OB Angels

By Jennifer Hallden

I hope by now you have heard of OB Angels in some capacity or another. As the board liaison for this new part of SOBI, I wanted to take a moment to provide an overview of what it is and how it can impact us all.

At the May 2015 conference, there was an informal meeting of members who were interested in building a charitable 501c3 non-profit as a way to procure funding for marketing and outreach purposes to grow the footprint of Ortho-Bionomy in the world. It was determined that a separate board of directors would be installed to take on develop the non-profit into a stand alone, yet partner organization.

As I see it, before any paperwork can be filed to create an actual 501c3, we need to answer a very important question: What is the purpose and role of OB Angels?

To be a 501c3 non-profit (tax-deductible) we have to either be a charitable or educational organization. That means we raise funds and spend funds to either provide services for a special population or underserved demographic OR we raise/spend funds to put on educational events (this could include booths at conferences) and create educational materials that will make a difference in the community or offer scholarships of a type for attendees to our trainings. There is a lot of flexibility with these ideas; there is no flexibility in the spirit of what we choose to do to remain legal as a 501c3.

The need to be a 501c3 is important to SOBI as it will allow us to collect donations as well as apply for grant funding to provide outreach in whatever capacity fits us best, instead of finding money in our current budget.

While we have a few volunteers, I want to take this chance to ask all of you in our membership ranks who else wants to be a part of something new and exciting in the growth of Ortho-Bionomy? Our first priority is to find someone to lead the way. This person will have a lot of support both from the board as well as any number of volunteers. We also need potential board members and other volunteers, including persons with organizational building, financial management, and marketing experience. If this is you and you are interested in being a part of something big for the growth of Ortho-Bionomy, please contact me as soon as possible. easeintobalance@gmail.com or 602-738-0498.
Ortho-Bionomy news is published quarterly as a membership publication of the Society of Ortho-Bionomy International®, Inc. Digital subscriptions are available for $30 per year. 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)

<table>
<thead>
<tr>
<th>Ad size</th>
<th>Member Cost per 1 issue</th>
<th>Member Cost per 4 issues</th>
<th>Nonmember Cost per 1 issue</th>
<th>Nonmember Cost per 4 issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/8 page (3 7/8&quot;x 2 1/8&quot;)</td>
<td>$30</td>
<td>$25</td>
<td>$55</td>
<td>$50</td>
</tr>
<tr>
<td>1/4 page (3 7/8&quot;x 5 1/4&quot;)</td>
<td>$50</td>
<td>$40</td>
<td>$75</td>
<td>$60</td>
</tr>
<tr>
<td>1/2 page (3 7/8&quot;x 7 3/4&quot;)</td>
<td>$80</td>
<td>$65</td>
<td>$105</td>
<td>$95</td>
</tr>
<tr>
<td>Website (450wx136h)</td>
<td>$150/qtr</td>
<td>$400/yr</td>
<td>$200/qtr</td>
<td>$700/yr</td>
</tr>
</tbody>
</table>

- All advertising must be camera ready and be within the size requirements outlined above.
- All print advertising must be camera ready and be within the size requirements outlined above.
- Please provide high resolution (300 dpi) .pdf, .tif, or .eps files.
- The advertiser is responsible for providing a quality ad that can be placed as is into print.
- Contact the Society Office if you have questions or would like rates for advertising production.
- The Society reserves the right to review and approve all advertising.
- Ads & Submissions are due: Newsletter- Dec 1, Mar 1, June 1, Sept 1, Directory- Nov 1 Web - no due date
- All web advertising must be in *.jpg or *.gif, 72 dpi resolution for 450w x 136high sized ad and no more than 50-60Kb in size.

**MISSION STATEMENT OF THE SOCIETY OF ORTHO-BIONOMY INTERNATIONAL**
The purpose of the Society of Ortho-Bionomy International is to promote the practice, advancement and evolution of Ortho-Bionomy. In our organizational process, we aim to reflect principles of Ortho-Bionomy as an art. To accomplish this mission, we:
- Set standards for Professional Training Programs
- Regulate the Registration of Practitioners and Instructors
- Promote education and awareness
- Establish professional standards and ensure compliance with the Trademark Policy and Code of Ethics


**ORTHO-BIONOMY®: RIGHT ALIGNMENT WITH THE NATURAL LAWS OF LIFE**
### Society Calendar

#### 2016 & 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2016</strong></td>
<td></td>
</tr>
<tr>
<td>January 15</td>
<td>Call for Nominations for the Board of Directors</td>
</tr>
<tr>
<td>January</td>
<td>Ortho-Bionomy News Quarterly Newsletter Available</td>
</tr>
<tr>
<td>March</td>
<td>Member Resource Directory &amp; Member Cards Mailed</td>
</tr>
<tr>
<td>February 1</td>
<td>Notify members if # of board nominations are equal to open board positions</td>
</tr>
<tr>
<td>March 1</td>
<td>Newsletter Submissions &amp; Ads Due</td>
</tr>
<tr>
<td>March 15</td>
<td>Board Nominations and Nominee Statements Due</td>
</tr>
<tr>
<td>March 15</td>
<td>Materials/Waivers/Evolvement request for PRC/IRC Due</td>
</tr>
<tr>
<td>April</td>
<td>April Ortho-Bionomy News Quarterly Newsletter &amp; Annual Report Available</td>
</tr>
<tr>
<td>May 13</td>
<td>Ortho-Bionomy Annual General Meeting, Indianapolis, Indiana</td>
</tr>
<tr>
<td>May 15</td>
<td>Board Election Ballot Sent</td>
</tr>
<tr>
<td>June 1</td>
<td>Newsletter Submissions &amp; Ads Due</td>
</tr>
<tr>
<td>June 15</td>
<td>Board Election Ballots Due if vote was required</td>
</tr>
<tr>
<td>July 1</td>
<td>Ballots counted if vote was required</td>
</tr>
<tr>
<td>July</td>
<td>Ortho-Bionomy News Quarterly Newsletter Available</td>
</tr>
<tr>
<td>September 1</td>
<td>Newsletter Submissions &amp; Ads Due</td>
</tr>
<tr>
<td>September 15</td>
<td>Materials/Waivers/Evolvement request for PRC/IRC Due,</td>
</tr>
<tr>
<td>October</td>
<td>New Committee Period Begins for termed committees</td>
</tr>
<tr>
<td>October</td>
<td>Board of Directors Term Begins</td>
</tr>
<tr>
<td>December 1</td>
<td>Final date to get member changes in for Directory</td>
</tr>
<tr>
<td>December 15</td>
<td>Newsletter Submissions &amp; Ads Due</td>
</tr>
<tr>
<td><strong>2017</strong></td>
<td></td>
</tr>
<tr>
<td>January 15</td>
<td>Call for Nominations for the Board of Directors</td>
</tr>
<tr>
<td>January</td>
<td>Ortho-Bionomy News Quarterly Newsletter Available</td>
</tr>
<tr>
<td>March</td>
<td>Member Resource Directory &amp; Member Cards Mailed</td>
</tr>
<tr>
<td>February 1</td>
<td>Notify members if # of board nominations are equal to open board positions</td>
</tr>
<tr>
<td>March 1</td>
<td>Newsletter Submissions &amp; Ads Due</td>
</tr>
<tr>
<td>March 15</td>
<td>Board Nominations and Nominee Statements Due</td>
</tr>
<tr>
<td>March 15</td>
<td>Materials/Waivers/Evolvement request for PRC/IRC Due</td>
</tr>
<tr>
<td>April</td>
<td>April Ortho-Bionomy News Quarterly Newsletter Available</td>
</tr>
<tr>
<td>June 15</td>
<td>Annual General Meeting, Denver, Colorado</td>
</tr>
<tr>
<td>June 15-18</td>
<td>Ortho-Bionomy Conference, Denver, Colorado</td>
</tr>
<tr>
<td>June 18-19</td>
<td>Ortho-Bionomy Instructor Meeting, Denver, Colorado</td>
</tr>
</tbody>
</table>
Happy 2016 Everyone!

Here we are moving forward into a new year yet again. I find myself reflecting on what has been accomplished in the previous year and what are the pieces that would be beneficial to come forward in 2016.

In the past few months, the BOD has been through the transition of adding three new members, and a new president. I feel we have been orienting ourselves by getting to know each other, looking at the broad view of where we have been as an organization, what projects are in the works, and creating more structure to guide us through our process as a board.

Last year we developed our three year plan. We now are working on both integrating it into our process as a board and on the specific projects needed to manifest it into reality. Some of the pieces in the works are:

- Working with the office to get our website more user friendly
- Hard copy and online resources for us as a Board and future boards.
- Clear policy document
- More online class offerings
- Re-creation of the CRC (Curriculum Review Committee)
- Instructor Agreement
- Testing and implementing the transcript database.
- Further development of OB Angels into a 501c3

All these pieces support our organization as we continue to expand and evolve into the future.

As we developed the Three Year Plan, in addition to the OB Principles, we identified the following qualities as important guidelines to move us forward: Consistency, Clarity, Creativity, Continuity, Inclusivity, Transparency, Longevity, Simplicity, Credibility, Resolution.

As I reflect on them, they point to our Principle of Right Relationship and its vital role within ourselves, with each other as a community, and our relationship with other communities. I ask, “What needs to be shored up, what barriers need to soften, and how can we continue to work from a place of collaboration, both within our community and with other communities to allow for the highest manifestation of OB out in the world?”

Many of the pieces we are working on involve creating clearer structure to support and guide us into the future. While these are vital, I feel it is the growing spirit of collaboration within our community that will take us there.

It is invaluable, both within our community and in our relationship with other communities as we expand into the future.

We have an incredible set of guiding principles. I invite each one of us to orient ourselves more deeply around them as we move through the New Year.

Best Wishes for the New Year,

Melinda Doden, President
President of Society of Ortho-Bionomy International
Two positions to the SOBI Board of Directors are scheduled to be filled this year.

Nominations for the Board of Directors of the Society of Ortho-Bionomy International® are now open. Any Associate, Practitioner, or Instructor Member of the Society may serve as a member of the Board of Directors. This year, both nominees need to be Instructors – Associate Instructors and above. Those nominating individuals and those accepting nomination should be very clear about the expectations and responsibilities that go with being a member of the Board of Directors.

(Nominations that don’t follow the steps and criteria below will not be considered.)

1. Any General, Practitioner, or Instructor Member may make one nomination to the Board of Directors.
2. Nominees may not nominate themselves.
3. Those nominating someone must get the permission of the person they wish to nominate.
4. Those nominating someone must send a letter to the Society’s Office before March 1, 2016 indicating the person they wish to nominate. This letter must include reasons why the person would make a good board member, a signature and a phone number.
5. Nominees must submit a statement for the membership by March 1, 2016. This statement must include a signature and a phone number where they can be reached. These statements must be typed, grammatically correct and less than 500 words and e-mailed to the Society’s office.

The statement must include:
• How they have been involved in Ortho-Bionomy;
• Why they would make a good board member;
• What they would like to pursue as a board member;
• Their understanding about the duties and responsibilities of the position.

Calling for Board Nominations for October 1, 2016!

Job Description for Members of the Board of Directors

The Board of Directors is elected by the voting membership to represent the needs and interest of the entire Society of Ortho-Bionomy International. Board members shall meet on a regular basis to discuss the activities and affairs of the Society. Members of the Board of Directors shall accept responsibilities and duties that are necessary for maintaining and promoting the legitimate concerns of the Society of Ortho-Bionomy International.

Duties and responsibilities:
1. Participate in all scheduled meetings of the Board of Directors;
2. Attend the annual Society of Ortho-Bionomy International Meeting;
3. Serve on the Board for three years;
4. Accept appointment as an officer of the Board or Special Liaison as needed;
5. Work with other Board members and/or committees on special projects or tasks.

*It is crucial that all board members have email as much of the business and communication is done through email.

Election Time Table
• February 1, 2016 Notify members if # of Board nominations are equal to open board positions
• March 1, 2016 Nominations and Nominee Statements Due
• May 15, 2016 Ballots Mailed if more candidates than open positions
• June 15, 2016 Ballots Due if vote was required
• July 1, 2016 Ballots Counted if vote was required
At a prior board retreat, the idea was suggested of having the Principles of Ortho-Bionomy reviewed at the start of each meeting, in the newsletters, in the Directory.

Back to the Principles

- Non-Judgment
- Self Recognition
- Structure Governs Function
- Working “with” vs. Working “on”
- Going with ease of movement
- Exaggerate the pattern
- Going with the flow
- Be present for others
- Meeting in right relationship and where people are
- Less is more
- Finding Comfort within Discomfort
- Honor What Arises

Please write to us if you think we should add something to this list.

ABMP

Associated Bodywork & Massage Professionals Affiliate

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.

Mailing to SOBI Office

We have been having Post Office challenges. We are working with them, and their suggestions were as follows: Send Priority or Regular mail, not Express. Write the Address and suite number CLEARLY. (They currently require a signature for Express Mail, even when No Signature Required is clearly designated). When sending in your evolvement paperwork or waivers, please also email office@ortho-bionomy.org a scan of your paperwork, so we have that as back up. We do eventually plan to go to electronic submission, but are not quite there yet.

Evolvements

- Bennett, Patty
  Practitioner
  Grand Junction, CO
- Coldbrander, Sandra
  Practitioner
  Abbey, Western Australia
- Crabtree, Polly
  Practitioner
  Grand Junction, CO
- Geherin, Sharon
  Practitioner
  Grand Junction, CO
- Grigg, Deborah
  Practitioner
  Bomaderry, New South Wales, Australia
- Retz, Susan
  Practitioner
  Anita, IA
- Scherrer, Cindy
  Practitioner
  Grand Junction, CO
- Switzer, Cathy
  Practitioner
  Fruita, CO
- Tomson, Tamar
  Practitioner
  Santa Fe, NM
- Tooley, Teruko
  Adv Practitioner
  Mt. Vernon, NY
- Santello, Mary
  Adv. Practitioner
  Gainesville, FL
- Shumway, Marcie
  Adv. Practitioner
  Grand Junction, CO
- Spehar, Sara
  Adv. Practitioner
  Grand Junction, CO
- Malone, Andrew
  Associate Instructor
  Adelaide, South Australia, Australia
- Smith, Susan
  Associate Instructor
  Santa Fe, NM
Bringing In 2016 with a Fresh Start and New Perspective
by Nina Joy Rizzo

Dear Fellow OB Colleagues,

If this New Year is anything like last year, then I’d say, “WOW!” Things are going to rock and roll! Who feels the same way?

Many of you already know me, or know “of” me, but for those of you who don’t; my name is Nina Joy Rizzo. I am (almost) an Adv. Practitioner of Ortho-Bionomy and I am in the Teacher Training Program as well.

My continuing education includes, but is not limited to: Craniosacral Therapy with the Upledger Institute and I am enrolled in the Barral Visceral Manipulation Curriculum. But most importantly, for the last four years, I have been apprenticing with an Advanced Osteopathic Manual Therapist, Dr. Luc Chabot. Let me say, everything he has taught me is in alignment with the basic foundations of the Ortho-Bionomy principles I have learned to follow.

I can honestly say that all the hours I’ve spent by Dr. Luc’s side learning from him, along with all the courses I have taken with both Upledger and Barral would have been so confusing and difficult to comprehend if I hadn’t understood the basic principles of Ortho-Bionomy first! Therefore, I am grateful to all I have learned in OB, but can see where we as practitioners and as a society, can be so much more effective in knowing just some of the basic ideas of traditional hands on Manual Osteopathy as well. Just like it says on our intake forms, “Ortho-Bionomy, an Evolution of the Original Concept.” And, just like the spiral, is there really a beginning and ending? Or, is it repeating- going backwards in evolution only to go forwards again with a gentle recoil, or rebound?

With this idea in mind, in November of 2015, I coordinated a “5 Class Block Series”, in the Magical Red Rock Country of Sedona. It was a great success! We had 25 students total with over 11 students in each of the 5 classes. Attendees came from all over the US. I’m so happy to say that there were 5 brand new students introduced to Ortho-Bionomy during that week. Plus, class had at least one or two additional Instructors attending each class, as students, so just about everyone in the two basic classes, got to work with partners that had prior experience, in Ortho-Bionomy. What a great opportunity.

The concept behind the 5 Class Block was to give students a chance to travel, experience different instructors and complete a good chunk of their curriculum at one time. This made their time and travel cost effective by offering many discounts and included 64 total CE’s for OB training. Conducting the classes in the serene and conducive healing Red Rock Environment was simply a plus. The eight days seemed to take on the nature of a residential, except, for the most part, we all stayed in different locations, and people joined and left throughout the block. There were 4 of us that stayed the entire 8 days, and each of us witnessed a magical golden cord weave its way through each class and student, which in the end, wrapped itself into a magnificent bowl! The last day, all that were there chipped in for a grand finale organic lunch buffet that everyone shared together! Thank you, Michael Queck for all of your great, multi-tasking and cooking skills. He and I we’re Phase 5’ing and 6’ing it together in the kitchen on that last day in between lessons and demos! Thank you to the Clean-up crew for your efforts at the end of the day, as well.

I’d like to give a special shout out to Rouel Cazanjian for stepping up to the plate and working with me on these “Theme Based Blocks.” Rouel and Dr. Luc and I, spent some quality time together during those eight days discussing my goals and intentions with Ortho-Bionomy and as an OB instructor. So much of what I have been learning in the more traditional Osteopathic world can be very beneficial, easily implemented and useful to those that are interested. Therefore, it has been understood, that one of my goals as a teacher in the Ortho-Bionomy Society is to bring back some of the Basic Osteopathic Foundations to the Ortho-Bionomy curriculum. Some of you may buck at this idea, but others I already know, are ready and hungry for it!

Another goal, along with my two long standing colleagues Jen Hallden and Cozy Meyer is to expand the OB community in the Southwest.

We are considering a yearly or bi-yearly 5 Class Block. I am opening this up to the Instructor community as to who would like to come participate as a visiting guest instructor? I am hoping to have Judith Miller D.O. from Canada, Richard Valasak from Hawaii, and Kalpesh Patel from Florida, just to name a few, join us down the road. Who else would like to participate? Please email me so we can collaborate on your scope of practice and what you are motivated to teach-njrianj@gmail.com

In the meantime, and until the next block, we have scheduled 4 classes and a study group for February and April (please check the class schedule for more info).

These classes will be taught by Rouel Cazanjian and Bench Assisted by me.

If you’ve never taken an Intro to OB class with Rouel, I’d like you to know, he teaches it in a much more contemporary way. And, keep in mind; we are going to amp up the curriculum for you in these courses, so get ready to, “Evolve the original concept.” with us.

Thanks for reading and I look forward to meeting you in class!

Be Blessed,
Nina Joy Rizzo
Project Call for Collaborators

Creation of Magazine Type piece of OB articles – Our next, longer promotional/education piece on Ortho-Bionomy. Looking to take new and previously well received OB articles into a glossy 8 page brochure/magazine. Who do you know?

Contact Rhonda at rhondasobi@gmail.com

Looking for Book and Video reviews

We are interested in having reviews of books/DVDs and interviews when available, interviews of the authors of the DVDs and books that we sell on the SOBI website. Contact rhondasobi@gmail.com if you would like to review, interview or provide quotes regarding:

- The BodyEase online study group – Rosa Rodriguez
- Phase Eight DVDs – any of them – Terri Lee
- Arthur Lincoln Paul DVDs – any of them
- Books – Positional Release Technique - Denise Deig  
  • Ortho-Bionomy Self Care – Luann Overmyer
  • Chapman’s Neurolymphatic Reflexes Manual
  • Ortho-Bionomy: A Practical Manual – Kathy Kain
  • Equine Positional Release E-Book - Zarna Carter

Membership Dues for 2016


<table>
<thead>
<tr>
<th>Annual Membership Dues</th>
<th>US/Int’l Sister Society Dual Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Student</td>
<td>$30/ $30</td>
</tr>
<tr>
<td>Student</td>
<td>$65/ $30</td>
</tr>
<tr>
<td>Associate in Practitioner Training</td>
<td>$110/ $72</td>
</tr>
<tr>
<td>Associate</td>
<td>$125/ $81</td>
</tr>
<tr>
<td>Practitioner</td>
<td>$165/ $107</td>
</tr>
<tr>
<td>Advanced Practitioner</td>
<td>$170/ $111</td>
</tr>
<tr>
<td>Associate Instructor</td>
<td>$200/ $130</td>
</tr>
<tr>
<td>Instructor</td>
<td>$260/ $169</td>
</tr>
<tr>
<td>Associate Advanced Instructor</td>
<td>$280/ $182</td>
</tr>
<tr>
<td>Advanced Instructor</td>
<td>$300/ $195</td>
</tr>
</tbody>
</table>

*SOBI gives a discount to our International members who are also members of an Ortho-Bionomy Society in their home country

ABMP works for you...

by providing

- CUTTING-EDGE CONTINUING EDUCATION through the ABMP Online Education Center. Courses and webinars are available anytime. Members can watch them for free and get CE credits at discounted rates.

by giving

- members the marketing materials they need for their practices. Build A FREE WEBSITE, WITH UNLIMITED PAGES, create customized brochures and newsletters, and more at ABMP.com.

by being

- dedicated to TOP-NOTCH CUSTOMER SERVICE for each one of our 80,000+ members. When you have a question, call us at 800-458-2267. Email expectmore@abmp.com. Or chat at ABMP.com.

All this, and the highest aggregate liability insurance coverage available, is yours for $199 a year.

Associated Bodywork & Massage Professionals

The nation’s leading association for massage therapists and bodyworkers.
SOBI STORE IS OPEN

Carrying books (both hard copy and Downloadable), DVDs, Marketing Materials, Study Groups and More,
Most at a discount for SOBI Members.

Books
Ortho-Bionomy: A Practical Manual by Kain/Berns $20/25
Philosophy & History of Ortho-Bionomy by Pauls $17/20
Chapman’s Neurolymphatic Manual $18/20
Ortho-Bionomy: A Path to Self care by Overmyer $20/27
Release through Positioning by Deig $45/50

DVDs
**DVD discounted set - Ph 4, 5/6 Full Set DVD by Pauls** $210/215
- Inc DVD Phase 5 & 6 by Pauls $100
- Inc DVD Phase 4, Post, Home by Pauls $130
- Cranial by Pauls $55/60
- Pearls of Wisdom by Pauls $35/40
- Portals from the 80s by Pauls $25/30
- Arthur Bionomy by Pauls $35/40

**DVD discounted set - Phase 8 Five DVD Full Set by Lee** $220/225
- Inc Phase 4 Spine by Lee $40
- Inc Phase 4 Extremities by Lee $40
- Inc Exploration of Movement by Lee $50
- Inc Isometrics & Isotonics by Lee $50
- Inc Postural Reeducation & Post Techniques by Lee $60

Study Groups, Downloads and E-books/PDFs
EPR Ortho Equine Downloadable PDF by Carter $28/32
Bodyease Downloadable Video by Rodriguez $30/25
Study Group - Bodyease Downloadable eStudy group with Rodriguez $60

Marketing Materials and Artwork
Ortho-Bionomy Brochures $20
Ortho-Bionomy Banner 2x5' including shipping $70
Postcards 50, including shipping $8
Scratch Art by Gilliam $55-77

Merchandise & Clothing
Totes, Clothing, Mugs and More available at The Ortho-Bionomy Shop on Cafe’ Press.
www.cafepress.com/TheOrthoBionomyShop

Go to [http://ortho-bionomy.org/Shop%20Now/Shop.aspx](http://ortho-bionomy.org/Shop%20Now/Shop.aspx) to place your order
Today I begin reminiscing about how my journey into Ortho-Bionomy began. First I must begin by telling you some of my history. I have worked in the medical field for the majority of my working life. Starting in the emergency medicine field, and as of 10 years ago, with Hospice as a C.N.A., and I must add; no body work experience.

Prior to joining the Ortho-Bionomy community, I began thinking that I really needed a work such as massage to take care of my own body, having tried numerous massage sessions and never quite getting out of them what I wanted. Just as important to me, I felt like I was not offering the Hospice patients the absolute most I could offer them, in reduction to their pain; non-pharmaceutical. So, even though my experience with massage had not been positive, I began considering a massage therapy degree. I spoke to some of our awesome massage therapist volunteers that work with the Hospice patients and they reported to me that it was only a handful of patients that really enjoyed the massage work. Having spent many hours providing care to these same people I began to closely look at why they might not like massage and the largest reason I could come up with was, it was just too harsh! For the most part, the people I work with are only up to light touch, and slow movement, to feel pain relief. To not achieve this was some of the exact reasons I did not like it. So I began questioning my decision to become a massage therapist.

I also must add that I have been blessed with a special needs child, who had endless hours of physical and occupational therapy. As a mom, I watched hours of grueling stretching, pulling and use of braces. The end result of it was a child that matured to an adult with absolutely no desire to go to another therapy session.

One day I was reading a newspaper article about a local school, Rocky Mountain Ortho-Bionomy Center, that was offering classes to learn this work. I don’t recall what explanation of the work was given in the article, but I do remember, “pain relief”, and that the work was subtle, a work that I knew nothing about at this point. It caught my eye and I called Sheri Covey to find out more about it. Without much thought, I felt in my heart that this was the answer I had been looking for.

I e-mailed Sheri and told her to count me in, I was coming to week one of her classes. I had never had a session, but I just had a gut feeling that this was it. Little did I know that I was going to learn some things about that gut feeling in class.

The saying that goes, I fell in love at first sight; well change it a bit and say I fell in love at first class and my love has grown stronger and stronger. Attending classes, I began to learn a lot about my own body that I did not have a clue about. The first class I attended about dimensions, left me thinking, “Now how will I ever use that?” Today, I use finding my dimensions as a tool that helps me enter difficult situations at work, and allows me to let OB work through the clients’ systems.

OB has done wonders in my own system. I began my journey with chronic back pain and a whole body that has been abused through lifting, pulling and tugging my entire working career. I have had a great reduction in pain, and my system overall feels more organized. Over the past 2 years, I have experienced some injury, to mainly my upper back and knee. Through sessions of OB, I have experienced healing without adding more trauma to my system. I have more inner peace, having resolved trauma that had been left in my system.

Following the class schedule as outlined by Sheri, I feel that I have a tremendous tool bag to begin my journey into offering Ortho-Bionomy to the community. I also must add that I know I have very little space used in that tool bag, but I have the opportunity to continue to add tools to it by taking classes, with each and every class offering at least 5 new tools. Each tool that has been given to me, has been taught by instructors that have the ability to profoundly change the way America views Ortho-Bionomy, Very solid tools! I also know in my heart that my classes have only just begun. I have much more to learn, and a solid association backing the opportunity to continue to climb the ladder in the Ortho-Bionomy community; and the ability to fulfill my burning desire to have a business using these tools to lessen the pain and increase the range of motion in my clients systems.

I am full of gratitude to have this opportunity to have this Ortho-Bionomy School in the backyard of my community, what a gift.
As most of you may know, SOBI now coordinates phone in Study Groups for our members who need those groups to complete their Practitioner and Advanced Practitioner Training. We started these for a number of reasons.

1st. Getting Study groups can be challenging. As a coordinator for Indianapolis, coordinating a single class can be time consuming, let alone adding more to your plate. Like, paying for additional space, student and Instructor availability and housing etc. Plus, classes can be expensive and most students want to avoid the additional costs associated with another 3 hr class.

2nd. We wanted to make it easy and affordable for our students to obtain their Study Groups. What’s easier than phoning in from home (or wherever you are), and being comfortable while getting what you need?

3rd. Many students don’t have the advantage of studying with a variety of Instructors, which is a shame since we have so many Instructors with amazing experience to share. Personally, I’ve found that learning Ortho-Bionomy from several different instructors has given me the chance to see and practice Ortho-Bionomy with a wide view of potential for myself and my clients. I can’t tell you how grateful I am for all of my teachers and the relationships I have with them.

4th. This is a small but steady income stream for the Society. The Instructors are paid for their time, though many choose to gift their time. It is a great way for instructors to get their name out, benefits our students and SOBI.

About me, I’m a Practitioner in Indianapolis who’s almost finished with her Advanced Practitioner training and am seriously considering Instructor training at the strong suggestions of my compatriots and Instructors. I’ve been a member of the Society since my first class in 2003. I’ve been coordinating classes in Indy for several years and I love to share OB, meet and encourage new students as well as develop relationships with some fabulous instructors. I’ve gotten all of this and more from Ortho-Bionomy. I’ve been on the BOD for just over a year now, and although I have a lot to learn from that perspective, I’m delighted to use the experience I have to cover this piece for the Society.

I’d love to hear from any of our Instructors who are interested in teaching a study group in this format. In the future we will be hosting these study groups in a webinar format since we are after all, continuing to evolve.

Yours,  
Keri Brown  keri.cobi@gmail.com

We have an active OB community in Indianapolis, but study groups can be challenging - both to fit in to a packed class weekend, and for students both financially/to be away from home or their offices longer and the additional expense.

In addition to coordinating classes in Indianapolis. I have also volunteered to coordinate telephone based study groups for instructors for SOBI. We do a call monthly.

We are also moving to host webinar study groups soon – if you are an instructor and interested in webinar please let me know.

Instructors – want to do a Telephone Based or Webinar study group? Have a topic? Please contact me at keri.cobi@gmail.com.

Online Independent Study Group. We currently also have an online study group (download ONLY). Downloadable Video Study Group (NOT conf call study group) - Body Ease Self Care study group with Rosa Rodriguez

http://www.ortho-bionomy.org/Classes/Classes.aspx#BodyEaseStudyGroup
# NEW CERTIFICATION PROGRAM STARTING IN GRAND JUNCTION COLORADO 2015

Grand Junction 2015 - 2017 Schedule

We offer every class you need within a one year time frame between our two campuses.

## Week 1
- **Phase 4:** Spine & Shoulders  
  **October 5 & 6 2015**
- **Practitioner Training**  
  **October 7 2015**
- **Phase 5**  
  **October 8 & 9 2015**

## Week 2
- **Phase 4:** Extremities  
  **November 30 & December 1 2015**
- **Ethics**  
  **December 2 2015**
- **Exploration of Movement**  
  **December 3 & 4 2015**

## Week 3
- **Isometrics & Isotonics**  
  **March 7 & 8 2016**
- **Study Group**  
  **March 9 2016**
- **Phase 6**  
  **March 10 & 11 2016**

## Week 4
- **Anatomy & Assessment**  
  **June 6 & 7 2016**
- **Study Group**  
  **June 8 2016**
- **Emotions: Working with Trauma**  
  **June 9 2016**
- **Phase 4 ADV Extremities**  
  **June 10 2016**

## Week 5
- **Posture & Post Tech. Practitioner Training**  
  **August 22 & 23 2016**
- **Chapman’s Reflexes**  
  **August 24 2016**
- **Posture & Post Tech. Practitioner Training**  
  **August 25 & 26 2016**

## Week 6
- **Advanced Neck & Shoulders**  
  **October 3 2016**
- **Demonstration Skills**  
  **October 4 & 5 2016**
- **Study Group**  
  **October 6 2016**
- **Phase 5 & 6 Reflexes**  
  **October 7 2016**

## Week 7
- **Anatomy & Assessment**  
  **December 5 & 6 2016**
- **Study Group**  
  **December 7 2016**
- **Visceral**  
  **December 8 & 9 2016**

## Week 8
- **Phase 4: Adv. Pelvis & Spine**  
  **March 6 & 7 2017**
- **Study Group**  
  **March 8 2017**
- **Elements of a Successful Practice**  
  **March 9 & 10 2017**

## Week 9
- **Phase 4: Review Study Group**  
  **June 5 & 6 2017**
- **Cranial**  
  **June 7 2017**
- **Cranial**  
  **June 8 & 9 2017**

## Week 10
- **Residential**  
  **Moab, UT**
  - Red Cliffs Lodge
  - Sheri Covey
  - Melinda Doden
  - Jessica Mark
  
  **Utah**  
  **March 26th - April 1st 2017**

"Take a class, stay for a week or enroll in our Practitioner Training Program"
Many members of Ortho-Bionomy belong to a Yahoo Group. It’s easy and simple to join and participate in an ongoing discussion of all things O-B!

Here’s How to Join:
To Join, email - subscribe-ortho-bionomy@yahoogroups.com
You’ll be asked to enter your Yahoo ID.
To send messages to the group, email ortho-bionomy@yahoogroups.com

Class LISTINGS

For full class descriptions, class information, instructor biographies, 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.

http://www.ortho-bionomy.org/Classes/class-es.aspx#class

CALL FOR PAPERS

For the 19th Ortho-Bionomy Conference
Expand with Ease
June 15-18, 2017
Denver, Colorado, USA
Complete Online or E-mail application using link below by June 15, 2016 or Email office@ortho-bionomy.org
http://ortho-bionomy.org/Classes/Classes_Conference.aspx#presenter
My body was trembling, I was sweating and I thought I was going to die. No, it wasn’t a stroke or heart attack; it was much worse. I was going to have to give a public speech; in front of a whole bunch of people in the demos skills class (five other classmates). After that I decided I would never become a Registered Ortho-Bionomy® Practitioner because I was going to have to give a 20 minute public demonstration. Subject over.

That was how I felt almost 4 years ago.

I did finally do my demonstration three years ago to achieve my Practitioner status. I did not die. It was videotaped to show my instructor who lived in another state. The video still resides on YouTube, I watch it every now and then to remind myself why I joined Toastmasters. A choice I haven’t regretted yet.

Toastmasters is a 90- year old volunteer organization that helps adults overcome their fears of public speaking. Not only does it help for public speaking, it helps people to become better listeners and leaders as well. Somewhere along the path of being courageous, by overcoming my fears, I became stronger and more confident. That confidence has led me to venture out of my treatment room and into the public arena to tell the world about Ortho-Bionomy®.

Now that I have found my voice at Toastmasters, I can talk about what I do as an Ortho-Bionomy® practitioner much easier with everyone. I have learned how to effectively listen and communicate with my clients. There are opportunities to learn how to be a better facilitator, researcher and marketer within the Toastmasters program. I have taken advantage of all aspects of the program from membership to leadership, and feel that it has helped to improve myself and my business. No more heart palpitations.

We all have to do our demonstration to be able to receive that status of a registered practitioner. But I wonder how many have not taken that final step in training because they have to get up and do a public speech. It makes me sad to think how many students might not reach practitioner status because they have not found their voice yet.

How many times have you been stuck on trying to explain what it is that you do? Much less be able to articulate that in a large group of people. Try a Toastmasters meeting?

If you have any questions regarding Toastmasters feel free to contact me cozymeyer@cozymeyerlmt.com or check out the website www.toastmasters.org.
Faces of OB: An opportunity to share your passion!
by Willow Riddlebarger

We all have an Ortho-Bionomy® story of how we discovered it for ourselves, how that “light bulb moment” felt, how it feels in our own bodies when we receive it, or what drives us forward in our learning and practicing processes - our OB spark or revelation. You’ve probably already told your own a hundred times. These are the stories we invite to share.

• Share a short written or video recorded piece to add to our collection.
• Identify yourself however you would like, i.e. Sarah, Illinois, USA
• Email submissions to: office@ortho-bionomy.org Subject: Faces of OB
• Mail submissions to: SOBI® 5335 N Tacoma Ave., #21G Indianapolis, IN 46220
• Include contact information for office communication.
• Your submission gives permission for SOBI® to use it electronically and/or in print.

Ortho-Bionomy Merchandise

Have you ordered from The Ortho-Bionomy Shop on Cafe’ Press? The logo bags were a big hit – the laundry bags are great and I use mine weekly. But my favorite – the mug that turns from black to showing the Sand Dollar logo when it gets hot. We had these mugs available at the conference and they sold out within an hour.

This and more can be found at The Ortho-Bionomy Store on Cafe’ Press. See the ad below for more information.

Customize Your Wardrobe, Home and Office on Cafe’ Press

Go to www.cafepress.com/TheOrthoBionomyShop

For Customizable Shirts, Mugs, Bags and more at the Cafe’ Press Ortho-Bionomy Shop

Additional shipping and handling costs will apply.
Save the Date

19th Ortho-Bionomy Conference
Denver, Colorado
June 15 – June 18, 2017 Conference
June 18 – 19, 2017 Instructor Retreat

DoubleTree by Hilton Denver
3203 Quebec St., Denver, CO 80207
303-321-3333