

Ortho-Bionomy®

NEWSLETTER



October 2026 ■ Volume 36 ■ Number 4

President's Address

BY LAURA SAMEL

As our board year draws to a close, I find myself full of gratitude — for this community, for the work we've done together, and for every hand that helped carry it forward.

It's been a full year. Together, we kept pushing to clarify our policies and make Ortho-Bionomy more visible to everyone who could benefit from it — work that is never really "finished," but that we're proud to keep working on to make Ortho-Bionomy more recognizable. We also made marketing and visibility a real priority this year, working to make sure more people know what Ortho-Bionomy is and what it can offer them. And in a project close to many of our hearts, we created videos and guidelines to help students and practitioners feel confident using social media to share their work, while staying true to our trademark guidelines. It's the kind of behind-the-scenes effort that doesn't always get noticed, but, makes a real difference for our community. We will continue to add more over the next year as well. We also have a new marketing committee that will also help to get the Ortho-Bionomy more recognized, along with a more active Facebook and Instagram account thanks to those willing to add their valuable time to energy to keeping us visible on social media, which for many people is their main mode of communication.



Thank You to Our Departing Board Members

As this board year ends, we say a heartfelt thank-you and goodbye to Kami Clark, and Nicky Roosevelt, who are stepping down from the board after three years. Serving on the board is a labor of love; meetings, hard conversations, and countless quiet hours of care for something bigger than any one of us. Their thoughtfulness, patience, and dedication have shaped this organization in ways we'll continue to feel for years to come. We are so grateful for everything they've given, and we hope they know how much they'll be missed.

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The Therapeutic Alternative and BodyWorkCEUS.net

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

2027 Classes

January 16 & 17, 2027

Ortho-Bionomy®: Phase 4 Spine

Instructor: Liz Olivas

Location: Boca Raton, FL

April 10 & 11, 2027

Ortho-Bionomy®: Exploration of
Movement Patterns

Instructor: Liz Olivas

Location: Boca Raton, FL

February 6 & 7, 2027

Ortho-Bionomy®: Bowstring Effect

Instructor: Mike Miller

Location: Boca Raton, FL

February 5 - Study Group - 6:30-

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:

BODYWORKSCEUS.NET

November 6 & 7, 2027

Ortho-Bionomy®: Isometrics & Isotonics

Instructor: Michael Huff

Location: Boca Raton, FL

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Julia Helbling	Member at Large
Cesar Correa	Member at Large
Jessica Caine	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.



NEW CERTIFICATE PROGRAM STARTING IN DENVER

Program #17 -2027-2028

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

Week 1 * \$1000.00

Study group February 28 2027
 Phase 4:
 Spine & Shoulders March 1 & 2, 2027
 Practitioner Training p1 March 3, 2027
 Phase 5;
 The Art of Connection March 4 & 5, 2027

Week 2 * \$1000.00

Phase 4:
 Extremities May 24 & 25, 2027
 Ethics May 26, 2027
 Exploration
 of Movement May 27 & 28, 2027

Week 3 *\$950.00

Isometrics & Isotonics August 16 & 17, 2027
 Study Group 1 August 18, 2027
 Phase 6 August 19 & 20, 2027

Week 4 * \$1000.00

Anatomy November 8 & 9, 2027
 Advanced Extremities November 10, 2027
 Emotions &
 Resolving Trauma November 11 & 12, 2027

Week 5 *\$ 1000.00

Posture
 & Post Techniques January 17 & 18, 2028
 Practitioner Training p2 January 19, 2028
 Chapman's Reflexes January 20 & 21, 2028

Week 6 *950.00

Phase 4 Advanced Spine February 28 & 29, 2028
 Study Group 4 March 1, 2028
 Advanced Neck
 & Whiplash March 2 & 3, 2028

Week 7 * \$1000.00

Anatomy II April 10 & 11, 2028
 Visceral April 12, 13 & 14, 2028

Week 8 *950.00

Advanced Pelvis August 7 & 8, 2028
 Study Group 5 August 9 2028
 Fascia August 10 & 11, 2028

Week 9 * \$950.00

Phase 4 Review October 30 & 31, 2028
 Study Group 6 November 1, 2028
 Cranial with Reflexes November 2 & 3 2028

Week 10 See website for pricing and location

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

-Online Classes - TBD

-Elements of a Successful Practice - 16 Units

-Demonstration Skills -16 Units

-Study Group 3 Units

Class Dates are subject to change

***When paying by Credit Card a Credit Card Fee will apply**

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*Rocky Mountain Ortho-Bionomy Center is Approved & Regulated by the Colorado Department of Higher Education, Private Occupational School Board

A Warm Welcome

At the same time, we're delighted to welcome two new members on our board: Cesar Correa and Jessica Caine. We're so glad you're here, and we can't wait to see what we build together in the year ahead.

To everyone who gave their time, energy, and heart to this organization this year — thank you. This work is only possible because of you.

With warmth and gratitude,
Laura Samel

Hi, I'm **Jessica Caine**, an Ortho-Bionomy practitioner, massage therapist and Pilates instructor based in Denver, Colorado and the owner of JC Bodywork. I was introduced to Ortho-Bionomy in 2020, and it's the missing link in my practice I didn't know was missing. I love that it asks us to be curious, instead of forceful, to listen rather than assume, and to trust in ways I didn't know was possible. I'm endlessly fascinated by this work and looking forward to advancing my practitioner-ship. I'm grateful to have a seat on the board and look forward to helping expand this work and explore all of its possibilities. Thank you for this opportunity. I'm so excited to be a part of this community.



Cesar Correa is licensed to practice Chinese Medicine/Acupuncture and Ortho-Bionomy® in both New York and New Jersey and currently practices in Holmdel, NJ. He was awarded the terminal doctoral degree of Acupuncture and Chinese Medicine (DACM) from the Daoist Traditions School of Chinese Medical Arts. Cesar also graduated with a Master of Science (M.S.) in Traditional Chinese Medicine (Acupuncture and Herbol-ogy) from the Pacific College of Health and Science, and Cortiva Institute for his Massage Therapy training. Before completing all graduate training, Cesar earned a Bachelor of Science (B.S.) in Food Science studying Nutrition and Dietetics from Montclair State University in New Jersey. Cesar has been accepted to the SOBI Instructor Training program and he aspires to become a Registered Instructor of Ortho-Bionomy in the near future.

Evolving Our Future Together

The Conference Committee is in the thick of reviewing presenter applications for the 2027 SOBI Conference in Westminster, CO. and they have some fantastic options to choose from. We even have some applications from the larger international community.

That our goal isn't just about educational presentations but about community, connection, and allowing the work to evolve around deep conversations. There is no denying the work is evolving as Arthur's vision held. By coming together, we are able to share our insights and excitement about the work. We will help organize the future of all that Ortho Bionomy could become.

We urge you to consider attending and becoming a part of the future of Ortho Bionomy at a crucial time of its evolution and evolution. The more people that show up the wider, the perspective we will attain.

This is going to be a great get together! Nestled at the foot of the Rocky Mountains, you might even want to consider sticking around after the conference just to take in the sites and activities available in the region during the fall. A chance to see aspen leaves cloaking the mountains in gold is worth the trip alone.



Registration will open soon! Watch out for an announcement in the SOBI Weekly News emails for the registration link. You can also check the conference page on the website.

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

We will have payment plans available and rooms at the Westminster Marriott available at a special conference rate.

All we need is you.



The Magic of the Glitch

BY ELIZABETH MIXON

Circle Theory

I learned this profound maneuver many years ago in a Phase 5 Ortho-Bionomy class taught by Luann Overmyer. It is one of my favorite strategies because it speaks to the deep intricacies of how the human body can organize, in a profoundly complicated universe of energetic systems. We don't often have understandings, or vocabulary for all the various changes that occur, but we can witness and sense them just the same.

In Circle Theory, the practitioner listens while rotating a joint, often in a circular fashion- looking for a skip or glitch in the movement. The glitch indicates a loss of understanding - a misstep - a gap. If we go to the space right before, or immediately after this misunderstanding and hang out there, the body connects the dots and figures it out. Is a deep and magical place where all things unknown can happen.

I like to parallel this "skip" in the body to what the Buddhist refer to as a "bardo"

A bardo is a place of uncertainty and possibility. The Bardo of Death is the most familiar to people, but anything that has a 'gap' is a bardo! It is a transitional state that has no ground. They are often scary, because they inherently bring confusion and unfamiliarity. It is the in-between of things, and because they are inherently empty, these gaps bring great possibility!

In Conscious Systems, an energetic work I study & practice, we often come across "blank spots" in the energetic

field of the body. Commonly referred to as a 'blind spot', it is a blank place where the body became so overwhelmed by a situation - usually a traumatic event - that the body literally sloughed off the energy to survive.

The action taken here is to look for the structured energy that was lost, or more accurately- ejected from the body. When the structured energy is retrieved and presented to the blank spot, the body will integrate the information and bring all kinds of changes for better strength and congruence. Organization includes high and low frequencies, organ repair and internal energetic channels. Although not exactly the same, the activity in the "glitch" reminds me of this intelligence.

I share circle theory with anyone who is interested, not just clients. I recently shared it with a PT friend who found the whole thing very magical. I find that even people who can't feel their bodies very well, can almost always feel the flurry of activity and information that occurs in these gaps. And those who take the time to experiment with this approach in their own bodies report great success, and a newfound strategy to alleviate discomfort. It encourages people to slow down. It fosters self-reliance, self-reflection and presence. It teaches a nonviolent approach to oneself and to others.

I think then, like many good bodyworks such as Ortho-Bionomy, we are looking at encouraging reflections of a larger picture of life and of what it means to be human.

When people describe Ortho-Bionomy to me as "gentle," I will often correct them and say it's "respectful", because

I think that is a more accurate adjective for this nonviolent work.

Because we are continuously asking permission and matching preferences from moment to moment, the body feels deeply witnessed and respected. This creates the capacity for profound, lasting change.

BIOGRAPHY

Elizabeth came to this work through a personal injury involving a ruptured disc, which caused severe nerve pain. After searching a number of years, relief was found through Ortho-Bionomy.

"My focus is to empower clients by educating them so they may gain insight into their own body processes. With an understanding of how the body functions, and how it heals itself, one can better facilitate their own healing process."

Elizabeth has been in practice since 1998 and practicing Ortho-Bionomy since 2003. She currently lives and has a full-time practice in Bend, Oregon.



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.

Read about a study regarding the use of Osteopathic manipulative medicine in the treatment of cerebral palsy:

The role of osteopathic manipulative medicine in cerebral...

<https://www.degruyterbrill.com/document/doi/10.1515/jom-2025-0055/html>

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

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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



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
- Increased Anatomy understanding
- 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 Beiden



MELISSA MALM

Registered Associate Advanced 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
- Heighten 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, Discounts Available
\$1,200 single room, limited number available

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

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2027 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 17th, June 6th, August 11th, Nov 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, 2027*
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:	<i>January 15</i>
Board Nominations Due:	<i>March 1</i>
Board Applications Due:	<i>March 1</i>
Nominee Statements Due:	<i>March 1</i>
Annual General Meeting:	<i>April 29</i>
Board of Directors Ballots Due:	<i>June 15</i>

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>

Tactile Learning and Palpation Skills

BY © LUANN OVERMYER 2026

From teaching Ortho-Bionomy I have come to recognize that each student can have such a different sense of what they are touching. And from my practice I have come to recognize that I can feel different levels and qualities of tissue by how I listen with my hands. For me the tactile piece of learning is a function of the different ways I attune to what I'm feeling under my hands.

For example:

When lightly contacting the ankles to check leg length, we can sense for tension at the Achilles tendon, which can be a clue that the sympathetic nervous system is a bit on overdrive and relaxation might be good for this client. When we rotate the ankles medially, we can get a sense of any resistance to rotation in the ankle, or at the knee, or perhaps up at the femur. Perhaps we can ascertain if the resistance is at the groin or at the acetabulum, or even at the sacroiliac joint. By shifting the quality of our contact, we might discern if the resistance is from muscle tension, or tendon tightness, fascial restrictions or restrictions in the range of motion at the joint.

We can feel the temperature of the skin, whether it is moist or dry, and if the skin feels tight or loose. By lightening the quality of our tactile, listening contact even further we may sense the Phase 5 inherent movement in the tissue itself. Sometimes by starting at the skin level and noticing the movement there, we are led to notice the more subtle level of movement below the skin in the fascia. Fascia allows gliding of structures one on the other if it is hydrated and not dry. As we get a better sense of the structures beneath our hands, we can notice if the bones seem aligned? Are the muscles tight? Is there a fascial tension pattern effecting the structure?

Perhaps we can sense a mood in the tissue or a sense of build-up, or a feeling of connectedness or discontinuity within the underlying communities. Lighten up even further and perhaps be able to sense the lymphatic fluid movement or the cranial pulse.

As you begin to explore for yourself, see if the list below helps to guide your practice.

Skin: Temperature, dry or moist, tight or loose?

Lymph: Can you get a sense of fluid restriction? Do you notice edema. Is the flow sluggish? Is the flow blocked by fascial tension or muscle tension?

Muscles and tendons: Notice texture, resilience, warmth, elasticity, and potential for movement. Do they feel tense or toned? Tight or flaccid? Is there a sense of recoil or rebound?

Fascia: Does it move easily in every direction? Does it feel Tight, Dry, Moist, or Pulled?

Bones: Aligned? Crooked? Knobbly? Smooth? In a balanced and aligned relationship with the joint?

Motion: Can I sense inherent motion in the tissue? Notice direction, amplitude, rhythm, consistency or variations. Cyclical? Patterned?

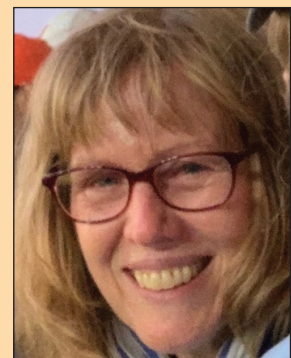
Range of Motion at the joint: Even movement in the various planes of movement? Restricted, Hypermobile? Glitchy? Congested? Painful? Ortho-Bionomy sets us up for hands-on learning. Phase 4 teaches us to notice what happens at the point as we use positioning to release tension. In Exploration of Movement we learn to differentiate preferences in range of motion. In Phase 5 subtle listening to preferences in the tissue offers permission for the organism to self-correct.

These classes present opportunities to consciously begin to task ourselves to sense the various structures and qualities under our hands. Learning

to recognize these variations and to discriminate what is happening at the tissue and structural level enhances our practice. The more we can differentiate the various structures and their inherent movement capabilities, the more clues we have for assessment, and the more understanding we gain of how these different structures work together for alignment, flexibility, and structural balance.

BIOGRAPHY

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



I Once Heard Arthur Say ...

BY RICHARD VALASEK

I once heard
 (maybe more than once)
Arthur say"
 "Ortho-Bionomy is more
an intuitive way of working than
a scientific way"

I never heard further explanation
 —typical of Arthur—Laws
of Life lay also
 unexplained....

I choose to translate 'intuitive'
 as 'poetic' and
of course
 When ALP says 'work' I
hear 'play.'

The name itself
 while looking fancy
Greek-rooted, sciency, loudly
whispers

Poetics
 with its peculiar
orthograpy its hypen (mind the
gap) and its Majusculatation

'Poetics' from the Greek
 ποιητικός (poiētikós)
"Capable of making"
 "inventive" "productive"

takes us to autopoiesis ie "
 self-creation"
 "self-production"

describes a system that can

maintain, regenerate, and repro-
duce itself by continuously creat-
ing its own parts

Describes a hallmark feature of
life itself lifing

The Bard of the Body
 (quondam quantum poet)
both-in-and-out-of-the-game Poet
 stops by to comment

*Stop this day and night with me
and you shall possess the origin
of all poems,
You shall possess the good of the
earth and sun, (there are millions
of suns left,)
You shall no longer take things
at second or third hand, nor
look through the eyes of the
dead, nor feed on the spectres
in books,
You shall not look through my
eyes either, nor take things from
me, You shall listen to all sides
and filter them from your self.*

Manifold the ways In Multiple
 points to view
a world, an (but one of many)
umwelt.

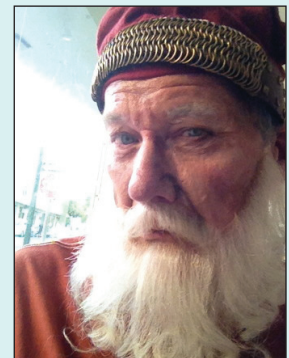
But it is just a phase
 I am going through Mind
the
Gap

BIOGRAPHY

Richard Valasek learned Ortho-Bionomy from our Founder, Dr. Arthur Lincoln Pauls. Richard was the first of two students, along with Lynn Drummer, to be appointed Advanced Instructors. He was also the first of 4 Instructors to be appointed an Advanced Instructor Trainer. Richard holds a BA in Theater Arts, a BA in Animal Science from UC Davis, has been an RN for over 35 years and practicing Ortho-Bionomy for over 40.

Richard's philosophy: Learning happens best through play. Classes should feel like Ortho-Bionomy. Lots of 'Yes'. Practice Radical Affirmation. Safety allows exploration. Teach students to reinvent Ortho-Bionomy.

Richard's other great passions are family and theater. He is married to Karen, with whom he has 3 children, 7 grandkids and 4 great grandkids. He is active in the Unitarian church as it is most like Ortho-Bionomy, and he is also the winner of multiple awards for acting and theatrical sound design. Richard is available for worldwide travel.



A Fun Happening

BY MELISSA MALM

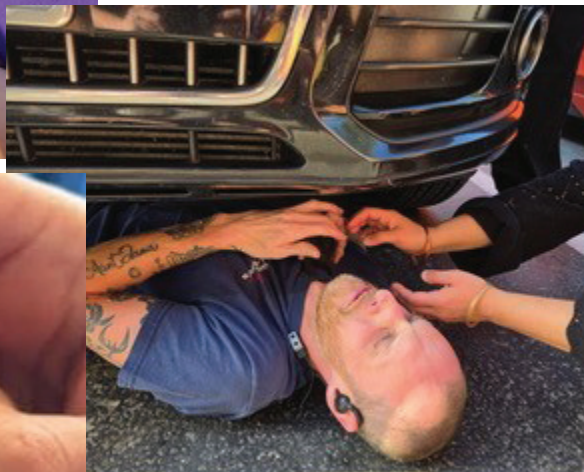
I had the honor and joy of bench assisting Denise Deig's Cranial I class in Belfair, WA May 1-3, 2026. There were many wonderful moments, both physically and energetically, in the course of these potentially transformative three days. And I want to tell (& show) you a little side story...



When we drove up to the classroom for day 2 and I dropped Denise off, we noticed a student's car had the hood popped open, with a group of students around it. "Uh oh, car trouble," we all

thought. When I came back from plugging in at the car charger across the street, I learned the problem was not the car, but the four very young kittens that had taken a ride inside the hood of the car! (A very long ride, too – the student had seen a cat leaving from under her car when she drove to class day 1, then stayed at a hotel nearby the night before...)

One student, with remarkably long arms, was able to reach down and fetch out two of the kittens from above, but to get the other two a nice stranger went under the car and took them out that way. When I walked into the classroom, I found students (and Denise) gathered around the distressed and very vocal kittens. Several of the students found milk, and then eventu-



ally kitten formula, and fed them from droppers, before the kittens settled into a box together for class.

The student who inadvertently transported these hungry kittens called her husband, who reported the mama cat was stalking the area back home. He made the drive to come get the box of kittens and brought them back to mama, who quickly settled in to feeding them. We all miss those 4 sweet souls but are happy to know they are

restored to their home.

Please enjoy the following video links and pictures of this fun adventure!

<https://www.dropbox.com/scl/fi/duwopn7bmd9mzwybcn7mb/Kitty-Video-1.MOV?rlkey=aolnrdwfwc64hewljimp0ria&dl=0>

<https://www.dropbox.com/scl/fi/fpqw4bhawoesliib9xcit/Kitty-Video-2.MOV?rlkey=g4mv2x02n4oa6yqze8rmpy3iy&dl=0>

BIOGRAPHY

Melissa Malm has been a practitioner of massage and bodywork since 1997. She studied at the National Holistic Institute and the Acupressure Institute in the San Francisco Bay Area. Melissa is an Advanced Practitioner and in 2020 became a Registered Instructor of Ortho-Bionomy and is now an Associate Advanced Instructor. 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.



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 JANUARY 2027 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

EVOLVEMENTS



Congratulations to this member and her commitment to the study of Ortho-Bionomy, and as an evolving member of the Society.

Maya Burnett

Associate Instructor

Santa Fe, NM

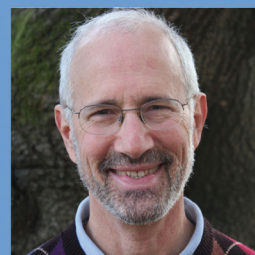
ORTHO-BIONOMY® TRAININGS

UPCOMING 2026 CLASS DATES

<u>Date</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
Oct 8-9	Advanced Energy Releases (Phase 6)	Davis, CA	Berns w Malm
Oct 30	Releases for the Ankle (Phase 4)	Ashland, OR	Malm
Nov 4, 5, 9, 10	Experiential Ethics & Emotional Issues	Online	Berns w Malm
Nov 7-8	Chapman's Reflexes: a Two-Point Connection Approach	Ashland, OR	Malm
Nov 12-13	Exploration of Movement	Olympia	Malm
Nov 17-18	Releases for the Lower Extremities (Phase 4)	Davis, CA	Berns
Dec 4	Releases for the Foot (Phase 4)	Ashland, OR	Malm
Dec 5-6	Advanced Energy Releases (Phase 6)	San Francisco	Berns
Dec 11	Intro to Ortho-Bionomy 3-Hour Class: Neck	Corvallis, OR	Malm
Dec 12-13	Subtle Physical & Unwinding Techniques (Phase 5)	Corvallis, OR	Malm
Dec 12-13	Experiential Ethics & Emotional Issues	Davis, CA	Berns
Jan 19-20	TBA	Davis, CA	Berns
Jan 20-21	Phase 6	Ashland, OR	Marotta w Malm
Jan 22	Vertical Spine	Ashland, OR	L Marotta
Jan 23-24	Langer Lines	Ashland, OR	L Marotta
Jan 29	Releases for the Cervical Spine (Phase 4)	Ashland, OR	Malm

MARK YOUR CALENDARS AND REGISTER BY OCT 19, 2026 FOR THE BEST DISCOUNT
 Apr 24-30 Residential Retreat: Putting it all Together Rockaway Beach, Oregon Berns w Malm

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



JIM BERNs

Registered Advanced
Instructor

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707-217-9819



MELISSA MALM

Registered Associate
Advanced Instructor

melissa_malm@yahoo.com

415-595-0328 (text best)

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

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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!**

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

BY JIM BERNIS

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

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

in it and I found that he wanted to talk about it most of the time. Thus, he named the energy work “Advanced”.

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

I still observe this belief in receiving many feedback sessions. Students are wanting to go into the energy work and show me their “advanced energy reflexes” work but not pay attention to the body at a Phase 4 level.

This is not to say there isn’t importance and value in the energy work, but what Arthur was pointing out was to recognize that the “advanced or energy

work” is not more important than the foundational Phase 4 work.

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

Let’s talk about this among our Ortho-Bionomy community.

Stay in touch,
Jim Bernis

BIOGRAPHY

Jim Bernis has been teaching Ortho-Bionomy internationally for over 45 years (whew :) and is an Ortho-Bionomy Advanced Instructor. He is co-author with Kathy Kain of the training manual **Ortho-Bionomy A Practical Manual**.

Jim can be reached at objimberns@gmail.com, or www.LearnOrtho-Bionomy.com



READY TO TURN IN YOUR WAIVER OR EVOLVEMENT PAPERWORK?

Practitioner (PRC) Instructor (IRC) Review Committees Quarterly Evolvment 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 evolvment 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 evolvment 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



CHECK OUT OUR Social Media Presence!

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>



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
Sara Sunstein	15-Oct	Chapman's Self-Care
Jessica Mark	19-Nov	Ethics
Rouel Cazanjan	17-Dec	Phase 7



Ortho-Bionomy®

