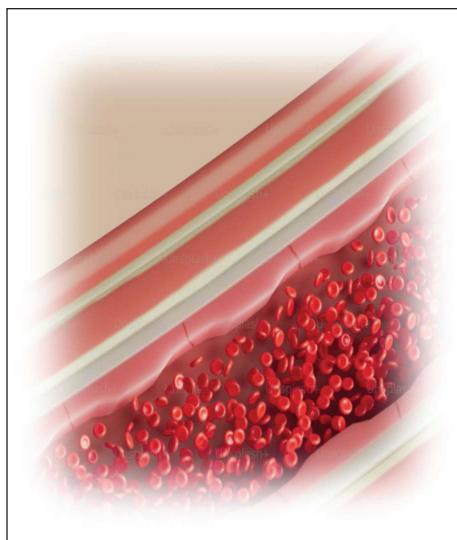
when trauma—either physical or emotional—happens, the tissues contract, twist, and compress

We know that the arteries in the human body serve many important functions. Arteries, for instance:

- transport oxygen-rich blood from the heart to the body tissues, and
- circulate essential nutrients to the body's cells.

The blood cells, which are circulated by the arteries,

- remove metabolic waste products
- maintain body temperature, and
- fight infection.



Arteries are busy! To do all this, arteries need strong, healthy muscular walls which can cope with the pressure of the circulating blood.

And, for good health, ideally the blood should be "clean" from toxins and contaminants.

Te hā o te toto: *the breath of the blood*

As blood flows, unimpeded through the arteries, it brings sustenance and well-being to the body.

Blood flowing through the arteries is a *living and breathing* entity.

In Aotearoa-New Zealand, the land (whenua) is often personified as the Earth Mother, Papatūānuku.

The rivers (awa) serve as *living* arteries transporting the river's blood to breathe nutrients into the whenua, and to flush out the waste with tidal currents. Sensing rivers as being *alive* is not unique to Aotearoa—we see it as normal lived experience in many cultures and, indeed, across time.²

In Ortho-Bionomy, I like to think that the Osteopathic principle *The Rule of the Artery is Supreme* applies not just to arteries and the human body, but also to awa (river) and whenua (land).

Dr Arthur Pauls, the Founder of Ortho-Bionomy, makes this profound statement:

¹ The expression, "te hā o te toto — the breath of the blood" is used with appreciation to Te Tuhi Robust. He acknowledges Rose Perē who refers to "te ha o te tangata" —the first breath of life of the newborn.

**If I and the universe are one,
then I am the universe, and
the universe is me.
No duality. What affects you,
affects me.**



Let me explain what this means to me.

My birthplace is Whanganui in Aotearoa. The people of Whanganui say

*Ko au te awa, ko te awa ko au"—
I am the river and the river is me.*

The people of Whanganui have an intimate relationship with their river (awa). It is such a connection that in 2017 this awa became the first river in the world to be granted the same legal rights as human beings.³

Imagine—a river truly personified!⁴

This recognition of personhood, attributed to a river, acknowledges the intimate living essence of people's connectedness with the living essence of the awa.

And it resonates beautifully with Arthur Pauls' assertion that there is no duality—*I and the universe are one...* in the same way that *I am the river and the river is me.*

This realization brings a significant responsibility for us as Ortho-Bionomists. I see it as extending our work beyond our clinics, as Dr. Pauls invited us through Phase Seven. As Ortho-Bionomists, we have a responsibility as 'parents' or kaitiaki (guardians) to protect and nurture awa and whenua just as we have a need to protect and nurture our own wellbeing. For the whenua, awa and us are one and the same!

It invites protection and nourishment, not just for sustenance, but for emotional-spiritual connectedness and inevitably our own wellbeing. Put simply, the awa and whenua ARE us and we ARE them—Ortho-Bionomy in this sense must surely be the ultimate self-care!

One way we can do this is to apply Dr Still's beautiful principle of *The Rule of the Artery is Supreme* to any awa or whenua with whom we affiliate. And to do this, we can use the wonderful gift of Phase Seven that Dr Pauls has given us.

Applying the principles of Ortho-Bionomy, including *The Rule of the Artery is Supreme*, and using Phase Seven allows us to be in harmony with the energy of the Universe to bring resolution in connectedness with our awa and whenua—it is a communion of self, the universe, awa and whenua.

what do I mean by resolution?

Resolution may express itself in different ways. Essentially, it involves restoring harmony and freedom to flow unobstructed, physically, as well as emotionally-energetically. In Ortho-Bionomy we call this *freedom in range of movement*. Because we are 'one'—*the evolvement of the original concept*—this freedom will resonate in us in the presence of

the awa and the whenua. In harmony with our natural human desire to restore vegetation, clear waterways, and engage in other natural conservation actions, any Phase Seven intervention we choose to offer can serve as our energetic-emotional contribution as responsible kaitiaki (guardians).

how might we do this with Phase Seven?

There are many ways we can invite the energy of the universe and Phase Seven to commune with us.

I don't want to be prescriptive on how to "play" or how "to be". For then you would not be able to play or to be.

To begin with, however, Dr Pauls' use of spirals opens up many possibilities as we invite communion with the energy of the universe to increase in our presence of 'no-duality'. I suggest that you play with these spirals in the presence of your awa or whenua. Enjoy the connectedness, and any sense of resolution (*self-correction*) which evolves as you play with spirals.

the invitation to play

It all begins with our invitation.

reach out a line of invitation and wait... sense the flow, the mood... it may take a leap of faith, or even Imagination

Reach out a line of invitation and wait. Sense the flow, the mood. It may take a leap of faith, or even imagination. Yes, it is *real*. Seldom have I sensed the awa or whenua not readily accepting any invitation to commune with Phase Seven.

2 see, for instance: MacFarlane, R. (2025). Is a river alive? UK: Penguin Random House.

3 <https://www.parliament.nz/en/get-involved/features/innovative-bill-protects-whanganui-river-with-legal-personhood/>

4 In January 2025, Maunga (Mount) Taranaki (Te Kāhui Tupua), New Zealand's second highest mountain, was granted legal personhood recognizing it as a living entity with rights and protections.

I can confess that often I have a deep, unexplained joy when the whenua and awa have been invited to commune. Maybe this is simply a residual of my deep childhood love of the land and river—yet I believe that it maybe more than that! No duality.

awa have a body as well as points of origin and insertion

Remember that the awa—just like muscles in the human body—has a body as well as points of origin and insertion.

Muscles and arteries move and flow. Awa and whenua move and flow too! We can connect with the body of the awa or whenua.

And with the point of origin and the point of insertion.

Then we can invite that place of 'comfort'—resonance—to be revealed so that restoration (*self-correction*) may occur.

Often, I find myself realizing that rivers and the land instinctively follow the principles of Ortho-Bionomy. For instance,

- they take the path of least resistance
- they self-correct
- they flow as one and not as a series of parts
- there seems to be an inner 'knowing' of connectedness
- and so on.

"each river is differently spirited and differently tongued—and so must be differently honoured"

(2025, p.5).

*each river is
differently spirited
and differently
tongued—and so
must be differently
honoured*

MacFarlane, 2025, p.5.

Furthermore, just as each individual person is unique, so too is each river, and every hill. This is why I like what Robert MacFarlane says...

awa and whenua: restricted range of movement

Just like muscles and arteries, the flows of rivers and of the land, sometimes get impeded.

These 'restrictions of movement' are not just by physical obstructions (as occur in the human body)—rocks and other debris (toxins, chemicals...), land slips (fiber tears), river diversions (arterial blockages), and so on—but also obstructions which we might liken to emotional or spiritual obstructions (events from the past and present such as land confiscations; trauma such as war).

Ortho-Bionomy is about bringing awareness for understanding so that there is a place for potential change to happen. As we relate to the awa and whenua, and the restrictions in movement (flow), the nature of our communion brings awareness leading to understanding, and the possibility for positive change. We are in a social-emotional-spiritual communion with the awa and whenua when we meet. How exciting is that?!

Indigenous peoples sometimes attribute the turmoil of water in rivers to unresolved issues.⁵

"Rivers are easily wounded. But given a chance, they heal themselves with remarkable speed.

Their life pours back

(MacFarlane, 2025, p. 24).

*It has been said that our fate
flows with the river.
And these unresolved issues, more
often than not, involve people.
People ... you and me.*

BIOGRAPHY

Dr. Colin Gibbs is an Advanced Ortho-Bionomy Instructor in Aotearoa-New Zealand. He has been privileged to have been mentored by many and especially Baelay Callister and Richard Valasek, to whom he has enduring gratitude. Colin was a teacher in early childhood and elementary education, an art specialist, university lecturer and university head of education and social science. The latter encompassed teacher education, refugee education, prison education, as well as Steiner, Montessori, and Pasifika education. He was awarded a Professorial Chair in educational psychology and teacher education. Colin is also a lifetime Fellow of the Royal Society of Arts for his international contribution to the innovation in arts and technology. Currently, he is an Ortho-Bionomy practitioner, education consultant and a contemporary artist living in 'retirement' (apparently). Colin says that Ortho-Bionomy is another 'hobby' that has gotten 'out of hand' in his life!



5 In Whanganui, I am told, the whirlpools in the river are sometimes said to be unresolved issues that the river is carrying.

EVOLVEMENTS



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

Jacqueline Davis	Advanced Practitioner	Chattanooga, TN
Yaping Douglass	Associate in Practitioner Training	Amherst, MA
Ana Lourdes Delgado	Associate in Practitioner Training	Hartsdale, NY
Long Wang	Associate in Practitioner Training	West Sacramento, CA
Ishmawiyl Wang	Associate in Practitioner Training	San Francisco, CA
Synthia Steiman	Associate in Practitioner Training	Long Island City, NY
Katy Platner	Associate in Practitioner Training	Stevens Point, WI
Julia de Castro	Associate Member	Sisters, OR
Cecilia Hickam	Associate Member	Sweet, ID
Carole Eisenberg	Associate Member	Hurricane, UT
Makayla Pearce	Associate Member	Fruitland, ID



NEW CERTIFICATE PROGRAM STARTING IN Grand Junction 2026

Program #15 2026-2027-2028

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

Week 1 **Price:\$950.00 CSH/CHK**

Study Group 1	Mar 8, 2026
Phase 4: Spine & Shoulders	Mar 9 & 10, 2026
Practitioner Training p1	Mar 11, 2026
Phase 5; The Art of Connection	Mar 12 & 13, 2026

Week 5 **Price \$900.00 CSH /CHK**

Posture & Post Techniques	Jan 18 & 19 2027
Practitioner Training p2	Jan 20, 2027
Chapman's Reflexes	Jan 21 & 22, 2027

Week 2 **Price \$900.00 CSH /CHK**

Phase 4: Extremities	May 4 & 5 2026
Ethics	May 6, 2026
Exploration of Movement	May 7 & 8, 2026

Week 6 **Price \$850.00 CSH/CHK**

Phase 4 Advanced Spine	Mar 15 & 16, 2027
Study Group 4	Mar 17, 2027
Advanced Neck & Whiplash	Mar 18 & 19, 2027

Week 3 **Price \$850.00 CSH/CHK**

Isometrics & Isotonics	Aug 31-Sept1, 2026
Study Group 1	Sept 2, 2026
Phase 6	Sept 3 & 4, 2026

Week 7 **Price \$900.00 CSH /CHK**

Anatomy II	May 10 & 11, 2027
Visceral	May 12-14, 2027

Week 4 **Price \$900.00 CSH/CHK**

Anatomy	Nov 2 & 3, 2026
Study Group 2 & 3	Nov 4, 2026
Emotions & Resolving Trauma	Nov 5 & 6, 2026

Week 8 **Price \$850.00 CSH/CHK**

Advanced Pelvis	Aug 2 & 3, 2027
Study Group 5	Aug 4, 2027
Fascia	Aug 5 & 6 2027

Week 9 **Price \$850.00 CSH/CHK**

Phase 4 Review	Nov 1 & 2, 2027
Study Group 6	Nov 3, 2027
Cranial with Reflexes	Nov 4 & 5 2027

Week 10 **See website for pricing and location**

Residential	2028
Detailed information will be posted on the website as it becomes available	

Online Classes - Summer 2027

Elements of a Successful Practice - 16 Units
 Demonstration Skills -16 Units
 Each of these classes: **Price \$350.00 CSH/CK**

Class Dates are subject to change

When paying by credit card a CC fee will apply

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: Exploring Your Intelligent Body.

Rob Rich, an Ortho-Bionomy Instructor in Australia, who recently presented at the 2025 SOBI conference and who hosted regular podcasts exploring alternative means of healing.

<https://open.spotify.com/episode/4ji5NrPdAcwNdayTGKUsL/more-like-this>

CONVERGENCE: RESIDENTIAL in the Beautiful Wasatch Mountains

12 PM Oct. 12- 12 PM Oct. 17, 2026



The focus of this residential will be in how to intergrate thesees 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.

Prereq: Associate Member, or recomendation of Instructor(s)

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.



Time will be given to explore the incredible beauty surrounding us.

EARLY BIRD PRICING:
\$2300 if paid in FULL by 6/15/26.
\$2500 starting on 6/16/26

*Prices based on double occupancy, no exceptions
All food is included in pricing (3 meals plus 2 snacks a day)*

To sign up contact Brenda Critchfield at brenda_critchfield@hotmail.com or text at 406-431-9628

Food accomadations will be discussed with those that register. Roommate requests are taken into consideration.

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.

A photograph of two people hiking in a mountainous area. One person is in the foreground, reaching out to help the other. They are both wearing backpacks and outdoor gear. The background shows rugged mountains and a body of water.

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

Incorporating Self Care in your Sessions: Case Study

BY LUANN OVERMYER

In 2018 I worked with a client who came in complaining of low back pain, tense shoulders and poor posture, and 3 prolapses, which limited her ability to walk very far without discomfort. She had been thrown against a wall, hitting her head, and then some months later had been rear ended.

We began with the lumbar spine.

There was resistance to raising her legs into the Lumbar 1 and 2 positioning, so I engaged her in an isometric.

As I had her drop her leg off the table for her tender 5th lumbar point, I let her know she could do this at home for herself. "Just lay down diagonally on the bed and let your leg drop off the bed with the knee pointing down toward the floor with the foot resting lightly on the floor." I let her know that it was really important that she didn't lift her leg back up but instead rotate her upper body on the bed so that she could stand down on both feet on the floor at the same time. I also worked with her sacrum and attempted to balance it with her uterus and bladder in a prone position. And I gave her the *Roast Turkey* exercise to help with her low back and organs. At the end of the session, we reviewed the exercises, I marked the pages in her Self-care book with Post-its, then I demonstrated the L5 leg drop to her and asked her to try it for herself so I could monitor.

In the second session we addressed the lumbar and sacrum again, reviewed the exercises from the last session and attempted to release the shoulders. However, each of the shoulder positions resulted in increased tension. Isometrics worked a bit better, but the tension pattern remained. When I encountered the same pattern in the next session, I commented that there

seemed to be a bracing throughout her body. Immediately she replied that made sense, because throughout her entire childhood she had to brace inside her body. At the end of the session, I gave her the exercise of rotating her spine before bedtime, rolling the towels and placing one behind her neck and the other behind her waist as she lies on them for 20 minutes.

In that third session we addressed the sternum and clavicle as well as the shoulders, neck and upper thoracic area. We were able to get more responsiveness in her shoulders, and I gave her an exercise to bring her awareness to the new movement capacity in her shoulder joint. The exercise consists of having her in side-lying position and placing her fist in front of her face with her elbow extending directly out from her top shoulder. I asked her to begin to make circles with her elbow and then to change directions, tracing circles in the other direction as well. This simple exercise passively moves the shoulder and gives the client an easy way to maintain any increased range of motion attained in the session.

By the fourth session, there was so much change. First, she told me she used the leg drop exercise often because it would immediately remedy any pain she experienced upon wakening in the morning. Her shoulders and clavicles were much more relaxed, and she told me she has been doing the elbow circle exercise every day. And she reported that she had even fallen asleep with the towels under her neck and waist. We addressed the spine, shoulders, and lumbar area, and then standing I asked her to cross her hands across her sternum and lift her sternum toward her head. I asked her if

she sensed a change in her neck and shoulders when she did this. This gave her a way to directly sense for herself the lengthening in her neck and a drop of her shoulders. I explained that this would remind her body not to collapse at the solar plexus which was part of her postural pattern. I demonstrated and we practiced together how to sit with the elbow behind her on a table or the back of a chair and to lean into the elbow so she could release any shoulder tension herself. We also did shoulder isometrics against the wall for 10 seconds and then stepping away and swinging the arms. And I gave her an exercise from Bones for Life called Morning Towel in which she grasped the corner of a sheet in her right hand and draped the sheet over her right shoulder. She then anchored her right thumb (grasping the sheet) under her clavicle. With her left hand behind her back, she grasped the fabric and pulled it toward the floor, raising the clavicle and allowing the shoulder to drop back and down. We had to review this exercise a couple of times on both shoulders so she could sense the benefit.

At this point there have only been 4 sessions, however, I was amazed at how much progress had been made already. After the first two sessions I realized that her body was not one of those quick release types and that education of how to be in the body and how to sense what would benefit her must be included in the sessions, otherwise I would be addressing the same areas time and again without much change. Her willingness to work with herself has increased 100%, her posture has improved, and she is presenting with a new attitude of self-empowerment.

In the 5th session, we balanced the pubic bone which took some time. We again balanced the sacrum with the uterus and bladder in the prone position using preferred positions until rebound. I reviewed the Bones for Life exercise I had given her the first session of lifting the belly up by lifting just above the pubic bone while keeping her knees slightly bent and allowing her butt to drop. She was able to sense the relaxation and feel the lengthening in her low back.

By the 6th session she reported that while her husband was out of town, she could now walk the dog multiple times a day and much further than before and has not felt any of the prolapse discomfort.

Although we have heard that Arthur would encourage practitioners to include self-care in every

session, as practitioners we can get caught in our own habits of working. Either we run out of time, or we don't know when or how to involve our client or how to teach the exercises, or perhaps we don't know how these exercises feel inside our own body, so we don't have a direct experience of what the exercises can accomplish. For me, direct experience is the best way to learn how a particular exercise feels, and that it is this direct experience that gives the practitioner the ability to explain or transmit an understanding to the client of what to notice or look for as well as why we are asking them to do it. This case study provides an example of how I incorporate self-care exercises in my sessions. Perhaps it will give you some new ideas.

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 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 SOBI 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.



GOT COMMUNITY?



TELL US ABOUT IT!

We have a new Society of Ortho-Bionomy Int'l Community Facebook Group! This is a closed group so you will need to request permission to join. It was created for the Ortho-Bionomy community to connect and share thoughts and ideas about Ortho-Bionomy

<https://www.facebook.com/groups/804400072202345>

READY TO TURN IN YOUR WAIVER OR EVOLEMENT PAPERWORK?

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

- Submissions due by March 15th, June 15th, Sept. 15th, Dec. 15th
- Items: Waivers, Practitioner, Advanced Practitioner, & Instructor submissions.
- Review the final checklist with Advisor(s) and get all the 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 evolvement 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 evolvement cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.

ORTHO-BIONOMY® TRAININGS

UPCOMING 2026 CLASS DATES

<u>Date</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
Jan 15	SOBI Sponsored Study Group: Chair Ortho-Bionomy	Online	Berns
Jan 17-18	Releases for the Upper Extremities (Phase 4)	Chico, CA	Berns
Jan 21-22	Phase 5 & the Reflexes	Ashland, OR	Marotta/Malm
Jan 23	Vagus/Phrenic Nerves	Ashland, OR	L. Marotta
Jan 24-25	Chapman's Reflexes: the Two Point Connection	Ashland, OR	Marotta/Malm
Jan 29, 30, Feb 3, 4	Elements of a Successful Practice	Online	Berns/Malm
Jan 31-Feb 1	Releases for the Spine & Pelvis (Phase 4)	Davis, CA	Berns
Feb 6	Isometrics/Isotonics: Shoulders, Neck, Jaw	Ashland, OR	Malm
Feb 14-15	In Depth Releases for the Shoulders & Ribs (Phase 4)	San Francisco, CA	Berns
Feb 20	Intro to Ortho-Bionomy 3-Hr Class (Shoulder/Psoas)	Corvallis, OR	Malm/Berns
Feb 21-22	Ortho-Bionomy Releases for the Breath	Corvallis, OR	Berns/Malm
Feb 28-Mar 1	Ortho-Bionomy Releases for the Breath	Chico, CA	Berns
Mar 4-5	Ortho-Bionomy Releases for the Breath	Davis, CA	Berns
Mar 6	Isometrics/Isotonics: Ribs & Diaphragm	Ashland, OR	Malm
Mar 14-15	Releases for the Lower Extremities (Phase 4)	Portland, OR	Berns
Mar 14-15	Exploration of Movement	San Francisco, CA	Malm/Nicky R
Mar 28-29	Demonstration Skills	Ashland, OR	Malm/Berns
Apr 3	Isometrics/Isotonics: Shoulder, Wrist, Thumb	Ashland, OR	Malm
Apr 7-8	Subtle Physical & Unwinding Techniques (Phase 5)	Davis, CA	Berns/Malm
Apr 25-26	Advanced Energy Releases (Phase 6)	Chico, CA	Berns

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

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

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

What I Have Learned About Myself During My Ortho-Bionomy Journey

BY LEILA SULLIVAN

When I began this journey with Ortho-Bionomy, I had no idea how profoundly it would touch every part of my being. I thought I was stepping into another tool for my bodywork practice, another modality to add to my skillset. What I didn't realize was that Ortho-Bionomy would meet me in the deepest parts of myself, unearth pieces of me that had been waiting to be seen, and awaken a sense of wholeness that I didn't know I had been longing for.

I have learned to see the greatness within myself—and within others—in ways that feel both humbling and empowering. This work has taught me to honor the sacred brilliance of the human body and spirit. Where I once felt separate from my gifts, I now understand that they are not something I "do" but something I am. Ortho-Bionomy has helped me integrate my abilities fully into who I am as a person, so that my work comes from a place of authenticity and presence rather than effort or striving.

I have also learned to release judgment—not only the subtle, unconscious judgments I held toward others but, perhaps most importantly, the ones I held toward myself. This softening has allowed me to show up more fully for those I work with, to meet them exactly where they are, and to hold space in a way that feels expansive, nurturing, and deeply safe. It has reminded me that every person carries their own wisdom, their own inner compass toward healing, and my role is simply to create the conditions for that wisdom to surface.

This practice has deepened my reverence for the human body's intelligence. Even after years of experience as a bodyworker, Ortho-Bionomy has revealed dimensions of strength and subtlety that I had never encountered before. It has taught me that change doesn't always come through force or effort. Sometimes the most profound transformations happen in the quiet, the gentle, and the still.

This journey has also brought me back to myself in ways I didn't expect. It has invited me to be deeply present, to find my own grounding and solidity even as I hold space for others. I've learned that my presence matters as much as any technique—that when I am fully centered and aware, I become a container of safety for my clients and for myself.

One of the most powerful truths I've discovered is that absolutely nothing is impossible. I've witnessed shifts in others and in myself that defy explanation. I've felt the subtle movements of energy and alignment that ripple out far beyond the body. Ortho-Bionomy has shown me that healing is not something we give or take—it is a natural process, a return to balance that unfolds when we allow it.

This work has also been a catalyst for my own gifts to awaken and expand. It feels as though Ortho-Bionomy didn't just complement the abilities I already carried—it amplified them, accelerated them, and invited them to flow in ways I never imagined possible. There are moments I can honestly say this practice has saved my life. The peace, the sanctity, and the deep sense of belonging it has brought into my soul are beyond words.

And then there are the people. The teachers who shared their wisdom with such humility. The classmates who became companions, mirrors, and fellow travelers on this path. The clients who trusted me to hold space for their process. Each of them has shaped me, challenged me, and helped me grow into more of who I am meant to be. It is the people—their presence, their courage, and their willingness to meet in this sacred work—that have made this journey what it is.

Ortho-Bionomy is more than a modality. It is a philosophy, a way of being, and a reminder of the interconnectedness of all things. It has taught me that the answers don't come from outside of us—they emerge from within, in the stillness where the body and spirit remember their wholeness.

I know without a doubt that I will never be the same person I was before I embarked on this path. And for that, my gratitude is endless.

Leila Sullivan

BIOGRAPHY

Leila is newly appointed Practitioner working in St. George, Utah. She blends her passion for healing with Ortho-Bionomy, massage therapy and sound therapy to support the transformation of her clients.



SOBI STORE IS OPEN

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

DOWNLOADABLE ALP RECORDINGS

Series 1, Phase 4/Post Techniques/Home Exercises	\$130 / \$150
Series 2, Phase 5/The Four Responses/Phase 6	\$100 / \$120
Series 1 & Series 2	\$215 / \$230
Cranial	\$50 / \$65
Pearls of Wisdom	\$40 / \$55
Portal to the Eighties	\$35 / \$45
ALP Audio Recordings	Free! / \$10

MERCHANDISE

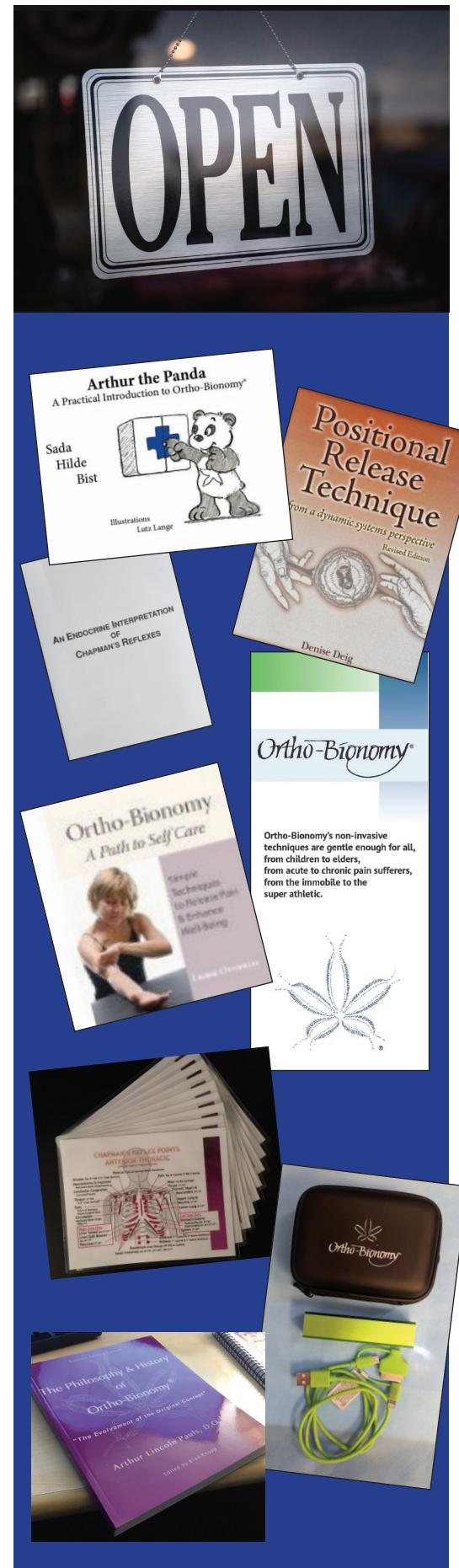
Chapman's Reflexes Charts, Deig	\$25 / \$35
Brochure -Members Only	\$30 for 100, \$50 for 200
Brochure pdf download for printing – Members Only	\$25
SOBI Conference Power Bank	\$20 / \$25

NEWSLETTER

10 Hard Copy Newsletters (Including Shipping & Handling)	\$30 / N/A
Quarterly Hard Copy Newsletter Subscription	\$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 1 issue / 4 issues		Non-member Cost 1 issue / 4 issues	
1/8 page (3-7/8" x 2-1/8")		\$50	\$150	\$75	\$250
1/4 page (3-7/8" x 5-1/4")		\$75	\$250	\$100	\$350
1/2 page vertical (3.5" x 10.5")		\$100	\$350	\$125	\$450
1/2 page horizontal (7.6" x 5.2")		\$100	\$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>

Find a Practitioner Membership Training & Classes

Society of
Ortho-Bionomy®

A natural approach to health and well-being

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 2026

Instructor	Date	Topic
Jim Berns	15-Jan	Chair Ortho-Bionomy
Melinda Doden	19-Feb	Supporting the Liver
Sara Sunstein	5-Mar	Chapman's Reflexes-Self Care
Deb Benson	19-Mar	Quantum Entanglement Chains of the Phase 7 Symbols
Carole Poffinbarger	16-Apr	Psoas and Diaphragm
Shaney Rockefeller	21-May	The Role of the Tailbone
Rob Rich	18-Jun	A Structural Approach to Plantar Fasciitis
Sheri Covey	16-Jul	Understanding the Fascia of the Neck
Susan Smith	20-Aug	TBD
Melissa Malm	17-Sep	Anterior Neck, Hyoid and Trachea
Bettina Beaucamp	15-Oct	Marketing?
Morel Stackhouse	19-Nov	Ethics
Rouel Cazanjian	17-Dec	Phase 7



CHECK OUT OUR SOCIAL MEDIA PRESENCE!

Please follow, set us as favorite, like, comment, share, tag, subscribe and engage with our content to make Ortho-Bionomy more visible

Society of Ortho-Bionomy International® Community: <https://www.facebook.com/groups/804400072202345>

Society of Ortho-Bionomy International® Facebook Page: <https://www.facebook.com/OrthoBionomySOBI/>

Society of Ortho-Bionomy International® Instagram: <https://www.instagram.com/orthobionomy.sobi/>

Society of Ortho-Bionomy International® YouTube: <https://www.youtube.com/@SocietyofOrtho-Bionomy>