



April 2021  
Volume 31  
Number 2

# Ortho-Bionomy® NEWSletter



## Inside this issue

1 SOBI Virtual  
Conference

3 President's Address  
BY JEANNE DOUGLAS

7 Healing with Horses  
BY SUSAN SMITH

11 Peripersonal Space  
BY URSULA HOFER

13 Online Sessions  
BY SARA SUNSTEIN

14 Finding Ease with  
Family Constellations  
BY BARRY KROST

20 The Felt Sense  
BY ROUEL CAZANJAIN

21 Use Us!  
We're Ready for You  
BY MARLA MOORE

## 2021 SOBI Virtual Conference



SOBI Conference 2011, Indianapolis, IN

We have just a few days left before the conference begins, but if you have not registered yet we will still try to tempt you to join us April 15-18th.

People who have registered are already connecting through the platform, meeting up and sharing memories.

Did you know that we are offering the conference for the ridiculously low price of \$75?

Did you know that we have sliding fee options already built into registration, so you can pay what you want?

Did you know that if you are unable to pay even \$5.00 we will give you a code to register for free?

Did you know that SOBI is happy to break even for this conference, because the Board of Directors feels that connection and community is more important at this time than our bottom line?

Thanks to the generosity of many of our members, we have done just that, everything else is just icing on top of making this conference available to anyone who would like to join us.

The Whova virtual conference platform is just the venue we need to make this possible.

Here's what's available once you register:

- Presenter bio's and handouts for the conference.

*continued on page 2*

- The opportunity to 'meet up' with old friends and new through the meeting platform.
- Articles and videos on the community page.
- You can schedule 'Meet Ups' and connect virtually NOW!
- Letters from Arthur.
- Sharing remembrances of those we have lost.
- International participation.
- 6 months to view recordings of all the presentations.
- Access to conference recordings for up to 6 months.

- 16 hours of Ortho-Bionomy CE's when you complete the evaluation.
- You can also enjoy and post your own photos from previous conferences.
- You can create your own community pages to share your interests.
- You can be a sponsor of the conference and have your ads and sponsor page available for attendees to view.
- The opportunity to ask questions of the presenters before

- and after their presentations.
- Fun, games, and prizes!

The only thing missing is in person hugging and dragging your luggage across the country or the world in some cases.

Follow the link to the SOBI website and register to meet old friends and new. We can't wait to see you there!

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

### Society of Ortho-Bionomy International

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Indianapolis, IN 46240

Phone: (317) 426-1261

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**You can include your ad in the next newsletter by following this link.**

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



## The Therapeutic Alternative and BodyWorkCEUS.net

Offering Live & Remote Continuing Education

### 2021 CLASSES

June 12 & 13: **Ortho-Bionomy®: Phase IV – Focus on the Spine**  
**Instructor:** Liz Olivas  
**Location:** Deerfield Beach, FL  
**Pre Requisite:** None

August 14 & 15: **Ortho-Bionomy®: Phase IV – Focus on the Extremities**  
**Instructor:** Liz Olivas  
**Location:** Deerfield Beach, FL  
**Pre Requisite:** None

September 9, 10, 11 & 12: **Ortho-Bionomy®: Fluids, Fascia and the Lymphatic System**  
**Instructor:** Liz Olivas  
**Location:** Boise, ID  
**Pre-Requisite:** OB Phase 4 – Spine or Extremities  
**Recommended:** Exploration of Movement – Phase 5  
**To register for this Boise, ID class contact: Robin Keller – Coordinator 208-863-5018**

September 13: **Study Group**  
**Instructor:** Liz Olivas  
**Location:** Boise, ID

October 16 & 17: **Ortho-Bionomy®: Posture & Post Technique**  
**Instructor:** Liz Olivas  
**Location:** Deerfield Beach, FL  
**Pre Requisite:** OB Phase 4 (Spine or Extremities)

**ZOOM Consultation - Ongoing**  
**Ortho Bionomy® - 1 Hour Private Consultation with Liz Olivas through "Zoom"**  
**Location:** Anywhere in the world

For more info, updates, or to register, go to: [www.BodyWorkCEUs.net](http://www.BodyWorkCEUs.net) or call our class coordinator, Lady Pellicer @ 561-601-9452  
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# PRESIDENT'S ADDRESS

Hi SOBI members and friends,

This is an extremely exciting time for SOBI! Have you looked at Whova yet? That is the platform we are using for the virtual conference April 15-18, 2021. You can see all that is going on from the SOBI home page. But Whova itself is a trip! Its very interactive and there seems to be more and different access from my phone than my desktop. The whole conference can be watched from the larger screens so don't worry about that.

To encourage community involvement there is a page where you can earn points by creating a meet up or asking questions about sessions on the agenda. I was way ahead on points until I told Ann McFadden about the game...then she got the app and taunted me by texting: "game on"! Ok, here we go. Game on indeed! Next time I looked she was way ahead of

me! What! How did that happen? So, I scheduled another meet up and surged into the lead. I haven't looked in 10 minutes so she may have taken the lead again. Robin Wurth is pulling up in 3rd place. Way to go Robin!

I can't say for sure, but I think you begin earning points just by registering.

Because the conference is virtual our fellow Ortho-Bionomists from all over the world will be able to join. Some of our sister organizations will be giving presentations about their organizations. I'm excited to hear about their experiences and meeting them.

The conference committee is doing a stellar job getting everything set up for the conference.

We also have the free event:  
The Members Support Group.



Always on the first Monday of the month. This is casual conversation between members on a variety of topics. Its easy and relaxed. I try to do it every month. You should also be receiving an email from the office announcing the Member Support meeting. Keep an eye out for it.

I hope to see all of you at the conference! Please join us!

Jeanne

## MISSION STATEMENT OF THE SOCIETY OF ORTHO-BIONOMY INTERNATIONAL:

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.

—Arthur Lincoln Pauls, D.O. (1929-1997) Founder



# SOCIETY OFFICE

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within 24-48 hours during the week.

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KERI BROWN

# BOARD OF DIRECTORS

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CATHY KRENICKY.....	CONFERENCE
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# 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.



# Do you need Study Group Credits?

Save money by eliminating travel expenses and sign up for a SOBI sponsored On-Line Study Group!

Study Groups are held the 3rd Thursday of every month.

These Study Groups are taught by Ortho-Bionomy Instructors who have a passion to aide in your deeper understanding of Ortho-Bionomy.

Contact the Ortho-Bionomy Office if interested. **Email: [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)**

Apr 15	None	SOBI Conference
May 20	Susan Smith	Contact & Positioning for Equines with Special Needs
Jun 17	Morel Stackhouse	Working with Knee Replacements
Jul 15	Bruce Stark	Sacroiliac Joint
Aug 19	TBA	
Sep 16	TBA	
Oct 21	Bettina Beaucamp	Applying Ortho-Bionomy Principles to create Balance and Abundance
Nov 18	Luann Overmyer	Ethics
Dec 16	Rouel Cazanjan	Phase 7 & Life Skills

The SOBI Board of Directors has decided to keep the cost of the Study Groups at \$25 for all of 2021.

To Register for the next Study Group go to:

<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/online-study-groups>

## REMINDER TO ADD CLASSES TO THE SOBI AND ABMP WEBSITES

Instructors- As you begin to schedule your classes this year remember to add them to the SOBI website.

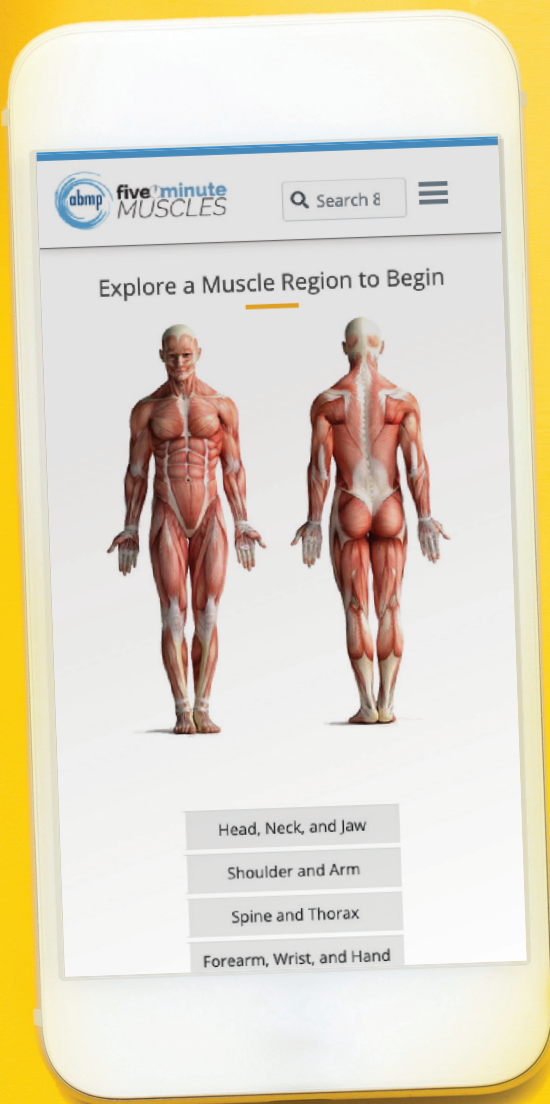
Follow this link and login into the Members Only page. Scroll down to the Add a Class option to complete the process. The office will add your class information to the website and notify you when the process is complete. Remember, your classes will now be added to the ABMP online CE listing when they are being added to the SOBI website.

[https://www.ortho-bionomy.org/aws/SOBI/pt/sp/home\\_page](https://www.ortho-bionomy.org/aws/SOBI/pt/sp/home_page)

# TWO NEW REASONS TO LOVE ABMP



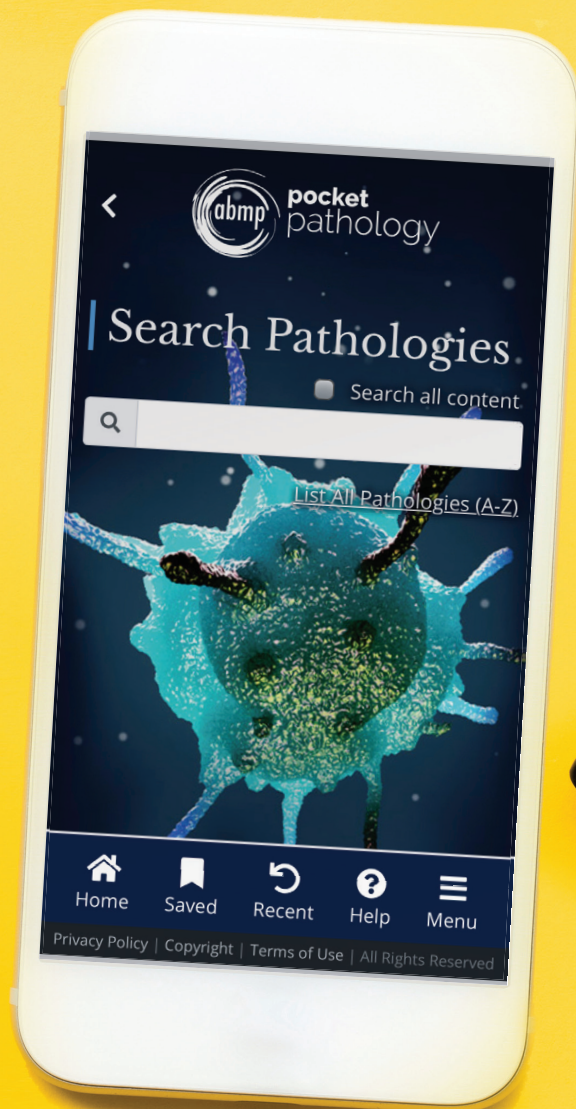
*"The new applications are amazing!" —Kelley*



## ABMP Five-Minute Muscles

Muscle-specific palpation and technique videos, plus actions, origins, and insertions at your fingertips.

[abmp.com/five-minute-muscles](http://abmp.com/five-minute-muscles)



## ABMP Pocket Pathology

A quick reference app created with Ruth Werner to give you the info needed to make treatment decisions for your clients.

[abmp.com/abmp-pocket-pathology-app](http://abmp.com/abmp-pocket-pathology-app)

**Included with membership at ABMP.com**



# Healing with Horses

BY SUSAN SMITH

We are all interested in healing. Many horses can be instrumental in healing, as can people.



"The above is a photo of a woman with cerebral palsy (and a nervous system that is misfiring). As the horses noticed her jerking movements as she sat in her wheelchair, they realized her nervous system was misfiring. One by one, they laid down around her (slowing down their breathing rate, which slowed their heart rate, which created the pulsing resonant field that caused her nervous system to entrain/synchronize with). She later reported that her jerking movements had calmed down significantly." - Free Rein Australia

There is a lot we don't know about this photo. Was the woman familiar with horses and wanted to be near them and have this experience? Did she simply wheel into the midst of this herd and let this scenario unfold?

We don't know. Not everyone has the opportunity to spend time with horses. And not all herds of horses will respond in this way.

The horses in this photo chose to

bridge the gap, and they knew they had the strength to share with and help the woman. That doesn't always happen. Some horses are initially seeking resources from humans, not the other way around.

First of all, I am interested in how to heal horses and by extension, many times that will extend to their humans. I must first make an effort to bridge the species gap. They tend to recognize this when I come to see them. In some non-verbal way, this information is communicated. Is it the energy I exude, a scent, a knowing that I'm around a lot of horses? Universal consciousness? What are those components?

I don't really know. There are some things I know: I have a mixture of a willingness to just hang out with them, not expecting anything. Breathing, sometimes synchronizing breath to theirs or assisting their respiration with my own. Awareness of all dimensions, mine, and theirs.

We share the same basic needs: food, shelter, water, community, safety, movement. If I appear with food, then I may lose their possible interest in other ways. Sometimes food is useful, sometimes it works against me.



*I sit or stand in the same place and let them come to me. Time is eternal for horses. They have no appointments to keep.*



If I come in expecting something: love, attention, adoration, forget it. Horses are into being, with each other, with their environment, with people if they deem them worthy.

While we know we have dimensions – up/down, side/side, forward/back, horses relate to us best if we have our energy going from the navel to the ground. If your energy goes above the navel, a horse may walk away from you. If he recognizes you have energy that goes both ways, up and down, he may come back. If a person's energy is disorganized like the woman in the wheelchair, then the horses in that scene chose to settle her, ground her. That's a case where the horses took matters into their own hooves!

Horses also have a set of dimensions. Some are very sensitive in all of them. Some, like us, are not very conscious of some parts of their bodies. For the longest time, I forgot about my left arm. I would get my left arm bumped a lot, as though the universe was trying to say, wake up!

Sometimes horses will not be aware of the dimensions of their entire body. They know where their head and neck and shoulders are, but not where their hind is. It can even look as though it was tacked on as an afterthought.

*With Ortho-Bionomy, we can help them become integrated.*

Sometimes the dimensions are so sensitive the horse cannot bear you in her space. Ears flatten, teeth bare. Or she walks away. Is it me or the horse? You may ask.

*Take a couple of steps backward. Find the spot where the horse no longer makes a face. Stay there.*

Sometimes your eyes can feel piercing as you are standing trying to figure out where to begin working, or what is going on in the horse's body. The horse feels the penetration of your stare.



*Stop staring, look away, change your focus. This horse needs a lot of room.*

Environment. Where are you? Is there room for the horse to run and play? Does he stand and fidget or become somewhat comatose until someone takes him from his stall or brings hay?

What can you bring to his life that will engage him or her? Physical space is not just nice to have, it's a necessity for an animal designed to roam 20 miles in a day, grazing, with companions.

Rhythms. Take the horse for a walk. A lot of a one-hour session is spent walking, re-instating natural rhythms, finding a rhythm with the horse. The horse limps, so you can walk consciously, as you might as a post-technique, carefully placing your feet. Even though the horse's hooves are different, the horse will begin to walk with more purpose, take more interest in the shared ac-

tivity. The horse's uneven cadence will become more even, decisive.

If you have an uneven walk, invite the horse to walk with you, and try to emulate the horse's strong walk. See how your own walk changes, you walk with more purpose, more commitment to your strides. Both of you benefit.

Once the walk has been established, stop with her when she reaches for a bit of grass, show interest in the spot she's grazing. You can even bend down and pick some grass yourself, in your teeth

or just close to your mouth. The horse will be pleased you are trying to be a horse in your small way.



**What can the horse show you in his body?** When you first begin, there are places to touch on the body to make a strong connection.

Once you begin, the horse may move his body so that you will see where he wants you to work. He cannot say – work here, or there, but he can turn her hind end to you

so that you will find somewhere to work there. While there, he or she may adjust its position under your hands.

The horse may rest his head in your hands in a sort of floating hold. It can feel very special once the horse feels you are connected.

When working with a being who is non-verbal, other than the occasional whinny, every movement, every blink, every yawn, is a communication, part of a conversation. The horse is completely honest and at times can seem impolite.

All bodywork embodies a study of herd behavior, and the horse's natural tendencies and rhythms. Through our knowledge of equine communication and what sustains them, and adjusting our own en-

ergy, we can deepen our relationship with horses. In a time when many horses are not kept in herds, and even for those who are, this approach represents a paradigm shift in what horses and people can experience together.

### Biography



*Susan has had a lifelong love of horses and began her interest in bodywork while an endurance rider.*

*The need to keep horses and herself fit led her to study bodywork for both equines and humans.*

*Certifications: Registered Instructor & Advanced Practitioner, Ortho-Bionomy & Equine Ortho-Bionomy, Certified Equine Acupressure Practitioner, Equine Positional Release Practitioner. NCBTMB Approved Provider.*

## SOCIAL SHARING

Embody O-B is a Facebook page for our Coordinator community. It is a closed group, specifically for Coordinators and Instructors who coordinate their classes. This won't be for sharing our schedules. This is for students sharing ideas; what's worked, what hasn't. How do we grow our communities? Coordinators are the grassroots of the Society. We share what we love, we invite Instructors into our areas and collaborate with Instructors to fill the needs of our area. We do the footwork of pulling a class together and we grow community. We believe deeply that by supporting one another, while promoting the principles of Ortho-Bionomy, we can all thrive, and we can all prosper.

If you are a Coordinator or an Instructor who coordinates your classes, go to the Embody O-B Facebook page and request to join.

–SOBI Office Administrator

# SOBI MEMBERSHIP BENEFITS

- Personal online member profile access to the “Find Members” searchable directory on the SOBI website.
- Ability to update your own online business profile directly.
- If Associate level or above, listing in “Find a Practitioner” searchable directory for the public.
- Receive via email the quarterly “Ortho-Bionomy Newsletter.”
- Discount Pricing in SOBI Online Store
  - Purchase DVD’s and Books to aid you in your Ortho-Bionomy Journey.
  - Go to: <https://ortho-bionomy.org/aws/SOBI/pt/sp/shop> to place your order.
- Receive a discount on Conference pricing.
- Discount on Associated Bodywork & Massage Professionals (ABMP).
  - ABMP includes insurance coverage for bodywork professionals if you qualify (the United States only).
  - If you are already a member of ABMP, you may call 1-800-458-2267 to join and receive a discount for being a SOBI member.
  - ABMP provides a customized url to every member at no additional charge.
  - For Instructors-Classes included on the ABMP Online CE listing.
- Emails keeping you informed of what is happening in the Ortho-Bionomy Community, such as Practitioner Support Groups, online SOBI sponsored Study Groups, Conferences, and more.
- Professional Referrals (Associates and above). Contact [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org) or call during office hours.
- Use of Ortho-Bionomy Trademark and Logo for Practitioner level and above.



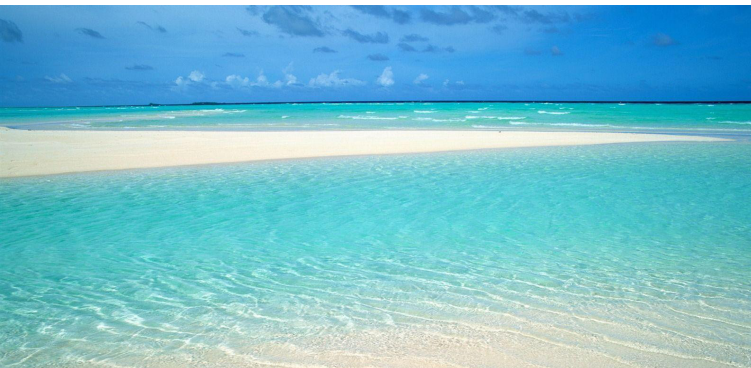
# The Relationship Between the In and the Out - The Peripersonal Space

The Peripersonal Space (PPS) is the brain's map of the body and the region within arm/leg reach of it. This map is created through a network of multimodal neurons - nerves that respond to a variety of stimuli such as kinesthetic, visual and auditory within the cerebrum and the brainstem. When this communication system is well connected within itself a field is created surrounding the body, a field which can change in size depending on the need for safety or closeness.

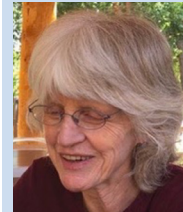
Trauma can interrupt this ability of the body, locking us into reactionary patterns which are not based in the present situation. Trauma can also create vacancies or hollow spaces within this field.

During this presentation we will learn about the Peripersonal Space, a relatively new scientific discovery.

We will introduce different options for self-care to help participants explore their PPS and learn some physical and energetic ways using O-B principles to help create a sense of safety and connection with others, thus allowing a fluid safe relationship between the In and the Out.



## Biography



*Ursula Hofer, LPC, LMT, Registered as an Advanced Instructor by the Society of Ortho-Bionomy*

*International®.*

*For over 35 years Ursula has taught classes and workshops in Ortho-Bionomy, client-therapist relationship, energy awareness and how to help resolve trauma. Ortho-Bionomy, working with the body's natural reflexes, still inspires her life and work every day. Her private practice in Santa Fe includes Ortho-Bionomy and Neurological trauma work. The pandemic transformed her private practice to a Phase 7 practice and her in-person classes to zoom.*

## Call for Articles

The Society is a community of some very gifted people, who have a great deal of experience to share.

We would love to hear from our members about your musings, case studies, personal evolvment, self-care, even three sentences on why you love Ortho-Bionomy.

Please consider writing or sharing a piece of yourselves with your larger O-B community. Contact the office and we will be delighted to help you bring you experience forward. [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)

# EVOLVEMENT PAPERWORK

## 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
- Include the following items: Waivers, Practitioner, Advanced Practitioner, & Instructor submissions.
- Review final checklist with Advisor (s) and get all signatures needed.
- Compile all paperwork in the correct order - see the checklist on the program handbook.
- Scan into a single PDF. (If you do not have a scanner, visit your local Kinko's, Staples, or public library, and save your scanned pages onto a USB Flash Drive.)
- All dues and fees must be up to date for the evolvment packet to be submitted to the review committees.
- Email completed portfolio to [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org) and, be sure to copy your Advisor.
- The SOBI office will confirm receipt of materials received and notify applicants of the Review Committee results on or before the next evolvment cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.

# Online sessions? Really? Really! —a How-To presentation

BY SARA SUNSTEIN

**Truly, I don't why I thought I could do sessions online.** But a client in late March 2020 requested one. She'd taken a nasty fall and felt discombobulated. She already had zoom and would set up the session and invite me.

Well, okay, I'll give it a go; at least I can offer some self-care tips and positions. And if she feels better she can send a check.

The process was fascinating to me in that when I tuned in, I could sense almost as well as in person. When I asked for her sensory feedback, what she said she was feeling was very close to what I was sensing. And when I was addressing an aspect of her body in what I thought of as Phase 4 and sensed a release, within a split second of that, she took a noticeably fuller breath—just like in person. Even working with the impact itself, Phase 5, we both could sense it shifting and releas-

ing. The session turned out to take about an hour, the same as a "live" session. We both felt a "completion" at the same time. Surprising and powerful stuff, this online session! She indeed felt better and sent a check. Moreover, several days later she phoned to say her body was continuing the healing process. Each day a bit more comfortable with greater ease. Initially this client had thought a follow-up a week later would be good, but discovered it wasn't necessary. Her innate healing process had continued, and she felt as good as ever.

All the online sessions I've done since have been "successful," helping the client, and being so similar to—and yet so mysteriously different from—in person sessions. I'd love to pass on to you what I've been learning.

**Do you want to learn how to do online sessions? Join this presentation, "Online Sessions? Really? Really!"** to learn how to do them yourself! Continue to support your clients (or distant friends and family) even if/when in-person isn't advisable or possible.

## Biography



*Sara Sunstein, a Registered Advanced Instructor and Practitioner, trained with Arthur Pauls, and several early instructors have been her mentors: Luann Overmyer, Kathy Kain, and Richard Valasek. She's also studied somatic therapy and trauma healing extensively, including with Bonnie Bainbridge Cohen and Peter A. Levine. Humor, nature, and art-making help keep Sara sane—as well as contribute to her sense of the body and her work.*

I'll be going over guidelines and instructions and give a demonstration with an audience volunteer for all to observe—and sense. Following that is time for practicing virtual mini sessions in breakout rooms. And of course, Q&A at the end.

**Please note:** This is not for beginners per se. Please be comfortable doing Phase 4, 5, and 6 in person. Some other classes such as Isometrics, Self-Care, and Explorations of Movement are also helpful.





# Finding Ease with Family Constellations

BY BARRY KROST

Family Constellations is a healing process that explores how hidden dynamics in our family system can influence our thoughts, feelings, relationships and even health issues. Constellations are models of the family system that reveal how experiences of the past can dominate our present. Often without being aware, we are entangled in the challenges of those who preceded us.

A powerful insight of Bert Hellinger, the founder of Family Constellations, is that each family system has natural laws that keep it in balance and allow love to flow. When there is a violation of these laws, suffering and pain can arise, which often damage our ability to have compassion and kindness for ourselves and others.

In a Family Constellations workshop, we explore how family systems have disregarded natural laws through a field of energy that allows us to discover the truth behind shame, guilt, trauma, mental illness, disease, and the damaging effects of violence, war, and immigration. This field of energy also helps us search for a solution that restores the order of love.

During my conference presentation, we will learn how Family Constellations can resolve suffering so that nothing can get in the way of love coming naturally and with ease for individuals, families, society and all of us living as a global community.

## Biography



*Barry Krost is an Instructor and Advanced Practitioner of Ortho-Bionomy® and a*

*Systemic Family Constellations Facilitator and Trainer. He began studying Ortho-Bionomy in 1991 and is a past president of the Society of Ortho-Bionomy International.*

*A graduate of the Chicago School of Massage, Barry has over 4000 hours of training in Massage, Bodywork, Energy Healing and Systemic Constellation approaches. He has trained in over 20 healing modalities including: Reflexology, Lymph Drainage Therapy, Trigger Point Therapy, Myofascial Release, Sports Massage and Energy Techniques.*

*Barry is Board Certified in Therapeutic Massage and Bodywork and a Approved Provider of Continuing Education with NCBTMB. His Bodywork & Energy Healing practice in Chicago, IL.*





MAY 2-7/2021

# **"TOOLS FOR THESE TIMES" OB RESIDENTIAL**

AT MCCORMICKS CREEK STATE PARK INDIANA  
WITH DENISE DEIG AND CAROLE POFFINBARGER

**\$750 EB | MAR2** FOOD AND LODGING SEPERATE  
CONTACT KERI BROWN 317.446.1559 KERI.COBI@GMAIL.COM

## **CHECK OUT OUR FACEBOOK GROUPS!**

### **Society of Ortho-Bionomy International:**

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

### **Ortho-Bionomy - @theevolvementoftheoriginalconcept:**

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

### **Ortho-Bionomy Instructor Group:**

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

### **Coordinator Embody O-B:**

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



# 2021 CALENDAR

<b>April 2021</b>	Ortho-Bionomy News Quarterly Newsletter & Annual Report Available
<b>April 15-18, 2021</b>	Virtual SOBI Conference
<b>May 21, 2021</b>	Society of Ortho-Bionomy Int'l Annual General Meeting via Zoom
<b>May 31, 2021</b>	Newsletter Article Submissions & Advertising Due
<b>June 15, 2021</b>	Board Election Ballots Due if vote is required Materials/Waivers/Evolvment request for PRC/IRC Due
<b>July 2021</b>	Ortho-Bionomy News Quarterly Newsletter Available
<b>August 31, 2021</b>	Newsletter Article Submissions & Advertising Due
<b>Sept. 15, 2021</b>	Materials/Waivers/Evolvment request for PRC/IRC Due
<b>October 1, 2021</b>	Board of Directors Term Begins
<b>October 2021</b>	Ortho-Bionomy News Quarterly Newsletter Available
<b>Nov. 15, 2021</b>	Newsletter Article Submissions & Advertising Due
<b>Dec. 15, 2021</b>	Materials/Waivers/Evolvment request for PRC/IRC Due
<b>January 2022</b>	Ortho-Bionomy News Quarterly Newsletter Available



## Phase 7 for Life Mastery in Easy to Access Video!

**Learn Phase 7 Techniques for**  
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*This six-part video series offers the  
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*For more information, contact*  
**Rouel Cazanjan @** <http://rouelcazanjan.com/>



# SOBI STORE IS OPEN

## BOOKS

### Member / Non-Member

Ortho-Bionomy: A Practical Manual, Kain / Berns	\$ 20 / \$ 25
Philosophy & History of Ortho-Bionomy, Pauls	\$ 17 / \$ 22
Chapman's Neurolymphatic Manual	\$ 20 / \$ 25
Ortho-Bionomy: A Path to Self-Care, Overmyer	\$ 20 / \$ 27
Positional Release Technique, Deig	\$ 30 / \$ 40
Equine Positional Release – Download PDF, Carter	\$ 30 / \$ 35

## DVD's

### Member / Non-Member

Discount set of Series 1 & Series 2, Pauls	\$215 / \$225
Series 1 - Phase 5 & 6, Pauls	\$130 / \$140
Series 2 - Phase 4 & Post & Home, Pauls	\$100 / \$110
Cranial, Pauls	\$ 50 / \$ 60
Pearls of Wisdom, Pauls	\$ 40 / \$ 50
Portals to the 80's, Pauls	\$ 35 / \$ 45
Arthur Bionomy, Pauls	\$ 45 / \$ 55
Discount set of all five Phase 8 DVD's, Lee	\$225 / \$245
Phase 4 Spine, Lee	\$ 40 / \$ 45
Phase 4 Extremities, Lee	\$ 40 / \$ 45
Exploration of Movement, Lee	\$ 50 / \$ 55
Isometrics & Isotonics, Lee	\$ 50 / \$ 55
Postural Re-Education & Post Techniques, Lee	\$ 60 / \$ 65

## MERCHANDISE

SOBI Tote Bag	\$ 15 / \$ 20
SOBI Conference Power Bank	\$ 20 / \$ 25

## NEWSLETTER

10 Newsletters (Including Shipping & Handling)	\$ 30
Quarterly Newsletter Subscription	\$ 25 per year

Go to: <https://www.ortho-bionomy.org/aws/SOBI/pt/sp/shop> to place your order.



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

BY CATHY KRENICKY



Well, we have one... 1st Monday of each month via ZOOM!

Led by your Host: Cathy Krenicky  
This is a monthly gathering geared towards supporting anyone on their

journey to evolving as a Practitioner; but 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!

## Biography



*Cathy Krenicky is a Registered Ortho-Bionomy Instructor and a member 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.*

## SHARE YOUR STORY

At the March Members Support Group on Zoom, we were sharing a bit about ourselves and it led to a new and interesting discussion about those moments. We thought it was too good to just keep to ourselves, so now YOU'RE INVITED! Share your story with SOBI and we'll pick a few of these Aha Moments to share in each issue of the newsletter.

Tell us—in just a few words—about a moment that opened a door for you into what O-B would mean for your life. Maybe it was a session when you felt something new, maybe it was a client whose feedback changed your perspective, or something you heard in a class; it could even be when you just felt yourself drop into a new level unexpectedly.

Keep it at 300 words or less and send your submission to [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)  
Let's build our community by sharing our joys!

Rocky Mountain

On the web: <http://www.rmobcenter.com/>

# Ortho-Bionomy®

Heal from within

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Center

970.209.9400

Instructors:  
Sheri Covey  
Sara Spehar  
(Guest Instructors)

## NEW CERTIFICATION PROGRAM STARTING IN DENVER COLORADO 2021 - 2023

DENVER 2021 - 2022 - 2023 Schedule(rv)

WE OFFER EVERY CLASS YOU NEED WITHIN A ONE YEAR TIME FRAME BETWEEN OUR TWO CAMPUSES.

### Week 1 Denver

Phase 4:  
Spine & Shoulders August 23rd & 24th, 2021

Practitioner  
Training August 25th, 2021

Phase 5  
Cost: \$800 August 26th & 27th, 2021

### Week 2 Denver

Phase 4:  
Extremities October 4th & 5th, 2021

Ethics Class October 6th, 2021

Exploration of  
Movement October 7th and 8th, 2021  
Cost: \$800

### Week 3 Denver

Isometrics &  
Isotonics December 6th and 7th, 2021

Study Group 1 December 8th, 2021

Phase 6  
Cost: \$750 December 9th and 10th, 2021

### Week 4 Denver

Anatomy 1 February 7th & 8th, 2022

Study Group 2 February 9th, 2022

Emotions  
and Trauma February 10th and 11th, 2022  
Cost: \$750

### Week 5 Denver

Posture &  
Post Techniques May 2nd & 3rd, 2022

Practitioner Training Part 2 May 4th, 2022

Chapman's Reflexes  
Cost: \$800 May 5th & 6th, 2022

### Week 6 Denver

Advanced Neck  
and Shoulders August 22nd & 23rd, 2022

Study Group 3 August 24th, 2022

Phase 4 Advanced Spine  
Cost: \$750 August 25th & 26th, 2022

### Week 7 Denver

Anatomy 2 October 3rd & 4th, 2022

Visceral  
Cost: \$800 October 5th, 6th & 7th, 2022

### Week 8 Denver

Advanced Pelvis December 5th & 6th, 2022

Study Group(s) 4 & 5 December 7th, 2022

Fascia  
Cost: \$825 with 2 study groups December 8th & 9th, 2022

### Week 9 Denver

Phase 4 Review February 6th and 7th, 2023

Study Group 6 February 8th, 2023

Cranial  
Cost: \$800 February 9th & 10th, 2023

### Residential - Moab, UT - Red Cliffs Lodge

March 12th thru 18th, 2023

Online classes will include:

Elements of Successful Practice - 16 Hrs. - Demonstration Skills - 16 Hrs. - Possibly 2 or 3 Study Groups

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

Revised January 28th, 2021

\*\*\*\*Some dates subject to change



# The Felt Sense

BY ROUEL CAZANJIAN, MA

What is it like to be you? How do you describe your experience of being alive right now – to yourself or others? What meaning do you make of your existence? How do you access your experience? Why does any of this matter?

We, being the most complicated things in the known universe, are gifted with what is referred to as “free will” – the ability to make autonomous choices, based on unfettered internal deliberation. We take a multitude of action steps every day, but are they free-will choices? If we are happy and things are going well, it may not matter. But if we are not happy and not getting good results, we are probably not making free-will choices.

Eugene Gendlin, in his groundbreaking therapy “Focusing,” developed from studying people who improved in therapy, describes the Felt Sense

as “one’s bodily awareness of the ongoing life process.” People who could feel this made free-will choices, while others made reactive choices and remained stuck in repetitive behaviors.

When we make contact with our clients without imposing our agendas and biases, verbally or tactilely, we create a space to access the Felt Sense. May this idea give you the clarity to create an “open space” with your clients, so that they may feel their ongoing life process in their bodies and be guided by implicit awareness to make true free-will choices.

**Please contact me directly at [rouelcazanjian.com](http://rouelcazanjian.com) for a free gift “The Fast Track to Overcoming Reactivity!”** And please see the add in this newsletter for my comprehensive Phase 7 Life Mas-



tery training, made by myself and Bettina Beaucamp, with convenient video recordings supportive writings.

## Biography



*Rouel Cazanjian, M.A., LMFT, CMT, SEP is a registered Advanced Instructor and Practitioner of Ortho-Bionomy®, a*

*licensed psychotherapist, a certified Somatic Experiencing Practitioner, and a certified Biodynamic Therapist. He has over 30 years of experience teaching and working with clients. He also has extensive experience with mindfulness, meditation, hypnosis and many movement therapies.*

## 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>



# Use us! We're Ready for You

BY MARLA MOORE

Reprinted with permission from Oct. 2001

Whether you are enrolled in the Practitioner Training Program or taking classes to augment your practice and life, it is a good idea to check in with an Instructor or Advisor to make sure you're on track. Get the most out of your advisor. Your advisor has plenty of information and insight to help deepen your understanding of Ortho-Bionomy. Pick their brains for insight on the principles, philosophy, technique and feedback. They are here to help you. Some advisors set up contracts with their advisees in order to be clear about expectations, and to clarify goals and objectives. Please check with your advisor or an instructor about their specific protocol. You have many opportunities to work with your advisor or any instructor in a variety of formats. Think about scheduling tutorials, feedback sessions, sessions received, study groups and sessions for evaluations with your advisor any instructor. Check with them to see how they set up these valuable sessions.

Tutorials can be conducted in a variety of ways. For example, it can be a private conversation between you and your advisor or another instructor. This can be in person or via phone/zoom. Topics can include but are not limited to structuring a session, specific challenges or ethical issues with clients or the program, or questions or clarifications of techniques. I've enjoyed private discussions not only with my



advisor but other instructors as well. Instructors are all different in their approach and that itself is valuable for a well rounded education. During my training, my advisor wasn't always in town so we got creative in planning our tutorial time. In her limited time, she allowed a few of us to join together and share a tutorial that lasted a few hours. Usually, we begin with a discussion of a variety of O-B related issues then move to table work for clarification of technique related questions. It was helpful to talk to others regarding my process and journey, and to see techniques demonstrated again. I also received new ideas and positioning alternatives to work better with my clients in my private practice.

Feedback sessions are very helpful and should be done throughout your training-even if you are not

enrolled in the Practitioner Training Program. They help you stay on track and insure that you are on a path of understanding the essence of Ortho-Bionomy. Since Ortho-Bionomy is principle based and not technique driven, it is essential that you know the principles and can demonstrate them through your work. Techniques are tools help the greater understanding of the principles.

I have experienced feedback sessions in a few different formats. The time could be divided into a straight 45-50 minute session with the remainder of the hour for feedback from the instructor. Another way to conduct a feedback session is to get feedback during the session. This way the Instructor can comment on some of the subtle things that sometimes go unnoticed and connect them with the moment-especially while it is fresh in the mind of the instructor. This can be very beneficial for you. Another way I have experienced session is to work half the time on the instructor and then get feedback with the remaining time. Specific areas can be addressed and demonstrated right away.

Study groups can be an excellent way to work on areas that need more attention. Study groups should be dedicated to review material already covered in class and not new material. It is an opportunity to work with supervision and feed-

back in a safe, non-threatening space. Study groups could be formed ahead of time with specific topic or focus. These sessions could cover topics such as reviewing specific areas of clarification, body mechanics, timing, structuring a session, how to integrate the phases of the work and how and when to use isometrics and post techniques in specific areas.

Sessions received from Instructors and Practitioners are invaluable tools and a great source of learning which can't be put into words. This is an opportunity to feel a session and notice how it progresses. You will also sense the flow, timing and energy qualities of the work. In some sessions I have received, I have requested specific focus be given to areas or phases of the work. For example, to experience how Isometrics or Post techniques fit into a session.

Sessions for evaluation can be intimidating. It should be like a session that represents your work with a client. Of course you want to connect with a client which in this case is an Instructor. If you follow the principles, listen with your ears, hands, body and energy, you'll do fine. Instructors don't bite. Sometimes it is a good idea to ask an Instructor what they look for in a session. Sometimes it can be helpful to ask the Instructor what they look for when the appointment is set up so you know what to expect. Meet with Instructors when they come into town. Hopefully there are regular classes coming through your town. Even if you are not planning to take the class, try to schedule time with them, check the schedules and plan ahead so there is enough time set aside for you. Good luck with your journey into the world of Ortho-Bionomy. We are here for you—use us, you won't regret it.

## Biography



*Marla Moore has been practicing bodywork since 1992. She is a Registered Instructor and an Advanced Practitioner of Ortho-Bionomy.*

*She has over 2500 hours of training including graduating from the Wellness and Massage Training Institute in 1992. Marla studied with Dr. Arthur Lincoln Pauls, Founder of Ortho-Bionomy, and with many other Ortho-Bionomy Instructors throughout the country.*

*Marla is an active member of the Society of Ortho-Bionomy International. She has served on the Board of Directors, on several other committees supporting the organization and is the official photographer for Society Conferences.*

## SOCIAL SHARING

Embody O-B is a Facebook page for our Coordinator community. It is a closed group, specifically for Coordinators and Instructors who coordinate their classes. This won't be for sharing our schedules. This is for students sharing ideas; what's worked, what hasn't. How do we grow our communities? Coordinators are the grassroots of the Society. We share what we love, we invite Instructors into our areas and collaborate with Instructors to fill the needs of our area. We do the footwork of pulling a class together and we grow community. We believe deeply that by supporting one another, while promoting the principles of Ortho-Bionomy, we can all thrive, and we can all prosper.

If you are a Coordinator or an Instructor who coordinates your classes, go to the Embody O-B Facebook page and request to join.

—SOBI Office Administrator



# EVOLVEMENTS

**Congratulations to Tiffany and her commitment to the work and as a member of the Society.**

**Tiffany Beese**

**Instructor**

**Wellington, New Zealand**

# ADVERTISING

*See SOBI Website for more ad size options,  
online payment & non-member pricing.*

Advertisement size	Member Cost 1 issue / 4 issues		Non-member Cost 1 issue / 4 issues	
<b>1/8 page</b> (3-7/8" x 2-1/8")	\$30	\$100	\$55	\$200
<b>1/4 page</b> (3-7/8" x 5-1/4")	\$50	\$150	\$75	\$250
<b>1/2 page vertical</b> (3.5" x 10.5")	\$80	\$285	\$105	\$395
<b>1/2 page horizontal</b> (7.6" x 5.2")	\$80	\$285	\$105	\$395
<b>3/4 Page Horizontal</b> (8" x 7.75")	\$110	\$395	\$175	\$500
<b>Full Page</b> (8" x 10.5")	\$140	\$485	\$175	\$600

- Advertisements must be camera-ready.
- Size as indicated in the table above.
- Print ads must be 300 dpi (dots-per-inch) resolution and formatted as a PDF, TIF, or EPS file ready to place "as is" into print.
- Email camera-ready advertisements to [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org).
- Fees: You will be invoiced for your ad through the SOBI office.
- Payment is due on receipt.
- Submission deadlines: first calendar day of December, March, June, and September



# It is about being **INSPIRED**

**Tired of faces on your computer & lack of tangible connection?  
Weary of Zoom Classes?**

**We are live and following DORA Protection and Regulations Grand Junction, CO**

**Check out our Visceral Class, Covid Safe Residential &  
our New Program in Grand Junction, Colorado!**

**Check out our Calendar at [RMOBCenter.com](http://RMOBCenter.com)**