

APRIL 2020

Vol. 30 No. 2

Technologies for Intimacy without Proximity

“If nothing works do Nothing.”

By Richard Valasek

Looking for the Laws of Life and being guided by what you find. It's hard to pin down what are the Laws of Life because we really can't stick a pin in life and mount it with a sign saying "This is what Life Is." There are few things I can comfortably say about Life and its Laws, if indeed it has any. Life often bears curious resemblance to the Wild West. Here is one thing I feel confident in, for now.

Life is a dynamic conversation between Freedom and Constraint. Years of practicing my life as an orthobionomer has brought me to this rest along the way (far from a conclusion). Conversation is a metaphor; we can call it an ongoing process of negotiation or mediation. At its best this relationship should not be a tug-of-war. Place yourself as near the middle as you can and then just look and see which side of the line you come to rest on. This is your bias; not right or wrong simply where your comfort is.

This is a basic method of Ortho-Bionomy, to inquire of the biases, whether tilt of head or torque of soul.

Constraint is absolutely necessary when the flesh is torn out bruised broken. The freezing of the tissues is essential for healing. Hold the tissues still. The attention of the body gets concentrated there, staying with the trouble. We add to the support with sprints and casts, canes and crutches. The best support may be a firm and gentle hand, skin touching skin.

What to do when we can't touch? No problem, we are orthobionomers. We have great technologies to lean into the bias, to cast support across a distance.

I think the secret goal of Arthur Pauls was to obliterate Time and Space, remove these factors from the equation of Healing. We are each demonstrate how successful he is being.

I have strong memories of hearing Arthur clearly say, "A person will not understand Ortho-Bionomy until they understand Phase 7." It is clear he saw this seemingly mystical far end of the Ortho-Bionomy field (out in left field, some say) as base and core. So let's understand Phase 7.

There are two ends of a line, one is Freedom (release, let go) the other is Constraint (hold on, stabilize). Too far along the line toward Constraint and you pass out of the range of meaning; too

far along the line toward freedom and you fly away from meaning. Bounce back and forth between the two and let it come to rest and just at that point of rest there is a spark of ongoing action.

This is the goal of Life: ongoingness. Life cares about continuing on. Life cares for itself. Perhaps all the substance of the multiverse find valuing in continuing on. The fact there are things may be witness to a diffusion of Life throughout down to most micro and out to most macro.

The closest we can come to a picture of the path they dance along, if we were somehow to graph the movement, is versions of a spiral.

One thing we can understand about Phase 7 is its clear message to manage your reactivity. Move yourself, reposition yourself, in relation to the turmoil that's caught your attention. Face it and feel it and find where Freedom is allowed.

Let's say your heating bill is too high. You are sitting in your room, feeling a chill. One way to manage this is to go to the thermostat and turn up the heat. Alternately you can extend your range of tolerance to coolness. Then you can layer on some more "skin." You may eventually need to put another log on the fire, open the dampers but you will only need a bit more. Now you like it cooler.

You can sit with a friend or stranger, safe-bubble distance away from one another. You can feel in yourself the ways in which you can feel this other person's presence impresses in upon you. Don't edit in advance, predetermine what you think you should be feeling. Obliterate the Shoulds. Now begin your Care of Self, in the presence of the Other. To Listen is to be available to be changed, to change yourself in response to the presence of another.

You don't have to sit still. You can stand and walk about, you can turn and face in different directions (always staying connected). You can call upon your gods or hers. You can invite other beings in to play. Healing is a supreme act of Imagination. Support and hold, bless and thank, the necessary structures and sway out in as many directions as you can find to go.

We can call this Phase 6. We can call this Phase 7. You can do it skin to skin or at any further remove of Time and Space. You can call it something else and teach it to any who want to learn it. Ortho-Bionomy teaches us to find all the freedoms can be allowed. These freedoms are here to protect the structure. The structure is there to support the flying.

INSIDE

THIS ISSUE

- 1 Technologies for Intimacy without Proximity
by Richard Valasek
- 3 President's Message
- 4 A New Society of Ortho-Bionomy Website
by Barry Krost
- 5 Evolvments
- 6 My View of Ortho-Bionomy
by Morel Stackhouse
- 7 Call from the Board of Directors
- 8 Positive emotions and health
by Barry Krost
- 8 2020 Calendar
- 11 Profit and Loss Sheets



Ortho-Bionomy News is published quarterly as a membership publication of the Society of Ortho-Bionomy International®, Inc.

Information contained in 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 submission within its sole discretion; determine when to publish a certain piece of work; edit materials where appropriate; reject copyrighted material unless 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.

Advertising

(see SOBI website for more ad size options, online payment & nonmember pricing)

Ad size	Member 1 issue	Cost per 4 issues	Nonmember 1 issue	Cost per 4 issues
1/8 page (3 7/8" x 2 1/8")	\$30	\$25	\$55	\$50
1/4 page (3 7/8" x 5 1/4")	\$50	\$40	\$75	\$60
1/2 page vertical (3.5" x 10.5")	\$80	\$65	\$105	\$95
1/2 page horizontal (7.6" x 5.2")	\$80	\$65	\$105	\$95
Website (450wx136h)	\$150/qtr	\$400/yr	\$200/qtr	\$700/yr

- All advertisements must be camera-ready:
 - Sized 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
 - Website ads must be 72 dpi resolution and formatted as a JPG or GIF file no larger than 60 Kb
- 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

Copyright 2020, Society of Ortho-Bionomy International, Inc.

SOCIETY OFFICE:

Office hours: Tuesday, 1pm-6pm and Thursday, 9am-3pm — voice messages and email will be checked regularly during the week

Keri Brown, Office Administrator
ortho-bionomy.org
discover-ortho-bionomy.com

NEWSLETTER STAFF:

Terri Wolters – Graphic Designer terri.heuser@gmail.com

BOARD OF DIRECTORS AND THE OFFICES THEY HOLD:

Jeanne Douglas, President
Cathy Krenicky, Vice President
Barry Krost, Treasure
Carole Poffinbarger, Secretary
Melissa Malm, Member at Large
Keri Brown, Member at Large

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

EVOLVEMENT PAPERWORK – PRACTITIONER (PRC) AND INSTRUCTOR (IRC) REVIEW COMMITTEES

- Letter from applicant
- Completed Evolvement or waiver material
- Go to Evolvement Checklist for details
- Compile all paperwork in appropriate order into a single PDF
- Email PDF of your portfolio/ paperwork to office@ortho-bionomy.org



President's MESSAGE

My word for the day is gratitude. I've got lots of it, and it rests comfortably next to trepidation. And somewhere back there is a mild sense of foreboding. The unknown. Where is this going? How long will it last? Will I get sick? Will my family members get sick? And on, and on, and on. Faintly in the background, and every once in a while, they get a little closer to the surface. I acknowledge it, get a little melancholy, then pick myself up by my bootstraps, and get back to getting it done!

How are you all doing? It is disheartening that we will continue to be affected by this for quite a while. My brain has been pulled in so many different and contradictory directions. Decisions have been hard. Canceling sessions and not knowing when we could get our businesses back up and running again. Honestly, how do we turn away our clients that we have been seeing for 30+ years? It's a crazy world right now. Keep an eye out for SOBI sponsored FREE webinars generously offered by our members. If you have a something to teach that will help our members combat stress, relax, develop new skills, build their business, improve marketing, etc. send your topic to the office for review and scheduling. These have been great and if you haven't joined in on one now is the time.

Life has changed. How do we keep ourselves and our families healthy? How do we cope? How do we keep stress at bay? How do we support our clients and keep some money coming into our households? I was talking to Richard Valasek about this and how I was having writer's block because of it. At about the same time we both said we are Ortho-Bionomists and we know how to do this. We embody the skills necessary to surf this wave.

So, what can you do to continue to serve your clients? Do you show your clients exercises to support the work you are doing in your sessions? If you aren't you should be. You can set up sessions with your clients to help them do and perfect the exercises. Zoom accounts are free and have tutorials on how to use it. It's easy to do. And, you can also do Phase 6 and Phase 7. Your clients will be ecstatic!

In this newsletter is an article written by Richard: "Technologies for Intimacy without Proximity". This is what came about during our phone conversation. Have you read anything written by Richard? To my brain his writing is from another dimension. I asked him, and at the same time he said he would try to write something that mere earthlings could understand. Give it a read then come back and read this little summary: What Richard is trying to say is Ortho-Bionomy has given us the technologies, in phases 6 and 7, to teach and practice active healing in this virus infected world. Ortho-Bionomy teaches us that our body extends beyond the flesh.

Minnesota is in our 9th day of a 14 day "shelter at home" or "stay home" order from our governor. This puts a whole new spin on being prepared. When I have gone out to get essentials, (not TP, I have plenty and I don't really know what the focus on TP was about), the stores are very quiet. No one is talking. Just kind

of walking around in our 6-foot bubbles. I noticed there is not much eye contact, it's like everyone we meet is, or could be, the enemy. Time to send out a lot of healing energy to the world and to everyone around you.

You'll want to check out Barry Krost's article in this newsletter about: "**A New Society of Ortho-Bionomy Website**". This is quite an accomplishment for Barry and Keri who have been working tirelessly on creating this powerful and professional website. It's a beauty!

You may have read that we are looking for a newsletter editor. We have some applications and will be starting interviewing soon. We want to give Karen Elisa and Teri Lennartson our heartfelt thanks for supporting SOBI. Thank you both for stepping up!

We are accepting nominations for the board of directors. Three board members will complete their terms this fall. If you want to be of service this is a good way to do it. Nomination forms are on the website.

Due to the virus we have postponed the next conference indefinitely. We will get right back on it as soon as possible. We will keep you informed of news on this front. Hopefully we don't have to wait too long.

Over the last several months we have transitioned from our past bookkeeper/treasurer Peg Hill to our new bookkeeping company, White Wolf, LLC. We want to thank Peg for her commitment to SOBI and years of service on the board of directors. Thank You Peg!

Check out the SOBI sponsored study groups on the website also.

This was in the last email blast from me, but it needs repeating: Instructors, coordinators, members: when you are talking to your fellow SOBI members would you ask them if they get emails from the SOBI office please? We still hear from members that are not receiving emails from the office. Obviously, we don't know who is not getting them. The emails don't come back as undeliverable. So, one way we can get them connected again is to have all of you bring this up to your fellow Ortho-Bionomists. If they aren't getting SOBI office emails, please ask them to email the office with their correct contact info. SOBI Office office@ortho-bionomy.org.

One last thing, it's hard to know what news stories to believe these days. It reminds me of when I was 7 and I was burnt in a fire. Several years later I found newspaper articles about that fire. I read them several times because none of the stories sounded like the fire I was in. They each had some facts but mostly they were fiction. I learned something that day that I try to remember about media: I believe about 50% of what I see, 30% of what I read, 30% of what I hear, and now, 2% of what I read on Facebook. A good reminder for me.

Everyone take real good care of yourselves! Please stay safe, laugh a lot, enjoy every minute of life.

I'm interested in hearing from you. Feel free to contact me with questions, concerns, etc.

Sincerely,
Jeanne

A New Society of Ortho-Bionomy Website

By Barry Krost

A new website for the Society is being completed and will launch sometime on April 6th. We are currently finishing the last elements of the website designed by TCS Software, the folks who also created our current member database.

One of the goals for the new website was a seamless interaction with the database so members would have an easy time accessing their profile information, the public could find practitioners and instructors and students could find, classes, and training easily. The new design is clean and easy to navigate to find what you are looking for. As much as possible we are trying to make the Society virtual so there are more forms that can be completed online easily.

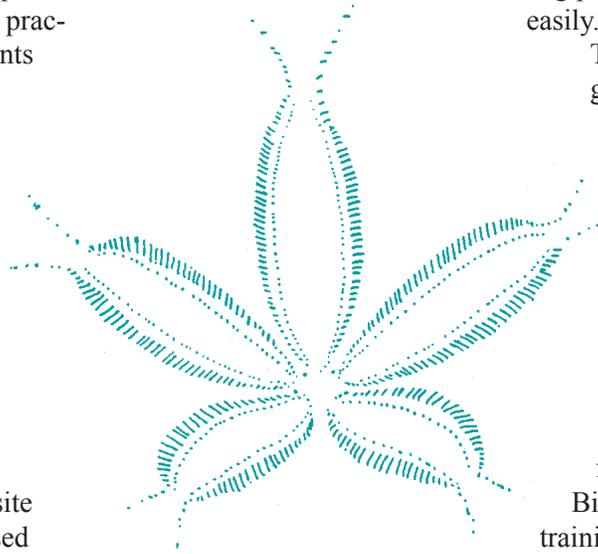
A major feature of the website is to promote Ortho-Bionomy. We have revised the writing and images to make it easier to understand the work and the website looks very professional. The revised

“Find a Practitioner” page should increase the opportunities for members to find new clients for their services. We also wanted the website to help recruit new members for the Society. Our membership section makes it easier to understand our organization, community, the levels of membership and our ongoing activities and events.

The class and training area has been revised to make it easier to understand the different training programs, and what is needed to complete them. We have made all of the program forms fillable, so you can download the training programs and fill out your forms more easily.

The new class schedule format is a great way to present the class offering of our instructors.

In our “Members Only” section we have completely revised our member resources and they are now more integrated into your individual member profile where you can pay dues and locate other members. We are looking forward seeing how these new changes bring fresh energy and interest for people looking to what Ortho-Bionomy can offer them in healing and training.



Newsletter Editor: Our newsletter editor resigned. We are looking for a qualified member to be editor:

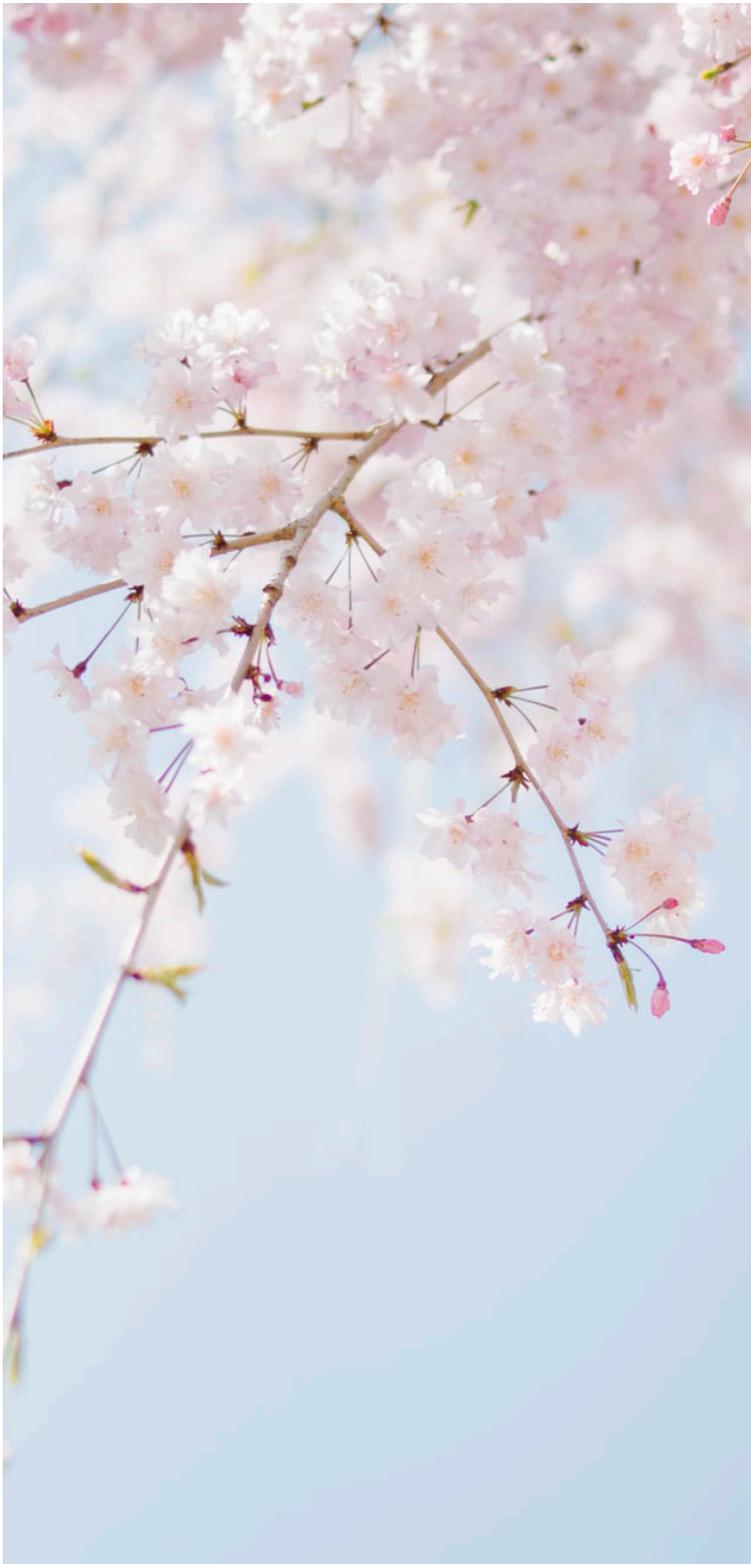
Job Description:

- The editor will have experience with Ortho-Bionomy, its history and principles.
- The editor solicits articles, communicates with members about the newsletter and its publication requirements.
- The editor receives information from the Society Office and the Board of Directors for inclusion in the newsletter.
- The editor gathers and organizes content for the newsletter and works closely with the SOBI graphic designer.
- The editor helps create the flow and order of the finished product.
- The editor may also write articles and help create themes for specific issues.
- The editor is responsible for ensuring that the newsletter is produced four times a year.
- The editor is supported by and may take direction from the Board liaison.

Four members have applied for this position. The board has begun the interview process.



Membership NEWS



ABMP

SOBI is an affiliate of the Associated Bodywork and Massage Professionals (ABMP). As such our United States members get a discount on annual membership and liability insurance through them. To receive your SOBI discount with ABMP:

- If you are already an ABMP member, you can renew online and the discount comes off your renewal automatically
- If you are NEW to ABMP, then you can call them at 1-800-458-2267 to sign up for membership and insurance and get your discount.

EVOLVEMENTS

Melinda Doden, Advanced Instructor

Lynne Marotta, Associate Advanced Instructor

Teruko Tooley, Instructor

Robin Wurth, Advanced Practitioner

Jeanne Hollingsworth, Practitioner

Wendy Rickman, Practitioner

Renee Stevenson, Practitioner

Melissa Malm, Instructor

GOT COMMUNITY? TELL US ABOUT IT!

• Call for Articles for the July 2020 Newsletter —

Your input and stories bring life to the newsletter. It's a "stone soup," and everyone helps make it. Join the conversation! Gather and send in articles (short/long), photos, musings, and more regarding your experience with Ortho-Bionomy®.

My View of Ortho-Bionomy[©]

By Morel Stackhouse

Ortho-Bionomy is a profound system of bodywork that facilitates deep release on physical, emotional, and spiritual levels. On the physical level, Ortho-Bionomy has allowed me to release tension and discomfort through the exploration and affirmation of patterns of muscular holding in my body. This release of tension has allowed my correct pattern to re-assert itself, and greater ease of motion throughout my body has been achieved. Through the application of specific post techniques and postural re-education the changes have become integrated, and my structural balance had been reinforced.

Posture- the ways in which I hold or carry my body- is a manifestation of the sum total of my life experiences, and a reflection of how I feel about myself. Ortho-Bionomy, through its work on my physical body, has had a definite effect on my emotional patterns. As my posture has changed, I have experienced a greater awareness of my

feelings, in a non-judgmental way, that has allowed me to make changes in the way I respond on an emotional level. These changes have developed from within myself, rather than feeling like ideas imposed from outside. The process had been a gentle one.

I believe Ortho-Bionomy has affected me spiritually by allowing me a greater awareness of myself. It is my belief that spiritual development is a process that evolves out of self-awareness. As I become more aware of who I am, I experience a greater sense of unity on a universal level, and begin to feel how my patterns interact with the greater whole. This gives me a deep feeling of inner peace, relaxation and harmony. I feel that, more and more I am moving with the flow and not against it.

On the whole, I believe that Ortho-Bionomy has been the most powerful growth force in my life. The study and practice of Ortho-Bionomy had opened me up to a new way of being. The principles have not only proven effective in doing tablework with my clients, but in social situations, problem solving, goal setting, and learning. For me it is more than a system of bodywork---It is a way of living my life.



Clarification of policy regarding animal classes:

The Principles and Techniques of Ortho-Bionomy are universal and appropriate for use with all life forms and forces.

Ortho-Bionomy is interactive learning and as such requires feedback, and humans supply the most usable feedback for Ortho-Bionomy training. As the student/practitioners' ability to discern the action of Ortho-Bionomy increases and refines, then the principles, techniques and this specialized discernment can be taken and applied to the broader world, including animals.

As such, there is no need for a separate program for animals. Animal work is simply a natural progression of human Ortho-Bionomy for those so inclined. People learn Ortho-Bionomy and then go gather the clientele they want.

Animal classes can be accepted as class credit toward the Practitioner and Advanced Practitioner program as electives because of this grounding in human work and their adherence to the principles and techniques learned in human classes.

From the SOBI policy manual:

- **Animal clientele (i.e. Equine and canine) courses can be used as electives for:**
 - o 16 units of Practitioner Training
 - o 32 units of Advanced Practitioner Training [18-02-09]

Instructors teaching animal classes will contain the class content within the bounds of either their Instructor or Advanced Instructor designation.

See policy manual for Electives development requirements.



Call for the BOARD OF DIRECTORS

It is time for our annual call for members willing to serve on the Board of Directors for The Society of Ortho-Bionomy Int'l.

We have 3 members going off the Board this fall. With all of the changes SOBI has been experiencing, we need new board members who are engaged, energetic, and willing to volunteer some of their valuable time to support the involvement of the Society into a vibrant and sustainable future.

Board of Director terms are a three year commitment, with regular conference call meetings as well as an annual

face to face Board retreat. If we have more nominees than seats available, SOBI will hold an election this summer. Attached are the links you will need to volunteer for the Board of Directors (or any other committees you might be interested in) as well as a link for you to be nominated, which is a requirement for the SOBI Board, IRC, PRC, & CRC.

Please consider serving the Society as a member of the Board of directors, or in other capacities.

Warmly,
SOBI Board of Directors

Board Nomination and Application to the new website.
Login to the members only page, and click on the Member Documents link.
<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/member-documents>



The Therapeutic Alternative and BodyWorkCEUS.net

Offering Live Continuing Education

2020 CLASSES

May 2-3: **Ortho-Bionomy®: Phase IV-Focus on the Spine**
Instructor: Liz Olivas
Location: Deerfield Beach, FL

June 13-14: **Ortho-Bionomy®: Phase IV-Focus on the Extremities**
Instructor: Liz Olivas
Location: Deerfield Beach, FL

July 18-19: **Ortho-Bionomy®: Chapman's Neurolymphatic Reflexes**
Instructor: Luann Overmyer
Prereq: Phase IV
Location: Deerfield Beach, FL

Oct. 23-25: **Ortho-Bionomy®: Fluids, Fascia and the Lymphatic System**
Instructor: Liz Olivas
Location: Madison, WI

To register for this Madison, WI class contact: Bree Schenkel (608) 695-5881- bree@deepilates.com

For more info, updates, or to register, go to: www.BodyWorkCEUs.net or call our class coordinator, Lady Pellicer @ 561-601-9452
ORTHO-BIONOMY is a registered trademark of the Society of Ortho-Bionomy International, Inc. and is used with permission. Copyright ©2016 Vodder Schools International, LTD.

Positive emotions and health

By Barry Krost

Having shut down my practice during the pandemic I have been looking for good resources to share with my clients about the power of positive emotions to support their immune system. It seems obvious, but people often need the backing of science to believe what we know and feel to be true. I found one article that said: “People who express more positive emotions are less susceptible to upper respiratory tract infections than people with a negative emotional style.” I have added a link to that article and a few more that might help you and your clients to stay positive reading about connection between emotions and health. Stay well.

[Study Probes How Emotions Affect Immune System:](https://psychcentral.com/news/2014/05/22/study-probes-how-emotions-affect-immune-system/70192.html)

<https://psychcentral.com/news/2014/05/22/study-probes-how-emotions-affect-immune-system/70192.html>

[How Does Mood Affect Immunity?:](https://psychcentral.com/lib/how-does-mood-affect-immunity/)

<https://psychcentral.com/lib/how-does-mood-affect-immunity/>

[Affective immunology: where emotions and the immune response converge:](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5442367/)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5442367/>

[Brain study links negative emotions and lowered immunity:](https://www.newscientist.com/article/dn4116-brain-study-links-negative-emotions-and-lowered-immunity/?fbclid=IwAR28vZc_sShWPR7ih4jenuG543a6mVaqbyWZsyNTMdBH8rx9LTO7fs0guk)

https://www.newscientist.com/article/dn4116-brain-study-links-negative-emotions-and-lowered-immunity/?fbclid=IwAR28vZc_sShWPR7ih4jenuG543a6mVaqbyWZsyNTMdBH8rx9LTO7fs0guk



January 15 Call for Nominations for the Board of Directors and Committee Members
January Ortho-Bionomy News Quarterly Newsletter Available

February 1 Notify members if # of board nominations are equal to open board positions

March 1 Board Nominations and Nominee Statements Due
March 15 Materials/Waivers/Evolvement request for PRC/IRC Due
Newsletter Article Submissions & Advertising Due

April Ortho-Bionomy News Quarterly Newsletter & Annual Report Available

May 30 Annual General Meeting

June 15 Board Election Ballots Due if vote was required
Materials/Waivers/Evolvement request for PRC/IRC Due
Newsletter Article Submissions & Advertising Due

July Ortho-Bionomy News Quarterly Newsletter Available

Sept. 15 Materials/Waivers/Evolvement request for PRC/IRC Due
Newsletter Article Submissions & Advertising Due

October 1 Board of Directors Term Begins
October Ortho-Bionomy News Quarterly Newsletter Available

December 15 Newsletter Article Submissions & Advertising Due

Materials/Waivers/Evolvement request for PRC/IRC Due

Social Sharing

Embodiment 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 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, and you haven't received an invitation from myself, it's only because I am not connected personally on FB. Go to the Embodiment O-B Facebook page and request to join. We will be delighted to hear what you have to share and for you to ask any questions you might have in regard to coordinating your classes.

Keri Brown



Phase 7 for Life Mastery in Easy to Access Video!

Learn Phase 7 Techniques for
Increased Happiness
Better Life Outcomes
Mind Expansion
Improved Health
Better Relationships

Facilitated by Advanced Instructors
Rouel Cazanjan & Bettina Beaucamp

Introductory Video Course Only \$47!

This six-part video series offers the perfect introduction to this powerful work.

To purchase Introductory Course, click the link below:
<https://bettina-beaucamp.mykajabi.com/offers/sHzoW3mo>

Master Video Course Only \$147!

Includes the above Introductory Course, PLUS our Advanced Life Mastery Course: 4 recorded 90-120 min. sessions, extensive written material, and weekly inspirations

To purchase Master Course, click the link below:
<https://bettina-beaucamp.mykajabi.com/offers/G22mJVti>

Coming in 2020!
**A monthly online Phase 7 Life Mastery
Membership Program**

**For more information, contact
Rouel Cazanjan
at rouelcazanjan.com**

Check out our Facebook Groups!

Society of Ortho-Bionomy Intl

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

Ortho-Bionomy - @theevolutionoftheoriginalconcept

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

Ortho-Bionomy Instructor Group

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

Coordinator - Embody O-B

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



CALL FOR SELF-CARE ARTICLES, VIDEO, BLOGS, ANECDOTES

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.

What are self-care pieces you give your clients? What pieces are supportive for you personally?

SOBI financials are looking good. 2020 is off to a great start.

2:29 PM
02/21/20
Cash Basis

Society of Ortho-Bionomy International Profit & Loss January 2020

	Jan 20	Jan 19	\$ Change
Ordinary Income/Expense			
Income			
Memberships and Dues	6,834.00	-336.20	7,170.20
Merchandise & Other Income	5.00	0.00	5.00
Training	100.00	0.00	100.00
8810 · Class/Study Group	75.00	170.00	-95.00
Total Income	<u>7,014.00</u>	<u>-166.20</u>	<u>7,180.20</u>
Gross Profit	7,014.00	-166.20	7,180.20
Expense			
Administrative Expenses	1,908.02	257.85	1,650.17
Merchant deposit fees	108.70	210.23	-101.53
Payroll Costs	1,576.49	-79.29	1,655.78
Sales Tax	200.40	0.00	200.40
6000 · Management Fees	0.00	6,935.07	-6,935.07
Total Expense	<u>3,793.61</u>	<u>7,323.86</u>	<u>-3,530.25</u>
Net Ordinary Income	3,220.39	-7,490.06	10,710.45
Other Income/Expense			
Other Income			
8800 · Interest Income	0.00	1.36	-1.36
8820 · Conference Revenue & Registrat.	-150.00	0.00	-150.00
Total Other Income	<u>-150.00</u>	<u>1.36</u>	<u>-151.36</u>
Net Other Income	-150.00	1.36	-151.36
Net Income	<u><u>3,070.39</u></u>	<u><u>-7,488.70</u></u>	<u><u>10,559.09</u></u>

Profit & Loss

January 2020

	Jan 20	Jan 19
Ordinary Income/Expense		
Income		
Memberships and Dues		
4000 · Dues Students - New	90.00	0.00
4010 · Dues Students - Renewal		
4012 · Student US	0.00	0.00
4010 · Dues Students - Renewal - Other	130.00	0.00
Total 4010 · Dues Students - Renewal	130.00	0.00
4020 · Dues Associate		
4021 · Associate New member	220.00	100.00
4022 · Associate Renewal	2,100.00	-1,255.20
4020 · Dues Associate - Other	-110.00	0.00
Total 4020 · Dues Associate	2,210.00	-1,155.20
4030 · Dues Practitioners	2,145.00	499.00
4040 · Dues Advanced Practitioners	510.00	170.00
4050 · Dues Associate Instructor	200.00	0.00
4060 · Dues Instructor	949.00	0.00
4075 · Dues Assoc Advanced Instructor	0.00	150.00
4080 · Dues Advanced Instructor	600.00	0.00
Total Memberships and Dues	6,834.00	-336.20
Merchandise & Other Income		
4730 · Brochure Sales	5.00	0.00
Total Merchandise & Other Income	5.00	0.00
Training		
4110 · Instructor Enter & Evolve	0.00	0.00
4120 · Adv Pract Entrance & Evolve	0.00	0.00
4140 · Practitioner-Enter & Evolve	100.00	0.00
Total Training	100.00	0.00
8810 · Class/Study Group	75.00	170.00
Total Income	7,014.00	-166.20
Gross Profit	7,014.00	-166.20
Expense		
Administrative Expenses		
6100 · Shipping, Handling & Meter Postage - Member Mailings	17.99	0.00
Total 6100 · Shipping, Handling & Meter	17.99	0.00
6115 · Credit Card & Bank Charges	0.00	15.11
6155 · Office - Supplies & Support	0.00	152.12
6160 · Office - Rental	230.50	20.00
6180 · Computer and Software	750.00	20.62
6200 · Telephone & Internet	14.65	45.00
6525 · Website	894.88	5.00
Total Administrative Expenses	1,908.02	257.85
Merchant deposit fees	108.70	210.23
Payroll Costs		
6300 · Payroll - Gross Wages	1,455.00	0.00
6310 · Payroll - SUTA	10.18	0.00
6320 · Payroll - Medicare Employer Exp	21.10	0.00
6325 · Payroll - FICA Employer Exp	90.21	0.00
6530 · Indiana State Tax	0.00	-79.29
Total Payroll Costs	1,576.49	-79.29

2:29 PM
02/21/20
Cash Basis

Society of Ortho-Bionomy International
Profit & Loss
January 2020

	Jan 20	Jan 19
Sales Tax	200.40	0.00
6000 · Management Fees	0.00	6,935.07
Total Expense	3,793.61	7,323.86
Net Ordinary Income	3,220.39	-7,490.06
Other Income/Expense		
Other Income		
8800 · Interest Income	0.00	1.36
8820 · Conference Revenue & Registrat.	-150.00	0.00
Total Other Income	-150.00	1.36
Net Other Income	-150.00	1.36
Net Income	3,070.39	-7,488.70

Society of Ortho-Bionomy International
Profit & Loss
 January 2020

	\$ Change
Ordinary Income/Expense	
Income	
Memberships and Dues	
4000 · Dues Students - New	90.00
4010 · Dues Students - Renewal	
4012 · Student US	0.00
4010 · Dues Students - Renewal - Other	130.00
Total 4010 · Dues Students - Renewal	130.00
4020 · Dues Associate	
4021 · Associate New member	120.00
4022 · Associate Renewal	3,355.20
4020 · Dues Associate - Other	-110.00
Total 4020 · Dues Associate	3,365.20
4030 · Dues Practitioners	1,646.00
4040 · Dues Advanced Practitioners	340.00
4050 · Dues Associate Instructor	200.00
4060 · Dues Instructor	949.00
4075 · Dues Assoc Advanced Instructor	-150.00
4080 · Dues Advanced Instructor	600.00
Total Memberships and Dues	7,170.20
Merchandise & Other Income	
4730 · Brochure Sales	5.00
Total Merchandise & Other Income	5.00
Training	
4110 · Instructor Enter & Evolve	0.00
4120 · Adv Pract Entrance & Evolve	0.00
4140 · Practitioner-Enter & Evolve	100.00
Total Training	100.00
8810 · Class/Study Group	-95.00
Total Income	7,180.20
Gross Profit	7,180.20
Expense	
Administrative Expenses	
6100 · Shipping, Handling & Meter	
Postage - Member Mailings	17.99
Total 6100 · Shipping, Handling & Meter	17.99
6115 · Credit Card & Bank Charges	-15.11
6155 · Office - Supplies & Support	-152.12
6160 · Office - Rental	210.50
6180 · Computer and Software	729.38
6200 · Telephone & Internet	-30.35
6525 · Website	889.88
Total Administrative Expenses	1,650.17
Merchant deposit fees	-101.53
Payroll Costs	
6300 · Payroll - Gross Wages	1,455.00
6310 · Payroll - SUTA	10.18
6320 · Payroll - Medicare Employer Exp	21.10
6325 · Payroll - FICA Employer Exp	90.21
6530 · Indiana State Tax	79.29
Total Payroll Costs	1,655.78

2:29 PM
02/21/20
Cash Basis

Society of Ortho-Bionomy International
Profit & Loss
January 2020

	<u>\$ Change</u>
Sales Tax	200.40
6000 · Management Fees	-6,935.07
Total Expense	<u>-3,530.25</u>
Net Ordinary Income	10,710.45
Other Income/Expense	
Other Income	
8800 · Interest Income	-1.36
8820 · Conference Revenue & Registrat.	-150.00
Total Other Income	<u>-151.36</u>
Net Other Income	-151.36
Net Income	<u><u>10,559.09</u></u>



*I will not die an unlived life
I will not live in fear
of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible,
to loosen my heart
until it becomes a wing,
a torch, a promise.*

*I choose to risk my significance;
to live so that which came to me as seed
goes to the next as blossom
and that which came to me as blossom,
goes on as fruit.*

– Dawna Markova