

Ortho-Bionomy® NEWSLETTER



July 2026 ■ Volume 36 ■ Number 3

Presidents' Message

BY LAURA SAMEL AND KAMI CLARK

We are pleased to share exciting developments with our community. We have much to celebrate as the practice and visibility of Ortho-Bionomy® continues to grow and strengthen.

A First Step Toward Research: Our Dry Eye Case Study

We are thrilled to share that a meaningful step has been taken toward establishing a formal research presence for Ortho-Bionomy. Permission has finally been received to use the IDEEL validated study questionnaire, and we have now initiated our second round of case studies focused on Dry Eye, which will serve as a foundation and proof of concept for a broader research study.

We are also working with the Fed-MBS (The Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations) to establish cross modality research studies to show that non-AMA modalities can have a great impact on healing and overall health. The Fed-MBS is planning a research symposium for all the participating modality representatives in 2027. This

continued on page 5



INSIDE THIS ISSUE

President's Message BY LAURA SAMEL AND KAMI CLARK	1
What Ortho-Bionomy is to Me – BY MARGARETTE NETHERBY, PREVIOUSLY PUBLISHED	6
2026 Calendar	10
Self-Care Group BY JACKIE DAVIS	11
Evolvements	15
Tips for Posting Class Pictures BY GIEDRE KERE	18
Thoughtful Perspective on Merits of Advanced Practitioner Program BY SHERI COVEY	20



The Therapeutic Alternative and BodyWorkCEUS.net

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

2026 Classes

June 27 & 28, 2026

Ortho-Bionomy®: Phase Six

Instructor: Luann Overmyer

Location: Boca Raton, FL

June 29 - Study Group - 9:00-12:00pm

July 18 & 19, 2026

Ortho-Bionomy®: Phase Four Spine

Instructor: Liz Olivas

Location: Boca Raton, FL

August 20,21,22 & 23, 2026

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)

2027 Classes

February 6 & 7, 2027

Ortho-Bionomy®: Bowstring Effect

Instructor: Mike Miller

Location: Boca Raton, FL

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

April 10 & 11, 2027

Ortho-Bionomy®: Exploration of Movement Patterns

Instructor: Liz Olivas

Location: Boca Raton, FL

June 3,4,5 & 6, 2027

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

Instructor: Liz Olivas

Location: Boca Raton, FL

June 7 - Study Group - 9:00-12:00pm

For more class information go to:

WWW.BODYWORKSCEUS.NET

* Ortho-Bionomy®, the Sand Dollar design, and Society of Ortho-Bionomy International® are registered trademarks of the Society of Ortho-Bionomy® International, Inc. and are used with permission.

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

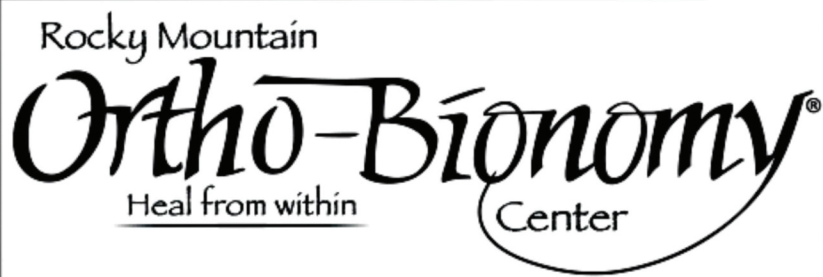
NEWSLETTER DISCLAIMER

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

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

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

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



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.

is an important milestone, as a profession, building an evidence base allows us to demonstrate the value of our work to clients, healthcare colleagues, and the wider world. Thank you to all those who signed up to participate. I want to thank those who have already contributed their time and expertise to making this happen.

New Marketing Committee & Member Guidelines

We are excited to announce the formation of a Marketing Committee. This group will be dedicated to supporting our promotional efforts and helping our community navigate the opportunities to market Ortho-Bionomy including, but not limited to social media, and to share Ortho-Bionomy with a wider audience.

As well as the committee, we are developing clear guidelines for helping members represent and promote Ortho-Bionomy through their own social media channels. We recognize that many of you are already active online and want to support your efforts while ensuring our Trademark and practice is represented professionally and consistently. These guidelines are designed to empower you — not restrict you. Look for a full outline of the guidelines to be distributed to all members in the near future. In the meantime, if you have questions or ideas, please reach out to the SOBI office.

Our Name: Embracing "Ortho-Bionomy®"

One topic we would like to address is the way we refer to our practice. You may have noticed that shorthand terms like "Ortho" or "O-B" have

crept into our everyday conversations. While these nicknames feel casual and convenient, they don't fully convey the depth and distinctiveness of what we do. We encourage everyone to use the full name "Ortho-Bionomy" whenever possible. Our name carries meaning, history, and professional identity. Using it consistently helps the public understand and recognize our work, strengthens our collective brand, and honors the integrity of the practice we have dedicated ourselves to.

Thank you for your continued dedication to Ortho-Bionomy and our community. We are grateful to be part of this work with you and look forward to what we will accomplish together.

Laura Samel & Kami Clark



JIM BERNS

Registered Advanced Instructor

Join us on the beautiful Oregon coast, where you will have the opportunity to learn, deepen, have fun, and live Ortho-Bionomy for a 7 day/6 night retreat.

Topics that will be covered will include:

- Tension patterns of the Breath
- Integrating Massage & Ortho-Bionomy
- Self Care
- Delving into specific Anatomy
- Cranial
- Deeper applications of Exploration of Movement

2027 Residential Retreat **Putting It All Together:** **Journey Deeper into the Many Facets of Ortho-Bionomy®** **April 24-30, 2027** **Rockaway Beach, Oregon**



Photo credit: Heath Belden



MELISSA MALM

Registered Instructor

In a relaxing natural setting surrounded by trees, walking trails, and a short pedestrian bridge to the beautiful ocean, you can learn more about the Many Facets of Ortho-Bionomy, and how to explore Putting It All Together.

- Integrate the many phases, layers, & dimensions of Ortho-Bionomy
- Deepen your understanding & confidence with the techniques
- Gain deeper sensitivity in your hands
- Integrate more fluidly the many facets of Ortho-Bionomy into your practice

Please mark your calendars and register early for the discount and to reserve your place

Room & Board: \$900 shared room, \$1200 single room

Instruction Fee: \$1,150 by Oct 19, 2026; \$1,650 after Oct 19

Discounts Available

\$350 non-refundable deposit required to hold your space

For more information and to register: www.LearnOrtho-Bionomy.com

Interspersed with the 40 hours of formal classroom time will be ample opportunities for practicing & receiving bodywork with classmates, walking, journaling, mediating, being in community, laughing, moving, and other ways to take care of yourself.

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

MARGARET

Margaret Netherby, a long-time member of SOBI passed away recently. Though Margaret was approved as a Practitioner in 2004, she was studying and contributing to Ortho-Bionomy since the 80s, completing some of her training directly with Arthur Lincoln Pauls.

Below is what we believe to be Margaret's Practitioner essay. Her words and experience are a gift that we are delighted to share.

Many thanks to Ann Hoeffel for sharing this piece.

WHAT ORTHO-BIONOMY MEANS TO ME

BY MARGARET NETHERBY

Ortho-Bionomy gave me my first experience of real balance. A couple of months before my first workshop, I had surgery to move a muscle in my left eye so that I could have binocular vision. For 41 years, my left eye took one snapshot, while my right eye took a different picture. Somewhere in my brain I had to compare the two pictures, draw comparisons, and mentally integrate these images in order to figure out the world in front of me. Sometimes the world moved faster than my brain could process, and I was dumped into confusion. The view was similar to a movie in which the spokes of wheels appear to move backwards because the camera speed cannot keep up with the speed of wheel rotation. I moved tentatively and learned slowly. It took me seven years to work up the courage to bake a loaf of bread from scratch.

Surgery gave me a single world to view: a world I had ever seen before. My old navigation skills were useless. I had to learn to do everything all over again. And I made mistakes – lots of them.

A busy pizza place with a theater organ, dining on the mezzanine, a darkly patterned carpet on a dimly lit

uneven stairway, literally led to my downfall. My perceptions turned to ooze; I tried to walk on thin air. The landing wrenched my body into a painful pretzel and my doctor sent me straight to Zoe Crowley. She was practicing Ortho-Bionomy in his very office! Six sessions later (paid by the restaurant), I was pain-free. Zoe invited me to study O-B. It felt like the next step in my life, for I had spent the past four years learning Open Seat Gestalt work.

People were very patient with me in the first few workshops at Luann Overmyer's house. I had learned to cook bacon, eggs, and toast at the same time without bursting into tears; and I was able to grasp each O-B technique as it was demonstrated – as long as the body on the table stayed in one place. When the person turned over, I totally lost my frame of reference. I had to stop and think it through: "Where was I a minute ago?" Like holding a movie filmstrip up to the light, I re-traced the rotating visual images, frame by frame, forward and backward. That helped just a little. Next question: "Which front, formerly the far side or the near one, matches the backside closest to me?" My brain had to make new connections and



reference points. It would have been too obvious if I had insisted on maintaining a touch point in front as the person turned onto her stomach.

And – oh, yes, the *names*, which were relative, not absolute: "Which is left, and which is right?" ("It's the other left, silly.") God help us if we standing up folks were asked to walk from the head around to the feet.

The repetitions really helped me to learn "over" and "under", "around" and "through". "Before" and "after", too.

What was it like to lie on the table? For the first time in my life, I did not have to pretend to be "normal". There were no expectations to fail to meet, no scathing criticisms to swallow, no smart wallop to absorb. There was no way to hide, either. My parts moved – or they didn't. My will had nothing to do

with it. Everyone accepted me just as I was. I was given freedom to be still and discover the flow of my life everywhere in my body – and beyond. Ortho-Bionomy gave me courage to move and do in a world as new as if I had been reborn. I was ready for Phase 5.

Zoe held my head as shock waves whipped my body like a fly fisherman's pole. Zoe stayed with me for months like that until the flashbacks stopped and I started dancing in my kitchen.

Years later, in Maui, I sat up on the table after an exercise and I was nine months old. I was literally speechless as Arthur said, "Parents only do the best that they can. They make mistakes and they're sorry." Arthur looked around, somewhat bewildered to be saying all of that and who for, anyway? By then, tears were streaming down my face. Richard took me into the ocean to wade together, chest-deep, until I was a grown-up again.

Luann Overmyer taught my first Phase 6 workshop. I was hooked. She coaxed me to pay attention to energy. She taught me how to trust my intuition in this elusive phase and to manage myself in relation to it. For a short time, I found it difficult to withstand a trip to the grocery store. Fluorescent lights, howling babies, and frustrated people drove me up the wall. Luann gave me pointers and taught me how to turn my awareness on and off. I learned to go everywhere in comfort again.

Arthur Lincoln Pauls used to say that he wanted families to know Ortho-Bionomy so they could help each other. He envisioned the practice as universally available, like herbs in cooking, to enhance the health of everyone. In my early days in the Society, someone who wanted to practice Ortho-Bionomy professionally needed to become a licensed masseuse first.

I went to meetings of the Society. Finally, I protested. I felt it was misleading to advertise massage, Reiki, or some other modality and actually perform Ortho-Bionomy on people. It was also a disservice to the work itself. Many of the leaders at the time agreed; the Practitioner Training Program was born. Since the state and federal governments had no process for official recognition of new forms of bodywork, the Society of Ortho-Bionomy needed to develop its own guidelines and regulations.

On the one hand, the steps of progress in the practice became organized and structured far beyond anything Arthur ever imagined. The Phased Reflex Foundation evolved into The Society of Ortho-Bionomy International, complete with registered trademarks. The training program expanded from a few workshops to several stages of practitioner and instructor training with over 500 hours of requirements at each level. In 1989, I attended an Ethics and Emotions workshop with Arthur and Kathy Kain. Arthur lay on a table while Kathy cradled his head. Sadly, Arthur told her: "The day is coming that I can't qualify to belong to the group I founded."

Kathy gently replied, "I know." Later, she pointed out that Arthur was true to emotion in complete and unorthodox ways, which created real problems in the Ethics area. It was also noted that these problems are most pronounced in the USA. In Europe people were not so "up-tight", and cultural values were more accommodating. Arthur did not come to the US much after that.

On the other hand, Arthur and many of his proteges insisted that the Practitioner is a mere witness to a process. The person standing must have no agenda, no expectations, no arguments with which to impede the intuitive flow of release for the person on the table. In workshops we all experienced the power of this approach. We gave and received long journeys into the far beyond. We were shaken AND stirred to the depths of our being. Often one of us would arise from the table with pro-

found new insight, a body transformed – and without skill or context to cope with the life to which we would return. I really loved those journeys. And I really loved to learn what lay beyond the narrow confines of meeting standards and pleasing authority that were the hallmarks of my upbringing. I was like a pendulum. Go to a workshop and swing to the edge of the Universe. Go home and get sucked into the primordial ooze of job and children and housework. Over time, the swings traversed a narrower curve. I pulled my life closer to the plumb line. The focus of study steadied down.

The concept of the detached witness was a key metaphor of introduction to Ortho-Bionomy. Most people are used to being shoe-horned into someone else's idea of perfection. Whether it's drugs, or surgery, or the application of bone-cracking force, we are pushed or goaded into a textbook model or a statistical median of form and social expectation. Arthur changed all of that.

It isn't easy to change the habits of a lifetime, however. After several years of O-B training and practice, I found myself lying on the table in Grass Valley, California, well into a basic workshop. A woman Chiropractor pushed and pulled at my torso. I told her, "Stop. Just listen to the body." It took a few tries, but she finally learned to follow the flow. She was amazed, then gleeful.

The same principle was not so easy to apply to the larger issues of a practitioner. Some instructors were noticeably uncomfortable with my questions: "If I am just a witness to the process of the client, how can I construct a Practitioner/Client session?" "And please tell me why should I be paid?" "If I am the Practitioner, then are there not times when I need to make choices and exercise judgment?"

It is not possible for the client to both relax, drift and flow, and to be in charge. Every time I brought up the subject of responsibility for outcomes, I met resistance. I experienced considerable angst over these questions.

My issues may have been unique. I was a single mother supporting several children on a bookkeeper's income. My experience of sales, management, record-keeping, and survival was a world away from the magical life on and around the table. Zoe used to say that Ortho-Bionomy is a mood. And she's right.

My children resented the time AND money I spent on Ortho-Bionomy. They wanted more of my time and resources. In the early 1990's, my youngest were in their teens, the most expensive years of childhood.

I had also been the Society newsletter editor from 1985 to 1991. There was pressure for me to resign and give others with newer equipment a chance. I had been writing for others, and I wanted to write for myself. I had not organized my own advancement in Ortho-Bionomy. That project was the pile on my desk I never quite reached.

I resigned as Editor, determined to become a practitioner in my own right. Life got in the way, and it would be seven years before I took classes again. By now, I am a relic of the Second Wave in the evolution of the original concept. I am older than Arthur was when I first met him.

In my absence from the Society, I gave up the role of rescuer. I respond very differently to intimidation. I dropped a lot of pain and 35 pounds. Best of all, I know I'm better than I thought and deserve better than I got ('way back then before O-B).

I hope I took care of the stuff that was in my way. Because I never forgot about Ortho-Bionomy. It is woven tightly into the fabric of my life and permeates everything I do. In spite of squabbles and differences, political machinations and disappointments, I still love and cherish all of the people in Ortho-Bionomy. I appreciate their humanity, and all the ways that knowing them enriched and transformed my life.

In my absence, those old questions have been answered. The practitioner's role is clarified. The "fuzzy" areas of the process as a session are explained.

Ortho-Bionomy teaches me to pay attention to the images of mindless dreaming, a little voice whispering in the background, the nuance of light. Ortho-Bionomy has taught me to sense an aggressive driver coming up behind me on the freeway and dance out of his way. O-B taught me to leave home without a plan or expectations and allow the adventure of a lifetime unfold that day. O-B has taught me to shop for produce with a whole new awareness and eat what my body tells me it needs.

And while my religion advocates the creation of harmony, Ortho-Bionomy

shows me how to find the right place at the right time. While my religion teaches respect for the dignity of life, Ortho-Bionomy taught me how to make respectful contact and move in relationship with dignity. I can even walk down a busy sidewalk and remain nearly invisible if I choose. These skills migrate well from the quiet bodywork table to the bustling street or a pressure-cooker workplace.

No longer am I the hapless bystander squeezed in the vise of other people's destructive games. I am proactive in the creation of benefit. The difference is in the way I do — nothing.

November 30, 2002

February 15, 2003



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

UPCOMING 2026 CLASS DATES

<u>Date</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
Jul 11-12	In Depth Releases for the Neck&Thoracic Outlet (Ph 4)	Portland, OR	Berns/Malm
Aug 7	Releases for the Jaw & Anterior Neck - Medial (Ph 4)	Ashland, OR	Malm
Aug 11-12	Releases for the Spine & Pelvis (Phase 4)	Davis, CA	Berns
Sep 2, 3, 9, 10	Connection from a Distance (Phase 7)	Online	Berns/Malm
Sep 4	Releases for Greater Trochanter & Hamstrings (Ph 4)	Ashland, OR	Malm
Sep 12-13	Releases for the Upper Extremities (Phase 4)	Corvallis, OR	Malm
Sep 14-15	Exploration of Movement	Davis, CA	Berns
Sep 17	SOBI Sponsored SG: Anterior Neck - Hyoid & Trachea	Online	Malm
Sep 26-27	Isometrics/Isotonics	Portland, OR	Berns/Malm
Oct 2	Releases for the Knee (Phase 4)	Ashland, OR	Malm
Oct 3-4	Releases for the Breath	San Francisco, CA	Berns
Oct 8-9	Advanced Energy Releases (Phase 6)	Davis, CA	Berns/Malm
Apr 24-30, 2027	Residential Retreat: Putting it all Together	Rockaway Beach, Oregon	Berns w Malm
Sep 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 2027	Visual & Kinesthetic Approach to Anatomy for Bodyworkers (fulfills SOBI's 32 hour requirement for Practitioner Training)	Online	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: August 13th, November 17th
Open to all Coordinators

Quarterly:

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

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)

Ideas for Community Building and Sharing Ortho-Bionomy® in Outlying Areas

BY JACKIE DAVIS

Jan Cuzzort, who is an Associate Member of SOBI, was asked to talk about the work at the Red Bank, TN Lions Club meeting at 6:30 pm on Thursday January 9, 2026. We are colleagues and she invited me to go with her. We planned our talk the week before, what parts we wanted to cover, and several self-care exercises to show the group. We met at the location, entered together, and approximately 20 people attended for a meal and to hear our presentation about Ortho-Bionomy®.

The make-up and responses of the group surprised me. I expected a group of elderly men in suits and ties, but it was a mixed group of young couples, extended family members, two young children held in their parents' laps, and more mature couples and singles of different ages dressed in jeans to casual work clothing. They welcomed us warmly, invited us to join them for dinner and a beverage, and chatted with us before it began. When the meeting began and we were introduced, the group listened intently and seemed to be fascinated. They asked thoughtful questions and par-

ticipated when asked questions about their familiarity with massage and other modalities of bodywork, such as physical therapy and deep tissue work. Many had gotten a massage before and experienced work with a physical therapist so the difference in Ortho-Bionomy work stood out. Some mentioned how deep tissue "hurt so good," and many of the group laughed in agreement. The thought that bodywork did not have to be forceful surprised them.

Jan shared that the Ortho-Bionomy founder, Dr. Arthur Lincoln Pauls, had a goal for every home to have an Ortho-Bionomist. There were questions about classes in the area. We clarified that you could learn to use it with family and friends but were not allowed by state law to charge people unless you were a massage therapist or other medical professional, such as a doctor. They wanted to know how to find out about classes and I said they could go to my website for upcoming classes with instructions on how to register.

The talk lasted about ten minutes with a brief history of the work and the principles "less is more" and "go towards comfort." Jan showed the group a few spine self-care techniques including the spinal fluff in seated position. I followed with first rib self-release and shared how to do the release on both sides. They were excited to feel the application of the work, and more questions followed.

One of the members pointed to her upper shoulder, in the area of shoulder release point 2 within the V, and asked whether that could be released. I offered to show a demonstration with her seated and she readily agreed.

Once she relaxed and stopped "helping" she released within 30 seconds. I briefly told the group as we waited for the release, that I was only touching the point with my middle finger. I shared how I felt the pulsing and how it was building. Then I asked her if she could feel anything changing. She said yes, and I pointed out when her shoulder dropped. Her surprise and wonder were evident as she shook her head and said, "I don't believe it." We released the other side as well, and I remarked how the second shoulder released much faster. Another woman in the group asked about the same area in her shoulders, and I followed with using the same technique with successful bilateral releases on her shoulders.

While I was talking during the early part of the presentation, Jan passed out the pamphlets that are available from the SOBI store. Some of them had my cards attached. Since I am an Advanced Practitioner, per copyright regulations, I have that benefit. Jan is an Associate Member and so her cards were not attached to pamphlets. After the two shoulder demos, one person asked for her card and another asked where we practiced. Jan clarified that she is not a Practitioner and does not practice Ortho-Bionomy, but she integrates Ortho-Bionomy work as an Associate. She added that I am an Advanced Practitioner and I do practice Ortho-Bionomy. Jan offered to pass out her cards, and the hands went up. I was low on the supply of cards so some of the group took pictures of my cards on the pamphlets.

When Jan and I left for their continued business meeting, we talked about how much fun we had and the response



the group demonstrated. We were surprised at the positive response, their interest, the participation, and the questions they asked. Will we do it again? You bet.

There are two big take-aways that I want to share about this experience. First, for those of you who are new to Ortho-Bionomy or have never done a lecture demo to qualify for Practitioner, I want to share that I was terrified to do the video. I took the lecture demo class in 2019 and didn't submit a video assessment until 2024. For more than a year I had all the qualifications to apply for evolvment except the lecture demo video. The thing that pushed me to do it was I wanted to be in the Instructor Training Program. The reason I did the second video was I had to complete the Advanced Practitioner Program to attend the second Instructor Training Seminar. I only needed two classes and the second lecture demo assessment to complete the Advanced Practitioner Program and I was afraid to do the second video as well. An instructor I trusted and knew well encouraged me to complete it, told me she would be happy to assess it, and said it was not difficult to pass. That personal touch helped me push through it. After this hurdle I began to wonder why I gave in to this fear to the extent that it affected my professional development.

More opportunities keep appearing and I tell myself to be open and accept them. Last fall I was invited to be on a five-minute podcast about bodywork. I did it even though it is well outside my comfort zone. I then followed up and purchased spots to do five filmed podcasts that will be distributed in my area. It is getting easier to promote the work as I tackle each challenge that arrives. Last year I joined a group that helps and supports local women to promote their businesses because a trusted person in the Ortho-Bionomy group met her, introduced us, and strongly recom-

mended I join. That group pressed me to set up a web site and people are slowly getting in touch with me through that venue. I am upgrading to a more versatile website, and, it will be invaluable for offering registration for classes and online scheduling sessions when I become an instructor.

The second takeaway is for both people with more and less experience in an Ortho-Bionomy community to band together. I moved back to this area from the New York City Ortho-Bionomy community in June 2019. Jan and I began working together since we met at a residential in July 2019. She suggested we meet up to practice and share sessions, and that has been a learning experience. She and I are the only people in Chattanooga who are Associate or above members. We are approximately two hours from Nashville, TN, four hours from Asheville, NC, and ten-twelve hours from Northern Florida. Jan started bringing classes here in the last three years. We now invite others to meet up for practice and share work with the students of the last three classes in 2024, 2025, and 2026. We have been working to build a community in this area, but it is a slow process.

In spring of 2025, Jan and I had a booth at a Gardening expo and shared the work with anyone who was interested. We didn't get any new members from that, but our confidence grew. Jan began talking with her massage school last year, and the owner and one of the instructors have taken a class (edited this part). They scheduled Jan to do a demo at the school last fall, and that went well with their new graduates. If you are uncomfortable with public speaking and get an opportunity to talk about the work, ask a friend to join you. Buy pamphlets and give your elevator speech when you get an opportunity. Keep business cards handy so you can hand them out. Invite other students to your house to practice and share sessions.

The instructor community met for a regular immersion meeting on January 9 and 10 this year, 2026. We were discussing how to increase awareness of this work and bring more members into the community. I shared our January 9, experience at the Lions Club on the second day of the meeting. Some of the suggestions in that meeting to raise awareness were: to find people who were interested in becoming coordinators, encourage people to continue in the program, and that I write this article to share how much fun Jan and I had when we presented the work to the Redbank, TN Lions Club.

BIOGRAPHY

Jackie is an Associate Instructor member of the Society of Ortho-Bionomy International®. Jackie was drawn to alternative healing from managing a forty-year chronic sports injury. She was introduced to Ortho-Bionomy® in massage school in New York City and was captivated by this modality's gentle and profound work. She joined the Society in 2015 and is a member of the SOBI Research Committee and a former SOBI Board member.

Jackie returned to the south in 2019 and now practices Ortho-Bionomy in Chattanooga, TN. She looks forward to providing Ortho-Bionomy classes to local massage therapists, health professionals, and interested individuals to help expand Arthur Lincoln Paul's' goal to have an Ortho-Bionomist in every home.





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

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 OCTOBER 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.

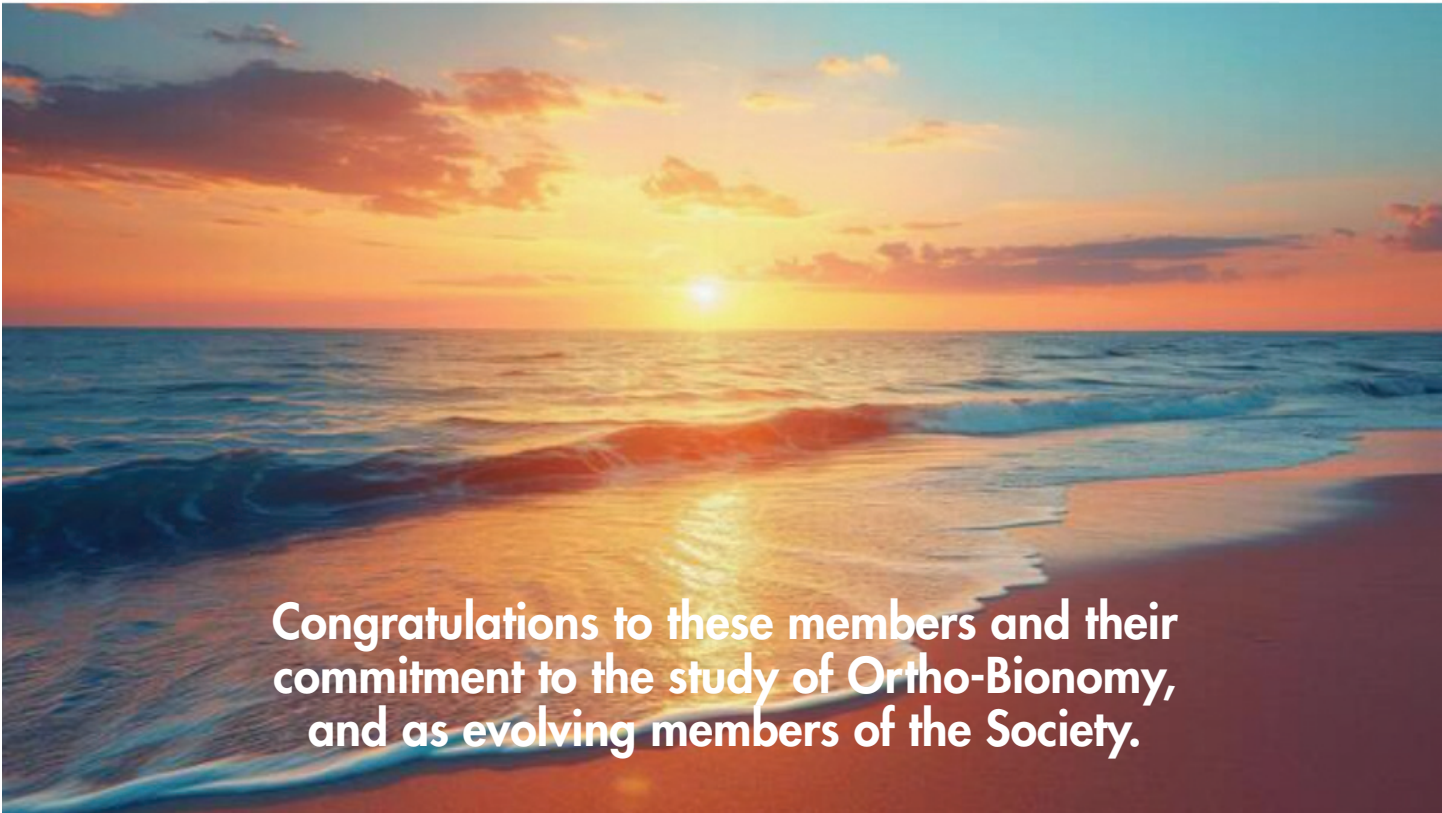
AMTA LIABILITY INSURANCE

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



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

Erin Long	Associate Advanced Instructor	Nashville, TN
Kylee Anderson	Practitioner	Vernal, UT
Lisa Roybal	Practitioner	Ballard, UT
Long Wang	Practitioner	Davis, CA
Katie Cookie	Associate in Practitioner Training	Concord, CA
Bimol Karmaker	Associate in Practitioner Training	New York, NY
Stephanie Williams	Associate Member	St. Helena, CA
Laynie Selph	Associate Member	Rio Vista, CA

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

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!**

Tips for Posting Class Pictures

BY GIEDRE KERE

Let's Grow This Movement Together!

We are building something powerful with Ortho-Bionomy® — a gentle, profound way to help bodies find their own healing intelligence.

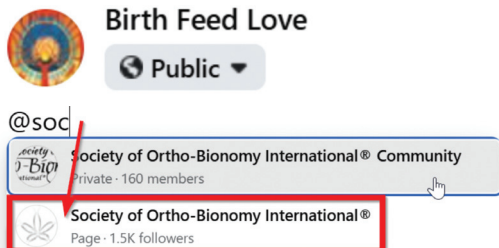
But we cannot do it alone.

Here is how you can help spread the word (with permission) and inspire others:

1. Share your class photos (include participant's feedback)
2. Share your (success) stories
3. Share your own and your client's testimonials (with permission)

Here are some ideas for instructors, coordinators and the wider community about tips when spreading the word about Ortho-Bionomy® on social media.

1. Create a **public Facebook post** on your business, your personal, or teacher's accounts and
2. Tag **Society of Ortho-Bionomy International®** (so it is easier for the office to re-share. You will have to follow the page on Facebook and use @Soc; once you type in "@" and the name, Facebook will give you options to select SOBI).



3. Tag colleagues and teacher(s) if they are good with tagging (this casts a wider net)
4. Add hashtags; **#orthobionomy*** **#ceu** **#lmt** and others that you

resonate with (there is a file with suggestions in the SOBI Facebook group). Use hashtags for Instagram posts.

* Note: #ortho-bionomy does not work due to the dash

5. To honor our Registered Trademark, remember to add (R) after Ortho-Bionomy(R) or use Ortho-Bionomy®
6. Share the post to the ***only official*** SOBI Facebook group: <https://www.facebook.com/groups/sobigroup> - please join and ask your community to join.
 - Join with your personal account
 - Join with your business account
 - Make sure you answer and accept the membership questions/rules
 - Please follow all posts, not just highlights

7. Remember to advertise your classes as monthly O-B Business posts under the Featured posts on the SOBI FB group (advertisements for classes cannot be used as a post. This is part of the rules of the group to help foster community/sharing and not just remain a bulletin board).

- The link for July's post for Ortho-Bionomy class listings: <https://www.facebook.com/groups/sobigroup/posts/979976861311331>
- The link to post FREE Ortho-Bionomy demos, shares <https://www.facebook.com/groups/sobigroup/posts/979976857977998>
- The link to post non-Ortho-Bionomy offerings and events <https://www.facebook.com/groups/sobigroup/posts/979976871311330>

8. Like, share, comment on all <https://www.facebook.com/Ortho-BionomySOBI> comments, events and **favorite** follow the page. Following are the steps to do so:

- Follow → **click on** the **"Following"** button →

- On the **Follow Settings** pop-up → select **Favorite** →
- Click on Favorite, scroll down to the **Notifications** section →
- Select **Content** and mark **Standard**. Do the same for the **Video** and **Life video**
- Scroll down to click on the "Update" button
- Make sure **Favorites** is still picked.
- Check the Events page <https://www.facebook.com/OrthoBionomySOBI/events> for the SOBI Study Groups and please **like**, **re-share** on your pages or at least comment, and mark as "Interested" or "Going". This helps spread awareness of this meaningful work.

9. Commenting on your own Facebook post within the first 10–30 minutes is a highly effective strategy to boost its visibility. The Facebook algorithm closely monitors the first 30–60 minutes of a post's life to determine if it should be shown to a wider audience.

How to Boost Your Post in the First 15 Minutes (Google summary):

- **Comment First:** Placing the first comment yourself (e.g., an extra tip, a question to start conversation, or a link) tells Facebook the post is active and worth sharing.
- **"Post and Stay" (Not Post and Ghost):** Do not post and immediately leave. Actively reply to any comments received within the first 15–30 minutes.
- **Prompt Reply Strategy:** Reply to comments within a few minutes to trigger a "back-and-forth" conversation, which the algorithm treats as a strong engagement signal.
- **Create Conversation:** Ask a question in your initial post or first comment to encourage others to comment, which can increase reach by 6-8%.

BIOGRAPHY

Giedre Kere is an Associate of Ortho-Bionomy, a Childbirth Education Mentor of Birthing From Within, and a skilled Ortho-Bionomy coordinator (CT). She is passionate about bringing Ortho-Bionomy to the wider community. The first class in CT in February of 2022 was put together in 7 days. It was a 3-Day Phase 4 Full Body class with Lynne Marotta and Teruko Tooley and none of the attendees had received or heard about Ortho-Bionomy prior to that. Giedre was the only one in the group who had received this work in the past. The positive intention for that class was to inspire the local body workers to learn this work. Giedre found Ortho-Bionomy through Holistic Moms Network forum where her family met Lynne Marotta, Advanced Instructor of Ortho-Bionomy in 2011. The personal healing stories of her family motivated people to participate in the class. Giedre hopes that this will inspire the more advanced members of the Ortho-Bionomy community to write-up and share stories about this work, training, fun serendipity and personal growth. These can then be shared on social media and inspire others to learn this work. You are never too young or too old to learn or play!



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.

A Thoughtful Perspective on the Merits of the Advanced Practitioner Training Program

BY SHERI COVEY

I've been contemplating the art of the Advanced Practitioner. There is a tendency within SOBI to set the Advanced Practitioner Program as an unattainable goal. In reality, we often witness individuals who simply integrate the work and move on without even completing their professional training or submitting their paperwork for their Practitioner status.

Why is that? What needs to change within the Society to foster a broader sense of professionalism and respect for the work that often sustains our families and, undoubtedly, our finances and our sense of purpose in the world.

We must recognize that our professionalism encompasses more than just technical skills. It's our profound appreciation for the beauty of the work and the integrity of its potential.

We stand at the dawn of a transformative era, poised to become the most powerful forms of natural healing available. Our training programs are continually improving, and our understanding is expanding to uphold the work at its highest possible level. We have often held beliefs that this work is limited, believing Ortho Bionomy cannot compete with other bodywork modalities.

I believe our own limiting beliefs are hindering the work's expansion into its rightful place.

We owe it to the work to embrace its vastness, rare sophistication, and immense power. We owe it to our own healing journeys and to the healing journeys of those we encounter.

The next evolution lies in developing our unique approach to working with

the intelligence of the fascial system. I firmly believe Ortho-Bionomy was born for this moment. It's our strength and our capacity to support and communicate with the sheer power of the body's brilliant intellect, its ability to heal and self-correct. The reflexes serve as the most potent language of the fascial system and the body's coherence.

It is time we strive to be the best we can be within our skills. I realize it is a never ending mountain to climb but it is ours to endeavor. Every session should be filled with curiosity, wisdom and a desire to bring our best to the front of every session. Will we, certainly not, but we should strive to attain that sense of improvement.

There is a saying in volleyball that inspires players. The knowledge that we all have to "better the ball". This translates into a deep desire within the player to take whatever play unfolds when they engage to make the situation better, more productive and provide opportunities for others.

That should be the spirit of those that study Ortho Bionomy. Step up. Grow

your work by engaging in your advanced training. The wonder of the work doesn't diminish during your advanced training but instead deepens the level of your listening, your understanding of your self and your work.

I strongly encourage each student to step to a higher level. Consider starting your advanced education. Find Instructors that inspire you, support you and push you to discover a more profound sense of your unique gifts.

Advanced Training is not a repeat but a deepening. It is an expansion for your skills.

Step forward, better each session and become a part of how this work deserves to evolve. Continue your training, reach deeper in yourself to find inspiration and reject the idea that you know it all, instead move to a place of endless respect for the endless possibility of the work. It is all within us and it is available. It is not only what we owe our clients, our own healing journeys, but we owe it to the evolution of the power of this work.

BIOGRAPHY

Sheri Covey comes from an athletic background, she's been a coach for both high school and college students for over 25 years. Sheri has seen the brilliant effects of Ortho-Bionomy on her athletes, as well as family, friends and clients.

Sheri is also the founder of the Rocky Mountain Ortho-Bionomy Center, which is based in Colorado. She has been a dynamic force in growing the Ortho-Bionomy community, not only in Colorado, but around the country. The Rocky Mountain Ortho-Bionomy Center has produced over 70 qualified Ortho-Bionomy Practitioners in the 8 years since it was founded.

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



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
Postural Re-Education & Post Techniques, T. Lee	\$65 / \$70

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

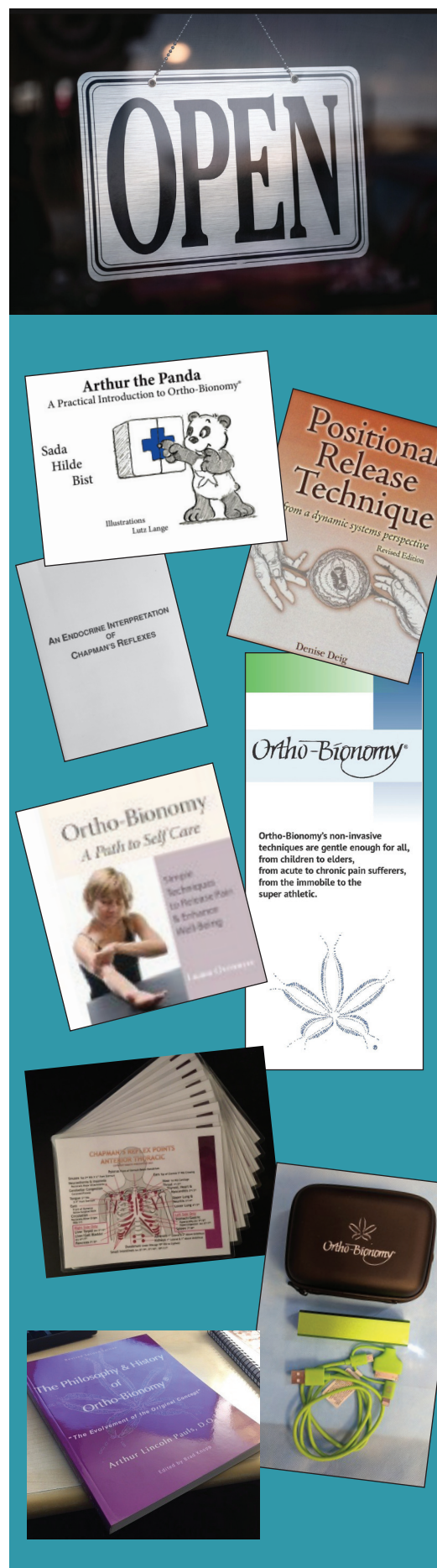
Chapman's Reflexes Charts, Deig	\$35 / \$55
Brochure -Members Only	\$35 for 100, \$50 for 200
Brochure pdf download for printing – Members Only	\$25
SOBI Conference Power Bank	\$10 / \$15

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>



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 \$75

Instructors interested in participating please email: office@ortho-bionomy.org

SOBI Sponsored Study Groups 2026

Instructor	Date	Topic
Sheri Covey	16-Jul	Understanding the Fascia of the Neck
Susan Smith	20-Aug	Equine Shoulder Points Revisited
Melissa Malm	17-Sep	Anterior Neck, Hyoid and Trachea
Sara Sunstein	15-Oct	Chapman's Reflexes Self-Care
Jessica Mark	19-Nov	Ethics
Rouel Cazanjan	17-Dec	Phase 7



HAVE YOU SEEN THE VIDEO PRODUCED BY SOBI?

Be sure to check it out and feel free to share on your website or with others.

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

Please follow, set us as favorite, like, comment, share, tag, subscribe and engage with our content to make Ortho-Bionomy more visible. If you are interested in helping SOBI increase our social media presence please contact the office.

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>