

Ortho-Bionomy® NEWSLETTER



April 2026 ■ Volume 36 ■ Number 2

Message From Our Presidents: Together, We Grow

BY LAURA SAMEL AND KAMI CLARK

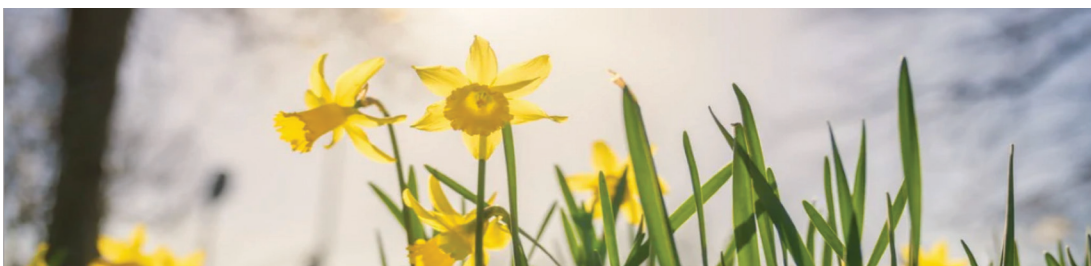
As we settle into this new year, we find ourselves reflecting on what makes Ortho-Bionomy® so extraordinary — and the answer is always the same: you. The practitioners, students, teachers, and supporters who show up, who share this work, and who carry it forward in their own unique way.

This community has always been built on something deeper than shared technique. It is built on relationships — on the quiet understanding that passes between a practitioner and a client, and on the bonds that form when we come together as a community. That foundation is worth honoring, and it is also worth building upon.

We believe that our greatest growth happens not in isolation, but in connection. When we reach across regions, across experience levels, across the different corners of our Ortho-Bionomy world, we discover that we are far stronger together than any of us could be alone. New ideas breathe life into timeless principles. Fresh voices deepen our collective wisdom. And every connection made ripples outward, expanding the reach of this work in ways we may never fully see.

So, we invite you — right now, today — to reach out to someone in this community. Reconnect with a colleague you haven't spoken to in a while. Introduce yourself to someone new. Share what this work means to you. Ask someone else what it means to them. These small acts of connection are how a community becomes a movement. We are grateful to walk this path alongside each of you.

With love and shared purpose, Laura & Kami



INSIDE THIS ISSUE

President's Address BY LAURA SAMEL AND KAMI CLARK	1
Annual General Meeting Announcement	5
Embodying Ortho-Bionomy BY SARA SUNSTEIN	6
SOBI Financial Statement	7
2026 Calendar	10
Practice Partners and Practice Groups BY MELISSA MALM	11
Evolvements	12
Ortho-Bionomy Principles in Action BY ANN BROOKS	18



The Therapeutic Alternative and BodyWorkCEUS.net

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

2026 Classes

April 18

Lymphatic Body Brushing

Instructor: Liz Olivas

Location: Boca Raton, FL

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

2027 Classes

February 6 & 7

Ortho-Bionomy®: Bowstring Effect

Instructor: Mike Miller

Location: Boca Raton, FL

February 5 - Study Group – 6:30-9:30pm

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 Liaison
Samuel Claiborne	Member at Large
Julia Helbling	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.

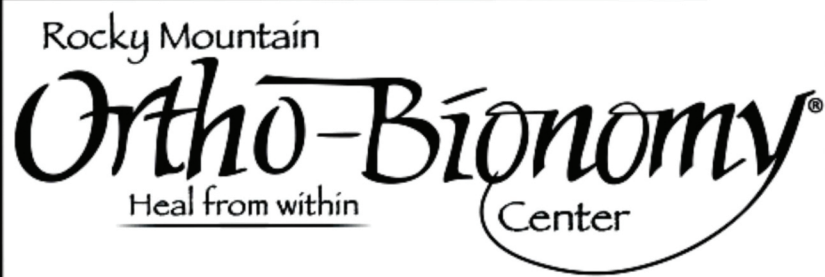
NEWSLETTER DISCLAIMER

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.



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](tel: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.

ANNOUNCEMENT!

The SOBI Annual General Meeting

The Annual General meeting (AGM) of the Society of Ortho-Bionomy International® is set for Thursday April 23rd, 2:00 pm ET, 1:00 pm CT, 12:00 pm MT and 11:00 am PT. To join the AGM follow this link: <https://us02web.zoom.us/j/85617920472>

This meeting is the SOBI Board of Directors official report to the membership about finances, social media campaigns, and policy updates.

We want our membership to know what the Board is planning for the future, and we want your feedback and questions.

Everyone who attends the AGM will be entered into a drawing to win one of three prizes: a free membership, or one of two free registrations to a SOBI online study group. Each prize will be awarded to a different attendee—don't miss your chance to win!

Save the date!

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 these 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.

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)*

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

*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.

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

Embodying Ortho-Bionomy® , an Invitation

BY SARA SUNSTEIN, 11/2025

In my first Ortho-Bionomy® class in 1982, I learned that Ortho-Bionomy was a way of life: it is more than the hands-on techniques we do with clients; its philosophy and principles would guide us in daily life. As we grew in our practices, we would also embody Ortho-Bionomy, become living Ortho-Bionomy.

These principles and concepts are, in short:

- Be with what is.
- Move with what is.
- Move away from pain and into comfort.
- Be a neutral witness, without judging.

What I was taught has turned out to be true from early on and continues more than 40 years later.

Initially, I found I couldn't do straight ahead massage anymore. It kept morphing into Ortho-Bionomy, which made more sense for so many of the bodies I worked with. The owner of the gym where I worked requested I do only massage or stop working there. (Never mind that most of the clients were happy with how they felt during and after our sessions.)

As I began feeling my more genuine internal rhythms, living in the city felt too busy and fast-paced for me.



I moved to a rural town within commuting distance to my office and changed my schedule to see clients fewer days with longer hours. This suited my longing for more quiet, spaciousness, and less stimulation. Hearing the ocean at night was an added benefit.

Meanwhile, Luann had taught me a secret for driving in the city—Use Phase 6 to find parking spaces! That still works to this day. There is no need to wave your arms about. As you approach your location, sense beyond your own field to where the parking space is. Where is the opening? Yes! As I learned from Arthur, Phase 6 awareness helps with driving too, especially on the freeway, by sensing in advance when a driver in the next lane is going to move into your lane—with or without their turn signals. Living Ortho-Bionomy! Embodying Ortho-Bionomy!

So how does embodying Ortho-Bionomy happen? Does it have anything to do with the “mood” that’s spoken of in Phase 5 and other Ortho-Bionomy classes? Does dual attention of tuning in to ourselves while we simultaneously touch another play into it? Is it the sense of relationship between ourselves and another, i.e. blending with another instead of merging? And how is it that Ortho-Bionomy classes truly have a feel or mood that’s different from other

classes? What is that mood? Is any of this about embodying Ortho-Bionomy? Living Ortho-Bionomy I do not have answers to these questions, just my lived experience, which is challenging to

describe, yet easy enough to sense.

Following principles all these years has truly led to body awareness and greater ease, acceptance of my emotions ...including the “challenging ones,” acceptance of physical changes from chronic Lyme and its co-infections...and has also increased inner peace.

External peace is another story, however, especially the last 10 months. And yet, thanks to Ortho-Bionomy, I am able to return to center and feel internal peace. Amidst all the news, I am still easily able to find city parking places and avoid being hit on the freeway.

Will you join me? Feel Ortho-Bionomy seeping from your hands into all your layers, all your cells. Embody Ortho-Bionomy. Enjoy living Ortho-Bionomy.

BIOGRAPHY

Sara Sunstein, Registered Advanced Instructor, feels fortunate to have fallen into Ortho-Bionomy and been able to live Ortho-Bionomy for so many years. She maintains a private practice in Berkeley, CA specializing in releasing pain and befriending one's body. She teaches locally and wherever others set up classes for her.



Statement of Financial Position
SOCIETY OF ORTHO-BIONOMY INTERNATIONAL
As of December 31, 2025

DISTRIBUTION ACCOUNT	TOTAL		
	AS OF DECEMBER 31, 2025	AS OF DECEMBER 31, 2024 (PY)	% CHANGE (PY)
Assets			
Current Assets			
Bank Accounts			
1000 Bank One - checking (deleted)	0.00	0.00	
Forum C 2807	9,391.15	8,774.56	7.03 %
Forum CD	50,499.79	50,240.50	0.52 %
Forum S 2799	35,589.31	19,897.45	78.86 %
Total for Bank Accounts	\$95,480.25	\$78,912.51	21.0 %
Accounts Receivable			
1201 Accounts Receivable	0.00	0.00	
Other Current Assets			
1120 Inventory Asset	0.00	0.00	
QuickBooks Tax Holding Account	1,329.85		
Websuite AR	2,877.85	2,098.85	37.12 %
Total for Other Current Assets	\$4,207.70	\$2,098.85	100.48 %
Total for Current Assets	\$99,687.95	\$81,011.36	23.05 %
Fixed Assets			
Fixed Assets			
1600 Equipment	2,539.35	2,539.35	0.0 %
1630 Accu. Depreciation	-2,539.35	-2,539.35	0.0 %
Total for Fixed Assets	\$0.00	\$0.00	
Total for Fixed Assets	\$0.00	\$0.00	
Other Assets			
Scholarship Fund (deleted)	0.00	0.00	
Total for Assets	\$99,687.95	\$81,011.36	23.05 %

Statement of Financial Position
SOCIETY OF ORTHO-BIONOMY INTERNATIONAL
As of December 31, 2025

DISTRIBUTION ACCOUNT	TOTAL		
	AS OF DECEMBER 31, 2025	AS OF DECEMBER 31, 2024 (PY)	% CHANGE (PY)
Liabilities and Equity			
Liabilities			
Current Liabilities			
Credit Cards			
2301 Visa Old National Bank	0.00	0.00	
Capital One	1,750.08	-936.01	286.97 %
Total for Credit Cards	\$1,750.08	-\$936.01	286.97 %
Other Current Liabilities			
2111 Direct Deposit Liabilities	0.00	0.00	
Payroll Liabilities	\$13.44		
CO Income Tax	4.00		
CO Paid Family and Medical Leave	15.76		
CO Unemployment Tax	140.91		
Federal Taxes (941/944)	1,104.64	320.26	244.92 %
IL Income Tax	20.79	62.37	-66.67 %
IL Unemployment Tax	-38.61	74.37	-151.92 %
IN Income / Local Taxes	406.26	32.06	1167.19 %
IN Unemployment Tax	-33.92	2.83	-1298.59 %
Total for Payroll Liabilities	\$1,633.27	\$491.89	232.04 %
Total for Other Current Liabilities	\$1,633.27	\$491.89	232.04 %
Total for Current Liabilities	\$3,383.35	-\$444.12	861.81 %
Total for Liabilities	\$3,383.35	-\$444.12	861.81 %
Equity			
3900 Fund Balance	81,455.48	73,405.29	10.97 %
Net Income	14,849.12	8,050.19	84.46 %
Total for Equity	\$96,304.60	\$81,455.48	18.23 %
Total for Liabilities and Equity	\$99,687.95	\$81,011.36	23.05 %

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

-

ORTHO-BIONOMY® TRAININGS

UPCOMING 2026 CLASS DATES

<u>Date</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
Apr 7-8	Subtle Physical & Unwinding Techniques	Davis, CA	Berns/Malm
Apr 15, 22, May 6, 11	Experiential Ethics & Emotional Issues	Online	Berns
Apr 25-26	Advanced Energy Releases (Phase 6)	Chico, CA	Berns
May 7, 21, Jun 4, 18, Jul 9, 23, Aug 6, 27	Visual & Kinesthetic Approach to Anatomy for Bodyworkers (fulfills SOBI's 32 hour requirement for Practitioner Training)	Online	Malm
May 8	Isometrics/Isotonics: Sacrum, Ilium Rotation, Knee	Ashland, OR	Malm
May 12-13	Releases for the Upper Extremities (Phase 4)	Davis, CA	Berns
May 15	Intro to Ortho-Bionomy 3-Hr Class (Knee, Hamstrings)	Corvallis, OR	Malm
May 16-17	Postural Re-Education & Post Techniques	Corvallis, OR	Malm
May 23-24	Isometrics/Isotonics	San Francisco, CA	Berns
May 27-28	Subtle Physical & Unwinding Techniques (Phase 5)	Ashland, OR	Malm
May 30-31	Advanced Energy Releases (Phase 6)	Ashland, OR	Berns
Jun 2, 3, 16, 17	Self Care	Online	Berns/Malm
Jun 5	Releases for the Anterior Neck - Lateral (Phase 4)	Ashland, OR	Malm
Jun 6-7	In Depth Releases for the Neck & Thoracic Outlet (Phase 4)	Chico, CA	Berns
Jun 9-10	Experiential Ethics & Emotional Issues	Davis, CA	Berns/Malm
Jun 25-26	Releases for the Spine & Pelvis (Phase 4)	Olympia, WA	Malm
Jun 29, 30, Jul 1	Releases for the Extremities (Phase 4)	Olympia, WA	Malm
Jul 11-12	In Depth Releases for the Neck & Thoracic Outlet (Phase 4)	Portland, OR	Berns/Malm

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



JIM BERNS

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



MELISSA MALM

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

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.

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: April 7th, June 6th, August 11th, November 17th
Open to all Coordinators

Quarterly:

Newsletter: Available each quarter in January, April, July, and October.
Instructor Meetings: Quarterly - next meetings 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 23
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.

Flexor hallucis longus and tibialis anterior: A synergistic relationship - ScienceDirect

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

Practice Partners and Practice Groups: “Learning from Within”

BY MELISSA MALM

I am a big believer in small group learning. In massage school, we created study groups to help understand and memorize the anatomy and physiology in our curriculum. I also had a group of friends that I practiced on, who gave me invaluable feedback about what felt “weird” and what felt good. Both deepened my learning tremendously and helped me become a better manual therapist.

Once I found Ortho-Bionomy®, I continued this learning approach with some practice partners from class. We would get together with our handouts and each of our recollections of what we had been taught (and sometimes our confusion). We would try out techniques and approaches and give

each other feedback about what wasn't quite right and what felt really good. We would talk about observations of our clients, brainstorm about places we were getting stuck, or celebrate successes we experienced. And most importantly, we practiced with each other.

Now that I am an Instructor, I enjoy leading both Practice Groups (free, no credit) and Study Groups (paid, for credit) with local students. It gives them a chance to ask questions in a less structured and more intimate setting, and we do some wonderful dives into Ortho-Bionomy together.

Sometimes these students get together when I'm not available. Hearing about what they do without me reminds me of being in Practice Groups myself, with

no Instructor. Because there was no “authority” to turn to for the answers, students turned to each other instead. The students were able to deeply investigate their own experiences with the work. This “learning from within” can provide insights into Ortho-Bionomy that are uniquely rich and enlightening.

If you are able to be part of a Practice Group in your area, whether once a month, once a week (like the incredible “OB Lab” in NYC), or once a quarter,

please take advantage of this wonderful opportunity! I encourage you to collect contact information while you're in class, and maybe even set a date before you go home.

Enjoy your learning journey!

BIOGRAPHY

Melissa Malm has been a practitioner of massage and bodywork since 1997. She is an Advanced Practitioner of Ortho-Bionomy, in 2020 became a Registered Instructor, and is now in the Advanced Instructor Training Program. Melissa's teaching encompasses deep anatomical knowledge, curiosity to explore new options, and refreshingly specific descriptions of hands-on techniques that can lead to further student insights.



EVOLVEMENTS

Hello
Spring

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

Cathy Krenicky	Associate Advanced Instructor	Orange Park, FL
Laura Holton	Instructor	Greenleaf, ID
Jacqueline Davis	Associate Instructor	Chattanooga, TN
Jennifer Hallden	Associate Instructor	Youngstown, OH
Julia Fast	Advanced Practitioner	Ettrick, CEN, New Zealand
Sarah Wilcox	Practitioner	Pleasant Grove, UT
Mark Heminway	Practitioner	Greenwich, CT
Rachel Toone	Associate in Practitioner Training	Pocatello, ID
Andes Fidel-Emmanuel	Associate in Practitioner Training	Hercules, CA
Nan Feist	Associate in Practitioner Training	Grapeview, WA
Valeria Siwicki	Associate in Practitioner Training	Greenwich, CT
Gayle Tracey	Associate	Middletown, CT
Tina Buskirk	Associate	Greenleaf, 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 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 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 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

Online Classes - Summer 2027

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

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 6 \$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 7 Price \$900.00 CSH /CHK

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

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

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/4ji5NrPdfAcwNdayTGKUsL/more-like-this>



CALL FOR ARTICLES FOR THE JULY 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.

AMTA LIABILITY INSURANCE

If you missed the news, SOBI offers AMTA liability insurance for practicing Ortho-Bionomy®.

This insurance costs \$89 annually and is available for Associate members and above. This policy does not cover massage or other modalities; it is specific to Ortho-Bionomy only.

If you would like to more information or would like to register, go to:

<https://ortho-bionomy.org/aws/SOBI/login/login> and login to your member profile, click onto the AMTA Liability Insurance tab

MEMBER SUPPORT GROUP



Cathy Krenicky is a Registered Ortho-Bionomy Instructor and past President of the SOBI Board of Directors. She generously offers her time each month to support SOBI members as they navigate the challenges presented in their practices by creating a space that allows those attending to share and support one another.

Are you looking for Support with your Ortho-Bionomy® journey & practice?

**Well, we have one...1st Monday of each month via ZOOM!
Led by your Host: Cathy Krenicky**

ALL ARE WELCOME.

Are you seeking:

- **Accountability?**
- **To strengthen your ability to articulate Ortho-Bionomy to your Current or Potential Clients?**
- **A place to simply "check-in" to share where you are with any Ortho-Bionomy challenges?**

**You may find solutions here...
please consider attending; we welcome you!**

SOBI MEMBERSHIP BENEFITS:

	Students	Associates	Practitioners	Advanced Practitioners	Instructors
Monthly Member Support Group	X	X	X	X	X
Emailed Newsletter	X	X	X	X	X
SOBI Bookstore Discounts	X	X	X	X	X
Monthly SOBI Sponsored Study Group Discounts	X	X	X	X	X
SOBI Conference Discounts	X	X	X	X	X
ABMP Discount	X	X	X	X	X
Free Website through ABMP	X	X	X	X	X
AMTA Liability Insurance		X	X	X	X
Online Directory Listing		X	X	X	X
Referral Service		X	X	X	X
Vote in Board Elections		X	X	X	X
List Ortho-Bionomy® as Modality		X	X	X	X
Use of Trademark			X	X	X
Teach Classes for SOBI Credit					X



IS EXPANDING
GRAND JUNCTION • DENVER • ST GEORGE

NEW CERTIFICATION PROGRAM

COMING OCTOBER
2026

SAINT GEORGE UTAH

THIS IS A CONCISE,
UNIQUE AND
COMPREHENSIVE 10-
WEEK PROGRAM
SPREAD OUT OVER 15
MONTHS



RESERVE YOUR SPOT NOW

Contact Sheri Covey ([970\) 209-9400](tel:9702099400)
rmobcenter@gmail.com
Rmobcenter.com

Ortho-Bionomy Principles in Action

BY ANN SHINALL

Advanced Instructor
Reprinted from 2009 Issue

Little did I realize what a wonderful journey I was embarking on when I first embraced the principles and practice of Ortho-Bionomy®. Very goal oriented, my purpose in studying OB was simply to learn tools to help people get out of pain. What wonderful surprise bonuses I've gotten!

Almost 20 years later, I see the profound imprint of OB on the weaving of my life and feel so very blessed. After receiving my first session, I sobbed tears of joy for the profound sense of coming home to myself. OB for me has continued to be a homecoming, to the body I'd never lived in, to my spirit, often neglected. Coming home to my OB family of choice. To the unity of mind/body/spirit. Coming home to that sense of connectedness with all that is.

The sacred gift of being the silent witness, just being there without judgment, has radicalized my entire life. As I learned to be present with others, I also learned to be present with myself. A wise instructor challenged me to be as gentle with myself as I am with others - a much harder task for me. To honor my wounds but not live in woundedness.

To see shadow selves in myself and others and to lovingly embrace them. No longer alienated from my shadow self, I am coming home to wholeness. And from that wholeness I can better embrace others and more fully participate in the dance with all living things. I am also learning to be comfortable with discomfort without judging that either. To flow with the changing tides of life. To see the beauty of the "knots" in the weaving of my life. Ever more fully coming home as I more fully live in the principles.

BIOGRAPHY

Ann Brooks Shinall, M.D.,
Advanced Instructor, now retired, was immersed in Ortho-Bionomy® beginning in 1989. Her personal experiences both as a doctor and a patient bring profound insight into the wonders of Ortho-Bionomy®. Her love of Ortho-Bionomy and her superb wit help to facilitate the learning process for participants, inviting playful exploration.



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 EVOLVEMENT PAPERWORK?

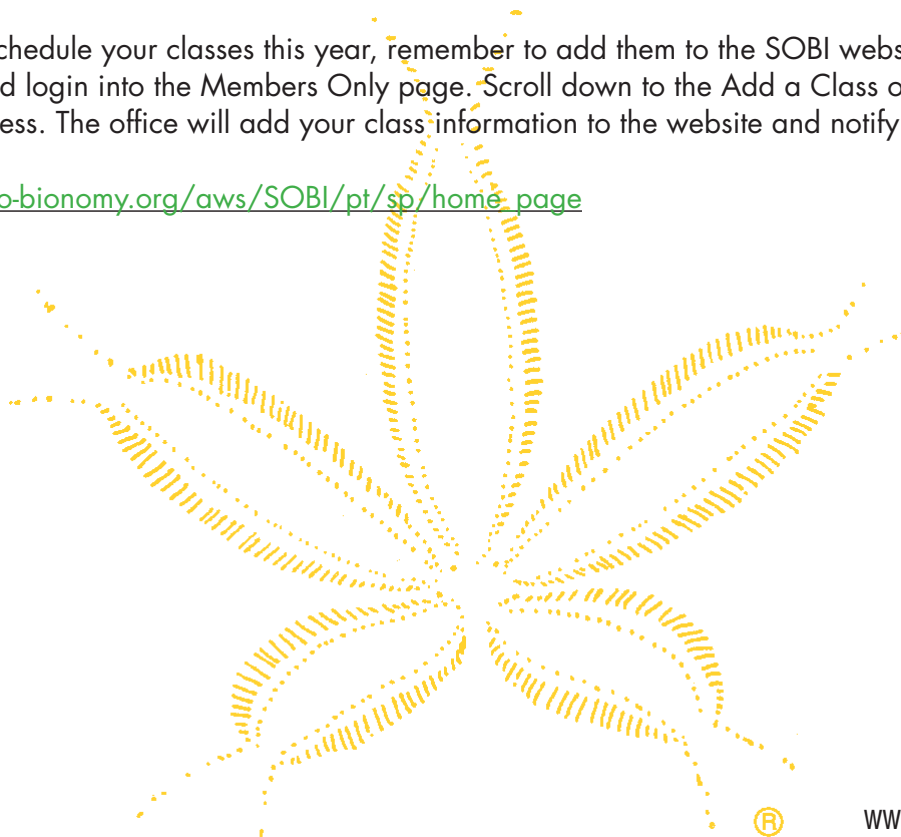
Practitioner (PRC) Instructor (IRC) Review Committees Quarterly Evolvement Cycles

- 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.

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.

https://www.ortho-bionomy.org/aws/SOBI/pt/sp/home_page





embody

Educational and self care resources
for both you and your clients.

embody is a virtual video library of practices rooted in Ortho-Bionomy® principles, created to build capacity for nervous system support, easeful movement, and embodied awareness.

These offerings support personal sustainability for practitioners and provide a grounded resource you can confidently share with clients, friends, and family, extending the principles of Ortho-Bionomy® into everyday life.

Inside the library, you'll find guided self-care explorations that reflect the same values we bring to our professional work: listening, responsiveness, and respect for the body's wisdom.

embodyfromwithin.com

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

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

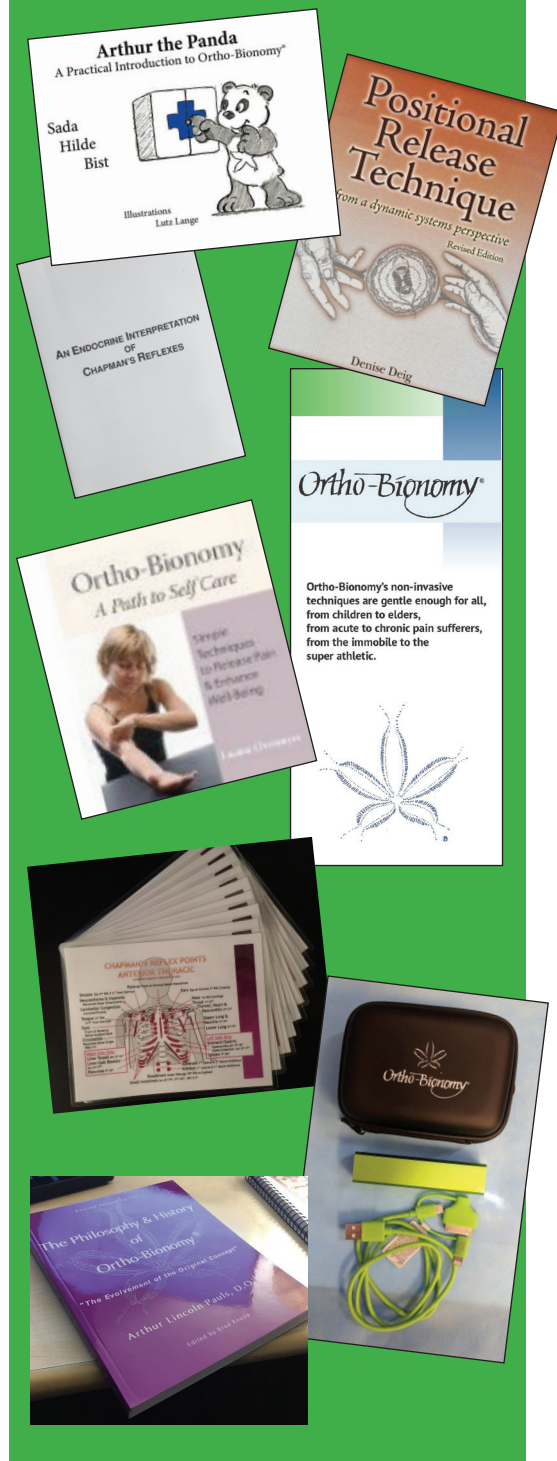
Chapman's Reflexes Charts, Deig	\$25 / \$35
Brochure -Members Only	\$35 for 100, \$50 for 200
Brochure pdf download for printing – Members Only	\$25
SOBI Conference Power Bank	\$20 / \$25

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		Non-member Cost	
	1 issue	4 issues	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>



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
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	Equine Shoulder Points
Melissa Malm	17-Sep	Anterior Neck, Hyoid and Trachea
Sara Sunstein	15-Oct	Chapman's Self-Care
TBD	19-Nov	Ethics
Rouel Cazanjan	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>