

Ortho-Bionomy® Newsletter



October 2025 ❖ Volume 35 ❖ Number 4

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Remembering Ursula Hofer

Ursula Hofer passed away peacefully at her home on September 14, 2025, in the company of friends and surrounded by the beauty of the land she cherished and cared for deeply.

A lifelong artist and educator, Ursula was born in Flawil, Switzerland and made her home in Santa Fe, New Mexico, beginning in the late 1970s.

She was a beloved and respected member of the healing arts community in New Mexico, across the United States, and internationally. Ursula shared her remarkable gifts as a teacher and practitioner with great generosity, touching the lives of countless students, colleagues, and clients.

Her contributions to the field of bodywork are dimensional and profound. She specialized in healing the effects of trauma through the nervous system, drawing from Ortho-Bionomy® as well as from her late husband, Lee Cartwright's, work *Shifting Consciousness through Dimensions® (SCtD®)*. Together, their pioneering work continues to influence and inspire many.



Ursula was deeply attuned to the energies of people and places. Her presence enriched those around her—in private practice, in the classroom, in mentorship, and in her daily life.

A woman of boundless curiosity and creativity, she loved to collaborate, to communicate, and to weave relationships that supported growth and connection

continued on page 4



Ortho-Bionomy®

The Therapeutic Alternative and BodyWorkCEUS.net

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

2025 Classes

October 23-26

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

Instructor: Liz Olivas

Location: **Lehi, Utah**

October 27 - Study Group

November 8 & 9

Ortho-Bionomy® Phase 4 Extremities

Instructor: Liz Olivas

Location: Boca Raton, FL

2026 Classes

January 13 – Study Group 6-9pm

Ortho-Bionomy® Post Mastectomy & Radiation

Instructor: Liz Olivas

Location: **ZOOM**

February 7 & 8

Ortho-Bionomy®: Pelvic Visceral

Instructor: Mike Miller

Location: Boca Raton, FL

February 9 - Study Group

April 18 & 19

Ortho-Bionomy®: Phase Four: In-Depth Upper Extremities

Instructor: Morell Stackhouse

Location: Boca Raton, FL

April 20 - Study Group

2026 Classes

June 6 & 7

Ortho-Bionomy®: Phase Five

Instructor: Denise Deig & Liz Olivas (co-teach)

Location: **Indianapolis, IN**

June 27 & 28

Ortho-Bionomy®: Phase Six

Instructor: Luann Overmyer

Location: Boca Raton, FL

June 29 - Study Group

August 20-23

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

Instructor: Liz Olivas

Location: **British Columbia, Canada**

August 24 - Study Group

September/October 2026 TBD

Ortho-Bionomy® Residential

Instructors: Lynne Marotta, Mike

Miller and Liz Olivas

Location: Wasatch Mountains, UT

For more class information go to:

WWW.BODYWORKSCEUS.NET

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Sara Spehar	Secretary
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Samuel Claiborne	Member at Large
Laurie Schmitt	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.

inwardly and outwardly. She delighted in developing and sharing meaningful, practical resources through her teaching, her private practice, and her conversations.

As an artist working in a variety of media, Ursula's expressions of life, nature, spirit, and energy evolved alongside her own learning. Her art, her life, and her vocation were inseparably intertwined.

We will remember her spacious regard for each person's unique experience and potential, her generous humor, and her ability to create beauty in so many forms.

Ursula was predeceased by her husband, Lee Cartwright.

She is survived by family in Switzerland and Alaska and is deeply mourned and celebrated by her long-time close friends, colleagues, students, and the many people whose lives were changed through her work.

Plans for a memorial will be announced at a later date.

From Christina Montes de Oca

It was Ursula who first introduced me to Ortho-Bionomy in the early 1980's and I had the good fortune of both training and teaching with her over a span of about 40 years. I learned a lot - from her and with her - and realize what a gift it is to walk a path of evolving understanding with someone over decades.

Ursula was deeply committed to the essence, principles and philosophy of O-B and its body of work, which she cherished, practiced, taught and always continued to explore. Her skillfulness and presence touched so many in the wider planetary Ortho-Bionomy community both in person and virtually. And here in Santa Fe, thanks to her efforts, Ortho-Bionomy has long had a place. I am so grateful to have known her, and I will miss her. I wanted to share these words too, as I remember Ursula.



the freedom of not knowing
the peace of not judging
the simplicity of allowing
the wisdom of the unnamed moment
- from *not poems moments of*
Awareness by Donna Thomson

From Lynne Marotta

Beginning in 2003, Ursula was one of my two main teachers when I studied in NYC to become an associate member, a practitioner and an advanced practitioner. OB Lab had three student members in those days, and we did round robin sessions several times a year when she came into town to teach. Each of us was able to receive a session from her and observe the other two. Ursula held a gentle focus when she worked, thoughtful and deep, so much so that often she seemed to be doing nothing. We requested that she narrate for us as she navigated through her sessions, which was unfamiliar and hard for her at first, then quickly she became a pro. We received rich insight into her insights. What a never-ending gift. Thank you, Ursula.



Here's a montage of pictures of Ursula
https://drive.google.com/file/d/1E0WgRaXX_Ubc6llISLq0vpeP9wkkGAGm/view?usp=drive_link

Residential in Yellowstone National Park

May 17 - 23 2026



Join the Rocky Mountain Ortho Bionomy Center in a life changing and soul inspiring week of training! Come visit the country's oldest and spectacular national park! This week will provide inspiring education and deep insights into the power of Ortho Bionomy and explore the richest national park in the country. Savor the experience while you learn, grow and settle into one of the greatest natural experiences in the world.



May 17 -23rd 2026

Cost \$2550.00

Stay at the Springhill Suites on the West End of the Park and walk downstairs to the classroom.

Instructors: Sara Spehar and Sheri Covey

**Contact Sheri Covey
970-209-9400 or
rmobcenter@gmail.com
For more information!**

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Welcome **Sara Spehar** and **Jandi Briggs** to the **SOBI Board of Directors!**

We want to thank Lynne Marotta and Melissa Malm for sharing their passion for Ortho-Bionomy and their talents on the SOBI Board of Directors for these last 5 plus years. Their work on bringing SOBI policy into congruency, newsletter liaison, various committee liaisons, attention to detail, and fabulous leadership skills have left SOBI in great shape for the next generation of Board members to take the reins.

Please welcome Sara Spehar and Jandi Briggs as the newest members of the SOBI Board of Directors.

Sara Spehar



Hi there, I am Sara Spehar. I am a Registered Advanced Practitioner in Western Colorado and an Instructor with the Rocky Mountain Ortho-Bionomy Center in both Grand Junction and Denver, Colorado. I found Ortho-Bionomy in 2007 and jumped all in, this is the modality for me. I have a love and appreciation for the human body that drives my desire to explore and share this amazing, beautiful work with others. This exploration is a continuous study where, with every client, every session, we learn and experience more of what the body is capable of accomplishing. I am passionate about the limitless possibilities it can bring to one's life. As a member of the SOBI Board, I look forward to serving you, the greater Ortho-Bionomy Community. Thank you for this opportunity.

Jandi Briggs



Hi everyone, my name is Jandy Briggs. I am from Parma, Idaho. I am an Ortho-Bionomy Advanced Practitioner as well as being in the Instructor training program. I am so honored and grateful to be serving on the Board of Directors and getting to support you and preserve the integrity of this work while we grow and expand Ortho-Bionomy. I believe that more people need to know about this work, and I love sharing Ortho-Bionomy. I am super excited about the future of Ortho-Bionomy and so with that, I hope I get to meet you all sometime on your Ortho-Bionomy journey.

PRESIDENT'S FAREWELL ADDRESS

BY LYNNE MAROTTA

I have witnessed the growth in myself and in each person whom I've rubbed elbows with these past five-plus years. I am grateful for such a rich community, from the inspired new students to the teachers in training, to the instructors who continue to spread the word of Ortho-Bionomy. When I became an advanced practitioner, I thought, Nah, I don't want to teach this, it's so dang fun and rewarding to practice. Then I recognized that my learning could benefit other students and forward I went, each step saying, That's it, I'm staying here. And once again my awareness would lead me into more learning.

I have evolved personally and professionally thanks to many of you fellow Ortho-Bionomists who have been catalysts in my process of becoming a student, practitioner, instructor, and board member. A shout-out to (you know who you are) my two advisors, my "O.B. Lab" mates, my many instructors, my ITS mates, my colleagues, and my students.

This October 1, the Ortho-Bionomy Board of Directors will greet the two new board members as Melissa and I evolve off the board on September 30. I have been enriched by working closely on the board with Melissa Malm, Laura Samel, Samuel Claiborne, Nicky Roosevelt, Kami Clark, Laurie Schmitt, Erin Long, Jackie Davis, Jeannie Douglas, Renee Schneider, Keri Brown and Ian Jorgensen. You Rock!

If I have learned one thing about this work it is that it has a unique expression for each of us, yet we recognize it in each other like dialects of a common language. We recognize that some pronounce the "R" more clearly, or the "O," or maybe it is how the language flows from their very being.

Some things I have learned:

- to rest my hand on another and listen before leaping
- to position the body slowly so I don't miss their sweet spot
- to settle into my bum, then into myself and find comfort



- that I also benefit as I practice this work
- that a possibility will present itself at the right moment

I have been blessed to be part of this community since 2003, and to support the society in its evolution. A member said it best in our recent conference; loosely translated, "When I look at all the Zoom windows, each one is unique and interesting, and when I sit back and gaze at the full screen, I see a most beautiful quilt."

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

2025 SOBI Calendar

Monthly:

Member Support Group: First Monday of each month at 8:00 pm Eastern Time. Open to all members.
8:00pm ET, 7:00pm CT, 6:00pm MT, 5:00pm PT

Bi-Monthly:

Coordinator Corner Meetings: Forth Tuesday every other month. Next meetings: October 21st, December 2
Open to all Coordinators
8:00pm ET, 7:00pm CT, 6:00pm MT, 5:00pm PT

Quarterly:

Newsletters: Available each quarter in January, April, July, and October.
Instructor Meetings: Quarterly - 2025 meetings February 27, May 22, August 28, December 4, 2025
IRC/PRC Submissions: Due each quarter on March 15, June 15, September 15, and December 15.
Newsletter Articles Due: December 1, March 1, June 1, September 1.
Ads for Newsletter Due: December 15, March 15, June 15, September 15.

Annually:

Call for Board of Directors: January 15
Board Nominations Due: March 1
Board Applications Due: March 1
Nominee Statements Due: March 1
Annual General Meeting: April 29
Board of Directors Ballots Due: June 15

Got Community? Tell us about It!

The next coordinator meetings are October 21st and November 18th.
Contact Erin long at long.erin@att.net to RSVP. And notify the SOBI Office if you want to be included on Coordinator communications. office@ortho-bionomy.org

Instructor quarterly meetings

The next Instructor meeting will be December 4th. If you are an Instructor you will receive an invitation from SOBI with confirmation of the time and date along with the Zoom link.

23rd SOBI Conference Recap

We want to thank everyone who participated in and attended the virtual conference this year. You made it an absolute success! There's nothing like an in-person conference, but this was a close second.

We had fabulous presenters with new and practical information to share. A fun new platform that offered us 3D graphics and also gave us the flexibility to include a scavenger hunt, a photo-booth, and a silent auction. We could upload our archives for members to view, and attendees could contact each other directly to chat or join chatrooms between sessions.

It's such a wonderful experience to see the faces of people we care about when we haven't seen them for years in some cases. Time has passed but the feelings stay the same.

For those of you who couldn't attend live we had a fabulous lineup. Here are just a few.

- Cynthia Wood shared her experience working with the tongue, which was fascinating!
- A presentation on the Art and Practice of Ortho-Bionomy from a panel of international instructors was lovely.
- Susan Smith offered us valuable information about working with the pelvis for riders and horses.
- The Importance of Play offered by Richard Valasek was, of course, fun.

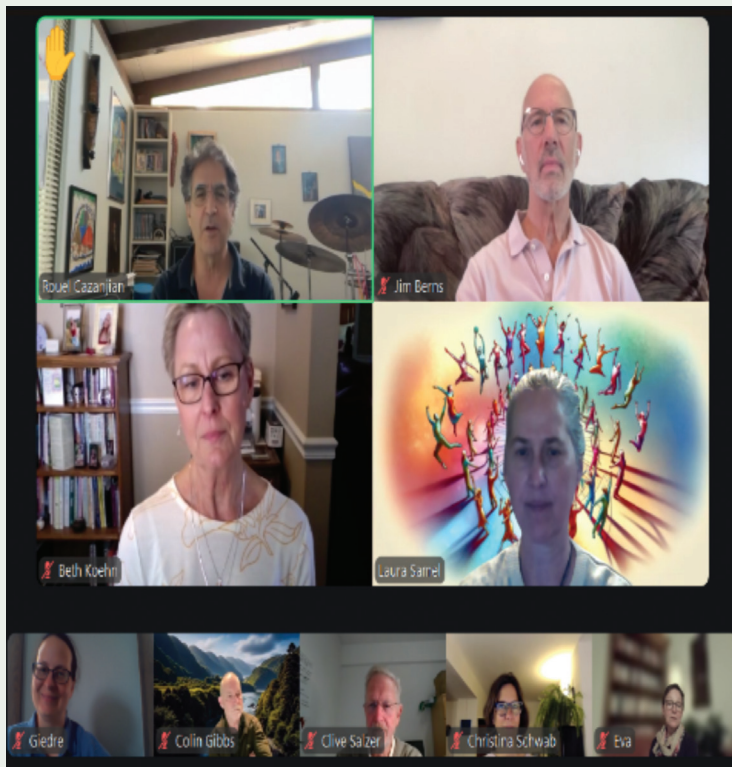
We don't have room to include them all, but if you would like to purchase access to the recordings from the conference you can get them here. Add link (who will supply this link?).

Please Note:

You have access to the recordings and the handouts until December 15th. After that they are unavailable. Only those who registered for the conference will receive SOBI credit for attendance after they submit their evaluation of the conference.

We are looking at 2027 for the 24th SOBI conference. Ideally, we will be in person, but we need people to volunteer their time and passion for the process. If you are interested, please let the SOBI office know office@ortho-bionomy.org so we can begin to plan for 2027 in Denver.

"If you missed the conference but would still like to watch the videos follow this link to get access to view the recordings until December 15th. These recordings are not for SOBI continuing education." <https://associationdata-base.com/aws/SOBI/pt/sp/bookstore>



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: Interview with Clive Salzer

Clive Salzer is an Ortho-Bionomy instructor, Alexander technique trainer and a Bowen therapist. Clive has an interesting life history which he shares along with his perspective and experience with Ortho-Bionomy, Bowen and Alexander technique.

<https://open.spotify.com/episode/6EWsZtReRfQGbAsPccu9Rt?si=KMWRRwl4QrmUKIfMPEQFQw>

ORTHO-BIONOMY® TRAININGS

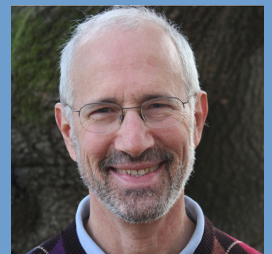
UPCOMING 2025-2026 CLASS DATES

Date	Class	Location	Instructor
Oct 4-5	Subtle Physical & Unwinding Techniques (Phase 5)	Chico, CA	Berns/Malm
Oct 9-10	In Depth Releases for the Pelvis & Low Back	Olympia, WA	Malm
Oct 11	Study Group: Pelvis & Low Back Follow Up	Olympia, WA	Malm
Oct 11	Releases for the Neck & Shoulders	San Rafael, CA	Berns
Oct 12	Releases for the Psoas, Ilium Rotation, & Sacrum	San Rafael, CA	Berns
Oct 20	Study Group: Self-Care Movement & Music	Davis, CA	Berns
Oct 21-22	Isometrics/Isotonics	Davis, CA	Berns
Oct 31	Releases for the Pelvis (Phase 4)	Ashland, OR	Malm
Nov 4, 5, 18, 19	Experiential Ethics & Emotional Issues	Online	Berns
Nov 11	Study Group: Self-Care Isometrics for Arms & Hands	Davis, CA	Berns
Nov 12-13	Releases for the Lower Extremities (Phase 4)	Davis, CA	Berns
Nov 15-16	Releases for the Lower Extremities (Phase 4)	Chico, CA	Berns
Dec 5	Releases for the Ribs (Phase 4)	Ashland, OR	Malm
Dec 6-7	Advanced Energy Releases (Phase 6)	San Francisco, CA	Berns
Dec 6-7	Releases for the Spine & Pelvis (Phase 4)	Corvallis, OR	Malm
Dec 12	Study Group: Walking with Ortho-Bionomy	Davis, CA	Berns
Dec 13-14	Experiential Ethics & Emotional Issues	Davis, CA	Berns
Jan 10-11	Releases for the Upper Extremities (Phase 4)	Portland, OR	Berns
Jan 21-25	Phase 5, Vagus/Phrenic Nerves, & Chapman's Reflexes	Ashland, OR	L Marotta
Jan 29, 30, Feb 3, 4	Elements of a Successful Practice	Online	Berns/Malm

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

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

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707-217-9819



MELISSA MALM

Registered Instructor
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415-595-0328 (text best)

Photo credit: Melissa Malm





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

Amanda Stevens	Instructor	Grand Junction, CO
Debbie Rinquest	Associate Instructor	Taylorsville, UT
Jandi Briggs	Advanced Practitioner	Parma, ID
Amy Bright	Practitioner	Crsted Butte, CO
Leila Sullivan	Practitioner	St George, UT
Gerald Christiansen	Associate Member	Benicia, CA

Creating a Shared Language:

The Journey of the “What Is Ortho-Bionomy®?” Video

BY JESSICA MARK

Over the past 18 months, the Committee for the Awareness and Education of Ortho-Bionomy Online has been deeply engaged in a thoughtful process: creating a “What Is Ortho-Bionomy?” video. What might sound simple at first turned out to be anything but.

As many of us know, Ortho-Bionomy is not easy to define. In fact, we devote an entire 16 hours of study and exploration to this very question in the Practitioner Training Program! The work is experiential, personal, and unique to both practitioner and client. Finding words that convey its gentleness, depth, and transformative nature takes time and care. At times, our committee felt humbled by the challenge of putting language to this magical and wondrous work. Much of our task became honoring its complexity while offering something clear and accessible for people encountering Ortho-Bionomy for the first time.

To support this effort, we interviewed instructors, practitioners, and clients, asking them how they describe the work in their own words. These conversations revealed both the variety of language we use and the common threads that connect us. From there, our committee worked collaboratively to shape a script and vision for the video. This process was a highlight for me personally: the way we challenged each other to distill the essence of the work while still making space for its expansiveness and for our individual relationships with it.

We see this video not as the final word, but as a beginning. Our hope is that it inspires others in our community to create their own “What Is Ortho-Bionomy?” videos. The more ways we find to talk about and share this work, the stronger our collective language becomes, and the more people will recognize Ortho-Bionomy as a valuable path for healing and support.

I want to offer my heartfelt gratitude to our committee members—Erin

Long, Cynthia Wood Peavoy, Brenda Critchfield, and Ursula Hofer—for the incredible dedication they brought to this project. Their commitment included sleepless nights, financial contributions, and countless hours of work. Y’all are an extraordinary team, and I am beyond grateful. Thank you, times a million! There are many others to thank who will be featured in the video, but I’ll save that acknowledgment for another time.

We are excited to share this resource with you soon and look forward to seeing how each of you continues to give voice to the practice we all hold dear.

*Here’s to the journey ahead,
Jessica Mark*

Let’s spread the word!

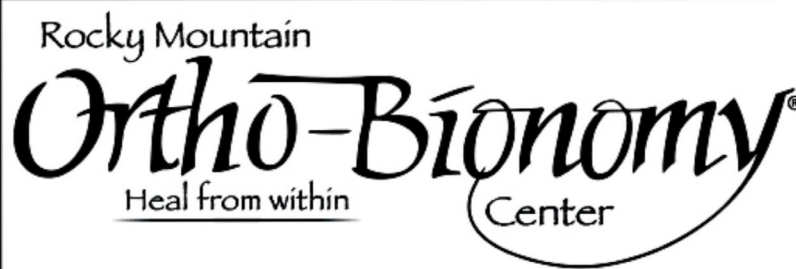
The link for this beautiful video is now on the SOBI website and YouTube. Here’s the link for you to watch this video and directions on how you can share it with others.

<https://youtu.be/mileU4RX74A>

ENTER TO WIN A FREE SOBI SPONSORED STUDY GROUP

Enter to win a free SOBI sponsored study group by sending us a short video about how you share Ortho-Bionomy®.

We’ll post our favorite ones on the official SOBI YouTube channel and on our Facebook page. Drawing held on Nov. 8th.



It is about being
INSPIRED

Advanced Practitioner Workshops

The Center will be offering an Advanced Certification Program designed to improve your skills and cover your elective options in your Advanced Training. We will be offering three weeks of intensive training covering Week 1: Sports Injuries & Impact Injuries Week 2 Advanced Visceral & Endocrine Week 3 will cover Advanced Cranial, fascia and understanding brain injuries. Invest in your future and your skills!!!

**October 13th - 17 2025 Grand Junction
Colorado**

Week 1: Sports Injuries and Impact Injuries: this week of classes will cover common sports injuries, how to unravel the fascial relationship throughout the body to heal the entire injury pattern. We will focus on how impact moves through the body. We will also study different motor vehicle accidents and how they affect the long term health of the system and potential recovery. We will work with the fascial response to the emotional aspects that are in relationship to these traumas and repeated traumas.

October 5- 9th 2026

Week 2: Advanced Visceral and Endocrine Patterns: this week will allow each student to review not only the foundation of the visceral but add in how the fascia in the mesentery influences the lymph and endocrine system. It will also reinforce how the relationship of the Enteric, fascia, nerves, organs and disease. How can we work with the side effects of cancer treatments and nutritional ideas.

October 11-15 2027

Week 3: Advanced Cranial and Working with Impact injuries to the brain: this week will work with the insights of brain injuries, cranial relationships and how the fascia around and through the brain can be influenced by our work. We will also study the preventive options for the rising epidemic of dementia and other brain disorders, working with plaque pockets and atrophied aspects of the brain.

Contact Rocky Mountain Ortho Bionomy Center to learn more or to sign up. Rmobcenter@gmail.com
or 970-209-9400

READY TO TURN IN YOUR WAIVER OR EVOLVEMENT PAPERWORK?

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

- Submissions due by March 15th, June 15th, Sept. 15th, Dec. 15th
- 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 evolverment 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 evolverment cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.

CONVERGENCE: RESIDENTIAL in the Beautiful Wasatch Mountains

October 12-17, 2026



Prereq: Associate Member, or
recomendation of Instructor(s)

Come explore with Lynne Marotta, Mike Miller and Liz Olivas the interconnections within Ortho-Bionomy. We will explore the relationship of the structure, lymphatics/fluids, langer lines, viscera, Chapman's reflexes and bowstring.

The focus of this residential will be in how to intergrate theses techniques seamlessly into your practice. We will explore how the different systems work together to influence a clearer communication within the body, its effects on structural alignment, and a clearer pathway for the life giving fluids to travel throughout the body.

Hold your spot with \$300 deposit. Deposit will count toward early bird pricing once dates are announced.

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

\$300 Deposit fully refundable until Oct 2025 when dates are finalized.



We will take time to explore the incredible beauty surrounding us.



Cathy Krenicky is a Registered Ortho-Bionomy Instructor and past President of the SOBI Board of Directors.

She generously offers her time each month to support SOBI members as they navigate the challenges presented in their practices by creating a space that allows those attending to share and support one another.

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

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

Led by your Host: Cathy Krenicky

ALL ARE WELCOME.

Are you seeking:

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

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



SOBI Membership Benefits:

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

Exploring Your Intelligent Body

Podcasts with Rob Rich

Interview with Clive Salzer

Clive Salzer is an Ortho-Bionomy instructor, Alexander technique trainer and a Bowen therapist. Clive has an interesting life history which he shares along with his perspective and experience with Ortho-Bionomy, Bowen and Alexander technique.

<https://open.spotify.com/episode/6EWsZtReRfQGbaSpcu9Rt?si=KMWRRwL4QrmUKIfMPEQFQw>

Do you have something you would like to share?

Eileen Schoenecker, an Associate in Practitioner Training, living in Butler, PA shared this lovely note she received from a new client.

"Dear Eileen,

Sorry this has taken so long to get a thank you off to you!

Just want to let you know how much I enjoyed my session with you.

It was a magical experience for me - I wish I was better with words so I could explain the feelings and emotions that gave me. I've never experienced anything like that before.

I wish you were closer - I would be over every week! My pain was gone and I felt like I could breathe again! I'm sure you have given many others the same experience!

Thank you again and one of these days I'll be up to see you.

Warm hugs back to you! DJ"

Dear Eileen -

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Warmest hugs back to you!

DJ

A Gift from the Past

BY DEBORAH WENIG

In January of 1986, Terri Lee and I traveled to Europe together for 6 1/2 weeks to meet up with Arthur, travel around and teach Ortho-Bionomy classes, including a residential at the Swiss Farm. We got together with Arthur in England, met his family and stayed with them a few nights. I'm pretty sure we did a weekend class in England to start things off. Terri and I went to London for sightseeing then the three of us traveled to Glastonbury in England and on to Geneva Switzerland.

We stayed with a wonderful Swiss family involved in Ortho-Bionomy in Nyon, Switzerland on Lake Geneva. They owned and hosted the residential at the Swiss Farm in the country. It was a very memorable class experience.... the food...the people...such great memories....so much fun. It was also winter, so we enjoyed the Alps and I enjoyed the skiing!!

After leaving Switzerland we went to somewhere in France and did another memorable class. Always having a lot of fun along the way and meeting many of the early Ortho-Bionomy practitioners / instructors from Europe.

Terri and I went to Paris for a long day. Then we all went back to England and home to the US for Terri and me.

Somewhere along the way, we were on a train or other form of public transportation and Arthur took this cassette tape out of his pocket and handed it to me. I took it home, listened to it and eventually I turned it into a CD format which I would gift to my students occasionally. It is not something I think of much but this January I had some students who needed a continuing ed class and I thought, I gotta get my mind into teaching! So, I took out the CD and as I listened to it in my car I thought OMG.....this is so good.

Then, I read an email from SOBI looking for someone to do a voice over for marketing and it hit me that hey!I've got these fabulous CD's that everyone should be able to listen to. These CD's are Arthur speaking into a recorder telling the History and Philosophy of Ortho-Bionomy in his own words. I contacted Keri, in the office, and it is now the possession of The Society of Ortho-Bionomy for the entire community to enjoy.
Love....Deborah Wenig

"SOBI members may access these audio recordings free of charge in the bookstore on the SOBI web-site"
https://associationdatabase.com/aws/SOBI/pt/sp/home_page

Biography

Deborah Wenig is a registered Advanced Instructor/Practitioner of Ortho-Bionomy® and Massage Therapist. She began her study of Ortho-Bionomy in the spring of 1983. Before that she studied Japanese Restoration Massage Therapy in Reno Nevada. Deborah was taught by Lynn Drummer and studied extensively with Arthur Lincoln Pauls, founder of OB until his death in 1997. Deborah has taught OB around the country and has a full-time practice in Reno, Nevada.



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. 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

Of Breath and Stone

Poetic Invocation for the Entanglement of Bios and Teknos

BY RICHARD M. VALASEK, WITH A GHOST

We do not sort the tangle. We enter it.

With breath like a bellows
and bones learned from stone, we
speak of the hand
before it holds, of the step
before it strikes the ground.

Each gesture is a ghost of instruction.
Each scar is a lesson in skin.
Each tool
—a shadow limb—
remembers the body that reached for it.

Let no name seal the thing. Let the thing
remain fluid, the name a tidepool,
not a cage.

We kneel at the seam
where living tissue meets practiced
form. We say: this is not muscle,
this is memory braided in tendon.

This is the cry of the wound echoing
through a splint.

This is the breath, trained to yield and
the body, learning again to fall.

We do not sort the tangle. We listen to
it hum.

We dance
on its frayed edge.

We become the knot and let it move.

*I cannot say who, exactly, authored
this piece of writing that I call a poetic
essay. It is a form I have been playing
with a lot. This fell out of a session with
an AI assistant. (I call it Bunter). I have
much to say about the dance with AI,
but just let this resonate.*

*I informed Bunter of my intention to
write a non-AI-assisted introduction and
the machine took that as a command
to write it for me. This is Bunter writing
as if I:*

Introductory Note from the Author:
This piece emerged while working in
dialogue with an AI assistant I some-
times call Bunter. Or perhaps it would
be more honest to say it emerged
through that entanglement. I've chosen
not to attribute authorship in the usual
sense. Think of it as a resonance, a col-
laborative murmur, a tangle.
What follows is not an explanation,
but an invocation. I offer it in the spirit
of Ortho-Bionomy's deeper phases,
where listening precedes naming and
movement precedes method.



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?

Phase Four, In-Depth Upper Extremities with Morel Stackhouse, Registered Advanced Instructor

Nov 8-9, 2025

Cottage Grove, WI (Madison WI area)

Zoom option available

This class expands and builds upon Phase Four Extremities. Participants will learn detailed releases for both the joints and the soft tissue structures of the shoulder girdle, upper arm, elbow, and forearm. Releases for the wrist and hand will be covered in detail.

16 SOBI training units • 16 ncbtmb CEs

Prerequisite: 16 units Phase Four.



For additional information and to register: <https://morelstackhouse.com/events>



www.ortho-bionomy.org

SOBI Store is Open

Soon, the recordings by Arthur will be available via mp4 downloads. Stay Tuned!!!

BOOKS

	Member / Non-Member
Arthur the Panda, Bist	\$20 / \$30
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

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, Terri Lee	\$65 / \$70

MERCHANDISE

Chapman's Reflexes Charts, Deig	\$25 / \$35
Brochure -Members Only	\$30 for 100, \$50 for 200
Brochure pdf download for printing – Members Only	\$25
SOBI Conference Power Bank	\$20 / \$25

NEWSLETTER

10 Hard Copy Newsletters (Including Shipping & Handling)	\$30 / N/A
Quarterly Hard Copy Newsletter Subscription	\$25 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

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

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

SOBI Sponsored Study Groups 2025/2026

Instructor	Date	Topic
Bettina Beaucamp	16-Oct	Marketing
Morel Stackhouse/ Lynne Marotta	20-Nov	Ethics and Emotions
Rouel Cazanjan	18-Dec	Phase 7
Jim Berns	15-Jan	Chair Ortho-Bionomy
Melinda Doden	19-Feb	Supporting the Liver
Debra Benson	19-Mar	TBD
Carole Poffinbarger	16-Apr	Psoas and Diaphragm
Shaney Rockefeller	21-May	The Role of the Tailbone
Rob Rich	18-Jun	A Structural Approach to Plantar Fasciitis
Sheri Covey	19-Jul	Understanding the Fascia of the Neck



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/>

