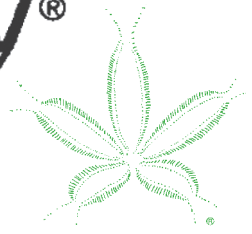




July 2021
Volume 31
Number 3

Ortho-Bionomy® NEWSletter



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PRESIDENT'S ADDRESS

Hi Readers.

I've been trying to write this message for over a month. I don't know why but I'm short on words. I'll just tell you that SOBI is alive, well, and, thriving! It is your continued support that has catapulted SOBI into a strong financial position. Together we can do anything! Thanks, members, for your continued support.

We would like to start a marketing campaign and are looking for good ideas. Please contact the office if you have an idea that would work for us.

As this summer heats up please take good care of yourselves, your family, and friends. Daily life isn't always easy. Be kind to one another, send love and compassion out to the universe.

Jeanne



A Note from the Office

SOBI is currently looking for another person to support administrative efforts for the Society. Requirements: Microsoft Office literate, good internet connection, computer with up-to-date software, highly motivated self-starter, good communication, good organization and good prioritization skills. Previous admin experience a plus. This is a paid position. Please submit a resume to office@ortho-bionomy.org by July 16th for consideration. Also looking for a webmaster/designer. Contact the office if interested.

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



The Therapeutic Alternative and BodyWorkCEUS.net

Offering Live & Remote Continuing Education

2021 CLASSES

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

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

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

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

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

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

For more info, updates, or to register, go to: www.BodyWorkCEUS.net or call our class coordinator, Lady Pellicer @ 561-601-9452
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Announcing a New Diversity, Equity, and Inclusion Committee for SOBI

BY MORIAH WILLIAMS, IAN JORGANSON & RENEE SCHNIEDER

SOBI has a new committee to explore our capacity for creating diversity, equity, and inclusion.

We are coming from the perspective that it's important to center the questions, "Who is here? Who is not here? How can we make what we are doing more inclusive and supportive?" as an ongoing exploration.

Given that we exist in a very unequal society, we can normalize this process of noticing. How can we support more balance, connection, and care in ourselves, our interactions, and our social structures?

We can all participate in creating a more welcoming and equitable society. We are eager to have your input on what you would like to see in this community work together.

What does it mean to create diversity, equity, and inclusion?

- Diversity is having a community made up of people with a variety of identities, including race, gender, sexuality, age, ability, class, size, nationality, religion (or lack thereof), etc., that is representative of the



larger society.

- Equity is creating fairness and access for each person depending on their situation and needs, rather than treating everyone equally.
- Inclusion is creating a space where people can take up space, thrive, contribute, express themselves, have their concerns attended to, and create mutual benefit from their varieties of experience and what they have to offer each other.

Example:

Workshops in person or online that are welcoming to a diversity of abilities. This can sometimes be seen by the instructor and each participant saying at the beginning of class what their access needs are and supporting those needs getting met in an open, supportive way.

Exploration:

What does diversity, equity, and inclusion mean to you? Are there

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NEWSLETTER DISCLAIMER

Ortho-Bionomy News is published quarterly by the Society of Ortho-Bionomy International® (SOBI) as an informational and educational tool for members of SOBI, Ortho-Bionomy® enthusiasts, and anyone interested in learning more about Ortho-Bionomy. Feel free to print portions to hand out to advertise your business. Remember to attach your label with your contact info. Printed newsletters can be ordered from the SOBI Office. See order form on SOBI website.

Information contained in the Ortho-Bionomy News does not necessarily reflect the opinions or beliefs of the Society of Ortho-Bionomy International and/or the staff of Ortho-Bionomy News.

The Society of Ortho-Bionomy International reserves the unrestricted right to accept or reject any submissions within its sole discretion, determine when to publish a certain piece of work, edit materials where appropriate, reject copyrighted material unless the consent of the copyright holder is obtained in writing; and assumes no responsibility for errors, corrections, omissions, or modifications in publication.

The Society of Ortho-Bionomy International may also elect to request further information to determine compatibility with its publication's editorial policy.



times when you have experienced examples of that? Are there times when you felt like there were pieces missing from diversity, equity, and inclusion? What would have helped then? Are there ways you have helped create diversity, equity, and inclusion? Are there other frameworks that you use to think about these issues? How does it feel to consider these questions?

Tools Ortho-Bionomy® has within itself to create more accessibility: an inexhaustive list

• Client-centered

- We don't use formulas in Ortho-Bionomy.
- We can meet the client where they are at.
- Any approach can be modified based on what the client needs.
- We follow the clients' lead in their priorities rather than setting healing goals for them.

Example:

If a client is pregnant, we can shift a prone release to a side-lying release. If a client has arthritis, we can work with the range of motion they have, not the range we think they should have. If a client is unable to drive or doesn't have access to a car, we can do a distance session.

Exploration:

What innovations have you come up with to meet a client where they are?

• Right relationship

- Ortho-Bionomy has a deep understanding that we cannot impose our perceptions or

agendas on our clients to any constructive end.

- As practitioners, we have the capacity to track power dynamics in a session and support our clients' self-determination.
- We support clients in their own expertise rather than trying to fix them or indoctrinate them.

Example:

Marginalized people often have a lot of trauma as well as a deep distrust of health practitioners, because practitioners may have reinforced harmful social norms, or else may have projected judgments onto them or missed them altogether. In Ortho-Bionomy we have the capacity to move slowly with clients and offer them choices without agenda as we build relationship together. We also have the capacity to change our approach if we find we are doing something that is unhelpful or retraumatizing for a client based on their verbal or nonverbal feedback. So much accessibility is created when a practitioner is willing to not know and to bring a fresh perspective to their own assumptions.

Exploration:

Is there a time when you realized you were assuming something about a client or wanted them to do something and you came back to center? Did this happen inside you or did you discuss it with the client? How did the dynamic in the session shift after that?

• Orienting to what's there as well as what is possible

- The more we understand our own unique identities and how

we experience them relative to society, the more room we have for how our clients experience themselves and meet the world.

- Our capacity to clearly identify patterns also helps us see what else is possible. What current patterns are creating obstacles to equity and inclusion? How could those patterns shift?

Example:

Thinking you are alone with an issue, or feeling like it is personal, and then realizing it is a common experience and you actually have power together when you tell your stories. One example is the creation of Ortho-Bionomy itself: Arthur Lincoln Pauls noticed he was having a pattern of experience that was hurting him as a judo teacher. He was able to combine patterns of knowledge from various disciplines as well as identify principles that he felt were universally true to create a discipline that supported him in the healing and prevention of injury, and which was also relevant to others' healing.

Other examples of people identifying patterns of distress and patterns of support are the Black Lives Matter movement (also called the Movement for Black Lives), the Me Too movement, or the Fight for 15.

Exploration:

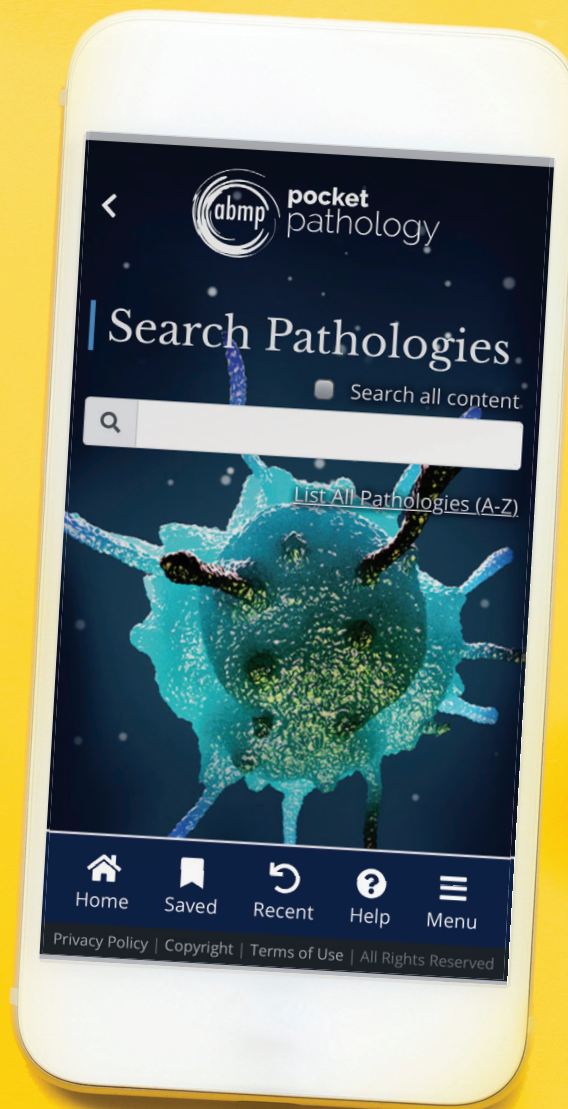
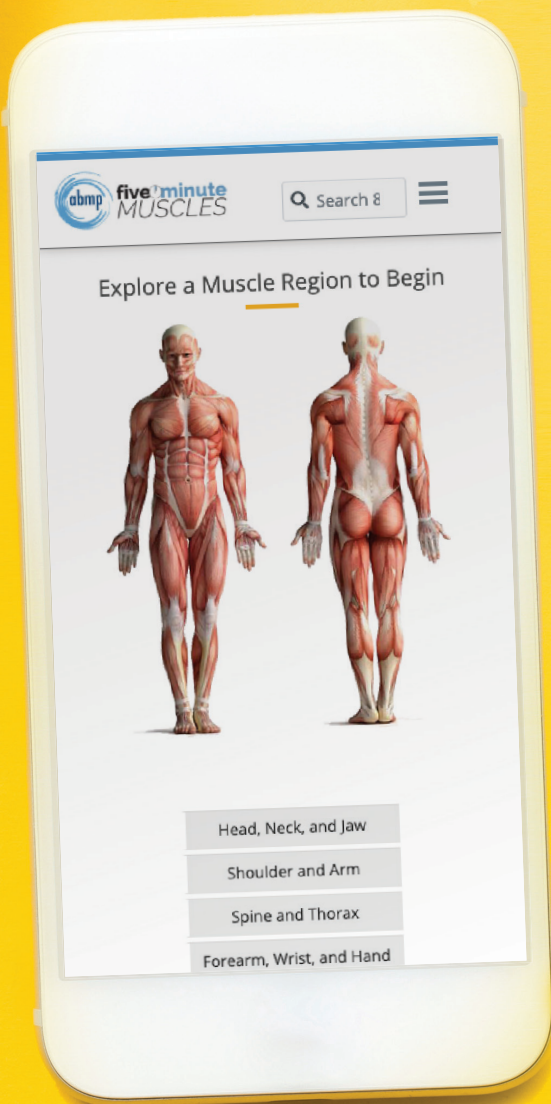
Is there any situation in your life when you faced what felt like an insurmountable obstacle, either having to do with identity, or an organizational or work situation, and you were able to find a possibility

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TWO NEW REASONS TO LOVE ABMP



"The new applications are amazing!" —Kelley



ABMP Five-Minute Muscles

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

abmp.com/five-minute-muscles

ABMP Pocket Pathology

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

abmp.com/abmp-pocket-pathology-app

Included with membership at ABMP.com

continued from page 5

for healing? What resourced you in that situation? Was it something internal? Relational? Was it a new perception? Are there ways you felt less alone than you originally thought you were?

- **Ability to work with perceptual blocks**

- We know that a lot of what causes suffering for our physical, energetic, and social selves is a perceptual gap between what we are doing and what we really need.
- We also know that reconnecting to our innate health is often simply a process of making room to become conscious of what we are skipping over or misreading. This is a fundamental trust in the process of clarity itself to restore us to wholeness.
- Mainstream culture is geared toward skipping over issues of inequity, but we have tools to slow down and notice what is happening.

Example:

We might experience overwhelm when we tune into the magnitude of suffering caused by inequity, but we have tools within Ortho-Bionomy® to notice how we most easily take in information in a digestible way. We also have tools to track what inside of us does have the ability to respond in a way that is organizing for us and brings us into healthy relationship with the world.

One kind of opening we can create for ourselves is simple inquiry. We might go about town with someone who is marginalized in ways that we are not and discover things they are always negotiating that we never had to contend with. An

able-bodied person might be with someone who is disabled and suddenly discover how many stairs or fragrances there are in the world, which means there are places they cannot go. Or a white person might be out with a BIPOC (Black, Indigenous, and people of color) person and realize that certain activities are dangerous for them that they took for granted, such as making noise in public, or asking a police officer for directions. Or a cis (not trans) person might be out with someone who is trans and realize how many mean comments the other person gets or how much they are expected to justify their existence to strangers. Or we might read about these day-to-day experiences from the point of view of someone who is different from us. Afterwards, we have more understanding of the stressors that people experience as well as ways to create more inclusive environments, and we also may have more appreciation for experiences beyond our own. Understanding what the other person wants for themselves in these situations is an important doorway to creating situations that are more healing.

Exploration:

What happens in your being when you think of inequity? What Ortho-Bionomy skills can you bring to this experience?

Is there something you have learned about equity or accessibility that you weren't aware of before? What opened your perception? What did it feel like before and after?

- **No force**

- Ortho-Bionomy understands that we cannot support the unfolding of innate health

with force.

- Any kind of oppressive pattern contradicts this principle by definition.
- We are used to operating in a field which makes room for something other than mainstream standards of forcefulness.
- The seeds of our societal wholeness lie in part in listening to rather than suppressing the innate wisdom of all kinds of bodies.

Example:

“Change can only come about when the instincts of the body are summoned up in such a way that the body does not resist this change. Anything beyond this is force, which when applied too much, leads only to rebellion of the self instead of a re-unification of the harmonic whole.” -Arthur Lincoln Pauls, quoted from Luann Overmyer’s article “The Development of Ortho-Bionomy,” <https://www.luannovermyer.com/mmmm> June 30, 2019.

Exploration:

Are there ways that Ortho-Bionomy has helped you create spaces or practices that are different from learned patterns of forcefulness in your life, either for yourself or others?

- **Honoring the integrity of all beings**

- We know as practitioners that we can be present to the various aspects of a client’s experience—their traumas, their self-righting reflexes, how they show up in their wholeness.
- We are here to be with how they are, not to put our frame-

works on them.

- We bring a humbleness and reverence to this work.

Example:

As Ortho-Bionomy® practitioners, we have a capacity for reverence for all bodies and beings and the innate wisdom inside them.

Exploration:

Can you think of a time when you felt profound awe for the being you were working with? How does that feel in your body and your awareness to reflect on this?

- **Spirit of collaboration**

- We don't have to have all of the answers—having answers isn't the point in our work.
- In Ortho-Bionomy, we trust the life force of ourselves and those we engage with as equal participants in what we experience together.
- Much of oppression has to do with interfering with others' agency, erasing their perspectives, and erasing their value.

Example:

There is a famous disability justice slogan, "Nothing about us without us." This is because programs, policies, therapies, etc., for a particular group that aren't designed by the group tend to perpetuate harm or erasure.

Exploration:

We have probably all had a therapeutic or medical experience where we felt done to rather than listened to and supported. What is it like

to recall an experience like that? What is it like to recall a time when you worked with a practitioner who saw you as an expert in your own life?

What other examples of diversity, equity, and inclusion can you come up with that might already be in your practice/your life?

Are there other ortho tools that you recognize apply to DEI?

What would you like to see in a DEI committee in SOBI?

Reach out to us at: diversity.equity.sobi@gmail.com

Biography

Ian Jorgensen (any pronoun) has sometimes been called a body nerd, a man, a woman, kind, mean, generous, insightful, unthinking, empathetic, rebellious, traditional, sensitive, unbiased, judgmental and loving.



Biography

Ortho-Bionomy Practitioner Moriah Williams (they/surprise me) (Tewa land) is a white gender-queer autistic person who has a special interest in the interplay between somatic and societal healing and how we can understand and work with our marginalized and centered identities to support liberation for ourselves and the earth.



Biography

Associate in Practitioner Training Renee Santo Schneider is a person of color and serves on the SOBI Board and philanthropic organizations supporting, creating and advocating for diversity, equity and belonging.



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.

Instructors interested in participating please email:
office@ortho-bionomy.org We are scheduling for 2022.

Bruce Stark	15-Jul	Sacroiliac Joint	
Jeanne Douglas	19-Aug	Understanding Trademark Policy	Free
Morel Stackhouse	23-Sep	Working with Knee Replacements	
Bettina Beaucamp	21-Oct	Applying Ortho-Bionomy Principles to create Balance and Abundance	
Luann Overmyer	18-Nov	Ethics	
Rouel Cazanjan	16-Dec	Phase 7 & Life Skills	

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

To Register for the next Study Group go to: <https://www.ortho-bionomy.org/aws/SOBI/pt/sp/online-study-groups>

REMINDER TO ADD CLASSES TO THE SOBI AND ABMP WEBSITES

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

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

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

MISSION STATEMENT OF THE SOCIETY OF ORTHO-BIONOMY INTERNATIONAL:

The Mission of the Society of Ortho-Bionomy International® 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.

SOBI MEMBERSHIP BENEFITS

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

Ripples on a Pond

BY ANN CONNERS

This has been a year for silver linings. Like many others have experienced, the pandemic sent me inside; inside my home as well as my spirit, finding safety in solitude. It empowered me to care for my community by disengaging from it. Closing my practice was emotionally brutal, but offered me an opportunity to reevaluate my path, and I seriously weighed whether a career in bodywork was right for me. This profound, curious isolation opened a door within the depths of my introverted soul, and it revealed a need for connection with few concrete opportunities in front of me. Ultimately, I reopened my massage practice where I offer spa-style massage as well as Ortho-Bionomy®. Once I started practicing regularly again, I felt so light, so right in my heart and with the world. I knew I had made the right choice.

I took an on-line class in Ortho-Bionomy. My personal massage therapist and dear friend was able to be my practice partner, and I was overjoyed to have the opportunity to take a hands-on class with someone I know and trust completely! I took another on-line class, and another. Gradually, I began to form a relationship with the faces I kept seeing on Zoom. Students joined us from all over the place, Nebraska, Colorado, Washington, Oregon, Canada! They remembered me and were delighted to see me as I was delighted to see them. This pandemic had offered me a cohort. I was a part of a whole and I had a global community of people who were

growing with me. Together, we are Ortho-Bionomy.

It has been said many times that positional release can be like tossing a pebble into water. Ripples form and move through the body as in a pond, influencing the shoreline, the water, the plants, and every perfect little fish. As water settles against the shore, so our body settles against its new parameters, and as structure governs function, function governs structure. In a session, I feel like I am casting two, maybe three, careful, unassuming pebbles into the pond, and inviting folks to welcome the new shoreline as they move on through their lives. Whether it is easiest for them to settle into a new pattern or back into the old one, they have a chance to broaden their possibilities and catch a glimpse of their potential. Whether this brings freedom, grief, indifference, or something else entirely, I am rising to support that potential. I am fulfilling my heart's purpose.

And so, we came to the convention. When I view our whole Ortho-Bionomy community as this sacred pond, I feel that the convention has joyfully cast a huge, greedy handful of many-colored pebbles as far as it can over the surface. Sunstruck waters are dancing under my skin, through my bones, to the very depths of my heart, and I feel connected to the community as a whole, rather than just a couple teachers, students, and a vague "society." Thinking back, I can call up the intoxicating thrill of logging on and being in the company of tens or HUNDREDS of fellow body-

work nerds with so many smiles, so many hearts ready to receive, to give, to connect to and form the structure that governs our function. The function of helping our communities understand how powerfully wise their bodies truly are, is the function of holding that healing potential, and the function of easing the monumental ordeal of change.

The convention is over, and even while I have several presentations left to watch, I ache for the connection I felt to the global community. I feel a part of a magnificent whole. Some people have expressed the belief that Ortho-Bionomy is dying, but I see the ripples of life moving far and interacting with other ripples from all over the globe. I see them settling into a gleaming, sacred pond which simultaneously nourishes clients, practitioners, communities, and every single perfect little fish.

We are knowledgeable. We are powerful. Together, we are Ortho-Bionomy.

Biography



Ann has been a massage therapist since 2011 and has studied Ortho-Bionomy since 2017. A lifetime learner, she received her bachelor's degree in Art History in 2006, loves opera, crafting, and gardening. She lives in Ashland, Oregon with her husband, stepson, and two ridiculously cute cats.

EVOLVEMENT PAPERWORK

READY TO TURN IN YOUR WAIVER OR EVOLVEMENT PAPERWORK?

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

- Submissions due by March 15th, June 15th, Sept. 15th, Dec. 15th
- Include the following items: Waivers, Practitioner, Advanced Practitioner, & Instructor submissions.
- Review final checklist with Advisor (s) and get all signatures needed.
- Compile all paperwork in the correct order - see the checklist on the program handbook.
- Scan into a single PDF. (If you do not have a scanner, visit your local Kinko's, Staples, or public library, and save your scanned pages onto a USB Flash Drive.)
- All dues and fees must be up to date for the evolvement 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 evolvement cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.

Visualization and Competitive Neuroplasticity

BY ROUEL CAZANJIAN

Wow! That's a mouthful, but let's make this all very simple. If you knew that visualization or other types of intentional activities could rewire your brain for the better and offer you significant health benefits, would you want to try that?

I have been practicing Ortho-Bionomy® and psychology for a while now, and I am very curious about what creates change in the perception of pain, mood disturbances, and behavioral patterns. I have arrived at a simple axiom: **the wiring of the brain dictates firing of the brain – the way our brain is**

structured dictates how it functions. Our “wiring” is our network of neural connections between parts of our brain, and our “firing” is speed and strength of the electrical activity of the brain along those neural pathways that creates sensory perception, emotions, meanings, and behaviors. This axiom describes a process that is mechanical and automatic, but I will endeavor to show that the brain is also subject to change with intentional interventions. So as not to turn off readers who may not like the word “intention,” I present intention as having a choice over a process that would otherwise be

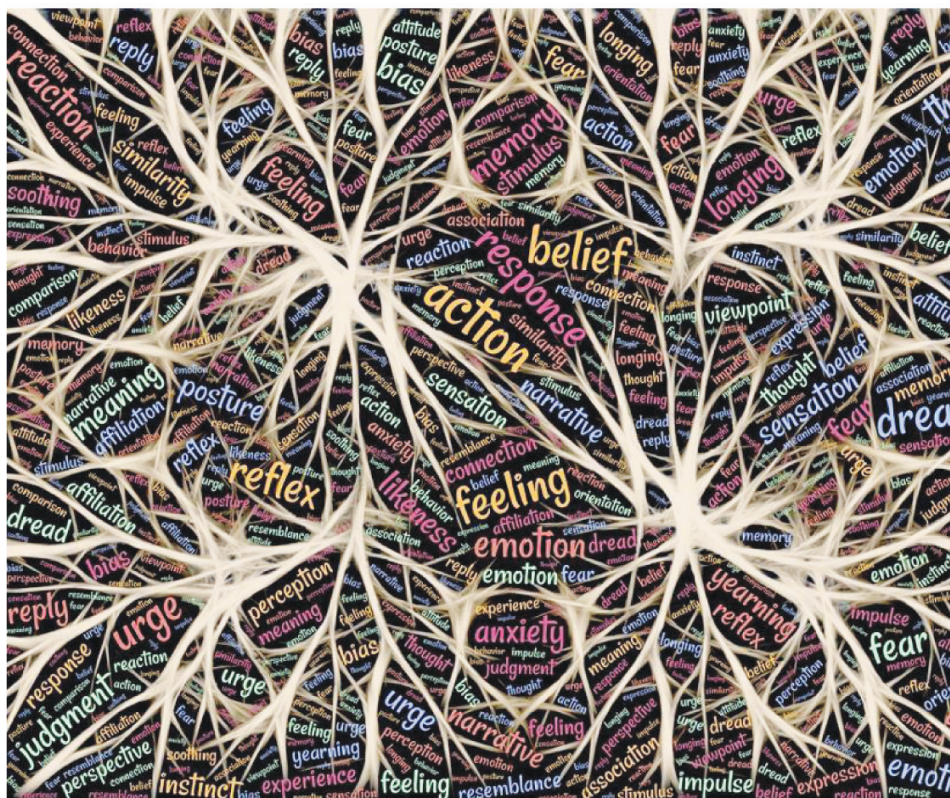
unconsciously automatic and unfavorable. Intention equals choice – taking control of something that we can be in control of for the sake of wellbeing.

In my past article: A Spiral a Day Keeps the Doctor Away: Part 1: Imagery (vol. 4/17), I wrote that visualization was important for brain health, and due to picture media addiction, the ability to visualize is getting weaker in humans. This new article takes this idea one step further to show how you can begin to rewire your brain with repetitive positive activities, such as visualization, movement, chanting, or any other activity that create new neural pathways.

The value of visualization as an aid to healing is nothing new. It has been used by hypnotherapists, shamanic healers, spiritual healers and success gurus for as long as they have existed. It is only recently that neuroscience research has caught up with and validated this ancient wisdom. But the clarity offered by recent research sharpens our understanding of this miraculous phenomenon.

What is neuroplasticity?

Neuroplasticity is the dual process of the neural connections in the brain and body weakening and becoming inactive, and the formation of new neural connections that



are active. To be “plastic” means to be changeable.

What is competitive neuroplasticity?

“Use it or lose it” is the operating principle referring to the fact that the brain is constantly dropping neural connections that are not being regularly used and adding new connections when new activity is introduced and repeated long enough. New brain activity “competes” with the existing circuitry, and the activity that persists wins. Rather than being stuck with the habitual wiring of the brain and helpless to change it, we can participate in the process and become the architects of our brain structure.

How does visualization induce competitive neuroplasticity?

Visualization is a process of seeing pictures in the mind, and is one way to compete with the status quo of neuroactivity of the brain. In other words, by introducing visualization to the brain, it temporarily deactivates what the brain is already doing and offers a new activity. If repeated for long enough episodes (1-2 minutes 5 times or more per day) over a long enough period of time (21-28 days), it will weaken the existing patterns of brain activity that could be causing:

- Exaggerated pain symptoms
- Chronic fatigue or brain fog
- Attention deficit
- Depression
- Anxiety
- Codependent behavior
- Combative behavior
- Unproductive behavior
- Chronic health syndromes
- Other forms of chronic suffering

Pick one of these that you would like to extinguish, write it down in

specific detail, and apply it to the visualization exercises presented later in this article.

What is the whole-body concept of the brain?

It is most helpful to think about the brain as your whole body, and when you visualize, feel the sensations and emotional mood in your body. Conversely, when your mind is running amok and you feel terrible, feel that in your body too. The wisdom of your body, if listened to, will direct you to the path of self-correction. Visualization is just one of many paths to self-correction, but is the main focus of this article.

What visualizations are best?

Any visualization that is an antidote to whatever suffering you wish to extinguish will work, but let’s try these self-affirming visualizations. Create a vivid picture in your mind with any of the following:

- Yourself free of symptoms
- Yourself in your favorite place
- Yourself doing what you enjoy
- Yourself doing what you do best
- Yourself as pure vibrational Essence

When is the best time to visualize?

The very best time to intervene is when you are having a negative episode, in order to extinguish the adverse firing while it is active. This does not mean that you repress your feelings or deny your experience. Just follow these steps as you say to yourself:

1. I am having this negative experience.
2. I am thinking this negative thought.
3. It is making me feel this

unpleasant emotion.

4. I have this unpleasant body sensation.
5. All of this is causing suffering.
6. I would like to try another way.
7. I will visualize my resource now.

Intervening for just a couple of minutes during an episode is much more effective than doing a longer visualization in a non-episode time. We are, in essence, telling the brain that we are in charge.

Remember, your brain is just an organ that functions the way it is wired to function. Your mind is the thing you make choices with, and executing true free-will choices on a regular basis will rewire your brain away from its reactive state to a much happier, more functional state.

Do you have an Essence of Perfection?

Your Essence is your most fundamental and unique aspect. Perfection, in this sense, means that you, given the right opportunities, will always naturally move toward self-correction and self-improvement. If you believe that about yourself, then your answer is “yes, I am perfect just the way I am and getting better all the time.” Put these two together, and you have your Essence of Perfection. Can you create an image that expresses that and visualize it?

In *A Spiral a Day Keeps the Doctor Away: Part 3: Essence* (vol. 4/18), I introduced the concept of Essence as a fundamental way of seeing someone in the beginning of the Phase 7 process. For this self-healing application, let’s see ourselves in our vibrational Essence of Perfection.



tion with this “ramping-up” method.

1. First, see the yourself in an untroubled state without the discomfort you are experiencing. Visualize yourself doing the activity you like doing when you are well.
2. Then, visualize yourself as your best self, making your best offering to the world in the past, present, or future.
3. Finally, see your pure vibrational Essence that is of a transpersonal nature. Allow this transpersonal vibration to spontaneously turn into an image – often emanations of colored lights that are uniquely you. **Now you have your Essence of Perfection!**

Notice how you feel right now in your body, mind and soul. You may feel a deep sense of peace and relaxation. Know, in this moment, that you are rewiring your brain, and if you continue this on a regular basis your brain and life will change for the better.

What are other activities besides visualization that can create competitive neuroplasticity?

Any type of conscious movement, such as T'ai Chi, Chi Kung, Feldenkrais, yoga, folk dancing, or self-aura work can be used to rewire our brains. Certain types of singing and chanting can also change brainwave activity and rewire our

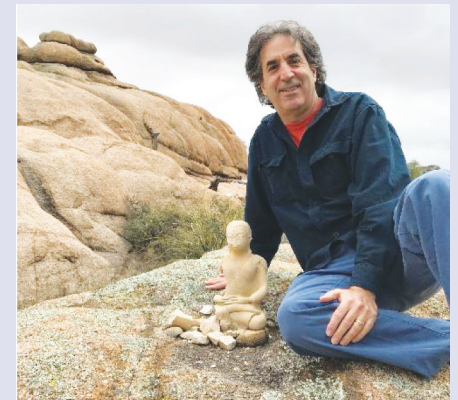
brains over time. Certain meditations, such as Loving Kindness or practicing gratitude can also create huge changes in the brain. The key to success with any method is being clear about your intention and being precise with your timing.

To initiate competitive neuroplasticity, it is always best to do any intervention when you are having an episode of chronic pain in your body, chronic uncomfortable mood or state of consciousness, or you are in an activation of a chronic health syndrome. Use your resource visualization or activity at the earliest detection of discomfort, and repeat as needed. Over time, you will produce steady, progressive changes. Make this easy for yourself by finding ways to slip it into your day without too much effort. Hopefully, you can find a sense of personal empowerment in the knowledge that you can rewire your brain.

This article is just a short introduction to the massive field of competitive neuroplasticity. If you want to explore more on this subject. I recommend the author Noman Doidge, M.D., and his two books “The Brain That Changes Itself” and “The Brains Way of Healing.”

My passion is to help people use Phase 7 principles as a

Biography



Rouel Cazanjan, M.A., LMFT, CMT, SEP is a registered Advanced Instructor and Practitioner of Ortho-Bionomy®, a licensed psychotherapist, and a certified Somatic Experiencing Practitioner. He has over 30 years of experience teaching and working with clients. He also has extensive experience with Buddhist principles, mindfulness, meditation, hypnosis and many movement therapies.

life-mastery process to alleviate suffering, improve relationships, improve health, and achieve success. If you found value in this article, please see the add in this publication for my complete Phase 7 Life Mastery course.

2021 CALENDAR

July 2021	Ortho-Bionomy® News Quarterly Newsletter Available
August 31, 2021	Newsletter Article Submissions & Advertising Due
Sept. 15, 2021	Materials/Waivers/Evovement request for PRC/IRC Due
October 1, 2021	Board of Directors Term Begins
October 2021	Ortho-Bionomy News Quarterly Newsletter Available
Nov. 15, 2021	Newsletter Article Submissions & Advertising Due
Dec. 15, 2021	Materials/Waivers/Evovement request for PRC/IRC Due
January 2022	Ortho-Bionomy News Quarterly Newsletter Available



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DVD's

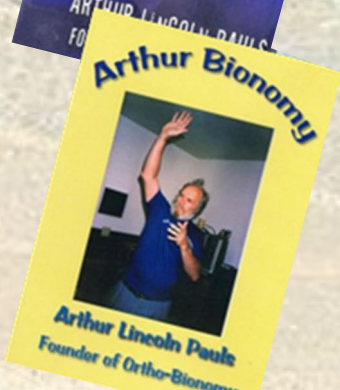
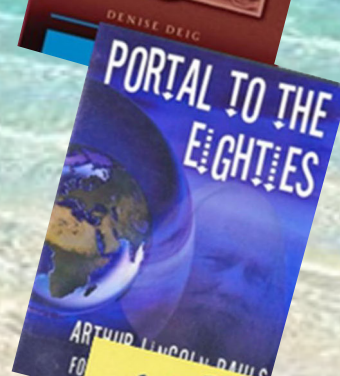
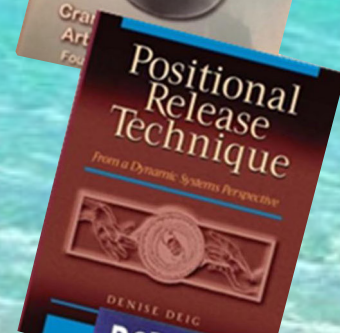
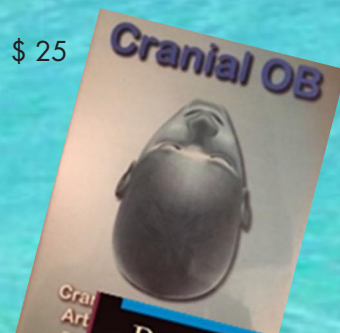
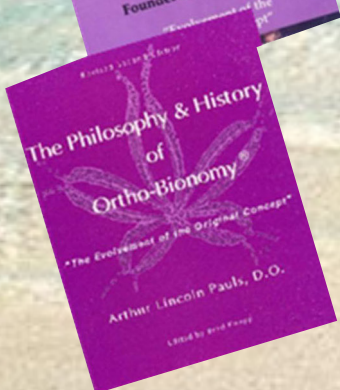
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Phase 4 Extremities, Lee	\$ 40 / \$ 45
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EVOLVEMENTS



Congratulations to these members and their commitment to the work and as evolving members of the Society.

Masai Shimomoto

Lori McLennan

Sarah Schuetz

Brian Watson

Charity Keyes

Amanda Stevens

Laura Holton

Beckie Schmidt

Practitioner

Practitioner

Advanced Practitioner

Advanced Practitioner

Advanced Practitioner

Advanced Practitioner

Associate Instructor

Instructor

Orlando, FL

Fruita, CO

Ashville, NC

Fort Collins, CO

Lake Oswego, OR

Grand Junction, CO

Greenleaf, ID

Ontario, OR

SHARE YOUR STORY

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

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

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

SOCIAL SHARING

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

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

—SOBI Office Administrator

Professionalization of Manual Body Work Fields: Part I

BY JACQUELINE DAVIS, PHD, LMT

During my time as a teacher educator, I regularly taught a research course at the graduate level. I had the experience of witnessing a profound professional expansion take place in each of my students as they learned how to articulate and study their work through research. They went from working with routines and techniques they learned that may or may not be working in their practice to examining and reflecting upon their work as they delved into the literature about the work and examined how the literature could contribute to their work and whether their practice could add to that body of knowledge. They became, in fact, research consumers and disseminators of what they learned and entered an ongoing conversation with experts across the field.

Introduction

This is the first of a planned series of three articles about the professionalization of bodywork and focuses on Ortho-Bionomy® within that greater field. Professionalization is the topic of DeOrnellas' (2018) discussion claiming that "Professionalization occurs when certain jobs or occupational groups become 'professions'-groups that claim jurisdiction over the **knowledge** [emphasis added] within their area," (2018, para. 2). DeOrnellas further states that such

knowledge is part of the elevated esteem some work has over another (para. 3).

When an occupation moves towards becoming a "profession" there are efforts to develop some or all of the following structures: a) an identified knowledge base and educational requirements; b) specific demonstrable skills; and c) identified attitudes or dispositions (or a code of ethical viewpoints and behaviors). Professional organizations are created to support these members, and requirements for educators/trainers, ongoing education requirements, and credentials are identified at different levels. Gate-keeping efforts are established to ensure members of the group are screened for entry, and to retain credentials, such as continuing education and a fee. In some cases professional standards, licensing, and ongoing education requirements are identified. There is likely a requirement to introduce members to research in the field (research literacy), and perhaps a requirement to learn about and participate in doing research. Sometimes these structures have governmental oversight or controls that include legislation, certification control, and perhaps specification of some or all of the remaining structures in the list above. Oversight of such occupations likely will involve a governing board to oversee compliance and

criteria for banning members who do not meet the criteria or who lose membership for violating laws and/or ethical codes.

A crucial element that fuels the prestige of a given professional knowledge base is *research* which is the primary topic I want to discuss in this article for practitioners of Ortho-Bionomy® (hereafter, OB). OB has many of the structures in place that are described in the previous paragraph, including a knowledge base (which is acknowledged to be continually growing); educational requirements, demonstrable skills; attitudes and expected behavior; a professional organization for support, governance, and overseeing; requirements for trainers/educators; credentials for membership; and ongoing education. There is additionally a body of knowledge available and a canon of research/publication. However, there is limited practitioner publication available about the field and Ortho-Bionomy® is not currently as well-known as similar bodywork fields, e.g. craniosacral therapy.

However, the 2019 Society of Ortho-Bionomy International® (hereafter, SOBI) Conference began a discussion about making the OB community more visible to the public and questioned how to stimulate OB research- including *practitioner research*- to educate others about

this work. Likely such publicity and research have the potential to attract more members to our society and attract more clients to receive Ortho-Bionomy® work. The Society's 2021 conference followed this discussion by including a session on case studies and the conference was made accessible to the public through digital delivery, an affordable price scale to encourage attendance, and opening attendance to anyone. The society made some impressive efforts towards educating others about this modality through these actions.

Another point that I want to stress from my work teaching research to teachers, both at the undergraduate and at the master's level, is that practitioners grow professionally when they access resources in the professional knowledge base through activities such as reading research in the field, listening to podcasts, taking continuing education courses, attending webinars to expand knowledge, and attending conferences. However, in my opinion, when practitioners stretch themselves to *contribute* to that knowledge base and engage in conversations about the work, they expand their professional growth exponentially.

Knowledge Base

Sefton, Shea, and Hines (2011) argued that the massage therapy field "has been hindered" (p.1) by the lack of a massage therapy body of knowledge (p.1). This discussion dealt with the entry level certification process in the general massage field. OB is a specialty and an advanced field. However, there is change afoot in the entry level massage field which will affect future and potential OB practitio-

ners who have not yet gone through a formal educational process and/or through a state licensing process. This material will be the topic of a future article of this professionalization series. While OB currently has a well-developed body of professional knowledge, a publication canon, and well-structured professional programs there is still the previously stated need to develop more information through research that can be disseminated about the efficacy of the work to multiple audiences.

In the 2021 conference there was discussion about why we talk about the founder, Arthur Lincoln Pauls, frequently in OB. In a professional knowledge base, the roots of a given field are the foundation upon which that profession is built. As such, a discussion about OB work would be missing important information to omit mention of the base of osteopathy, judo and its eastern Traditional Chinese Medicine (TCM) influences, and Dr. Pauls' work and life as well as many other threads of bodywork.

Research Experiences Motivating This Article

The motivation for beginning this series for the OB community relates to my research, teacher educational experiences in academia, my curiosity about what other groups in bodywork are doing, and two recent research-related experiences. I listened to a podcast from UK-based Physio Therapists (comparable to USA physical therapists) followed by a webinar presentation sponsored by The International Alliance of Health Care Educators about a recently published research project. Both strongly impressed upon me how

important it is to develop and expand research in OB as well as the role that practitioners have in contributing to that work known as a body of knowledge.

In December 2020 I listened to a pod cast with guest speaker Dr. Sasha Chaitow, a U.K. Physical Therapist, bodywork educator, writer, and daughter of the renowned British Osteopath Dr. Leon Chaitow. The themes discussed in the conversation between the three facilitators and Dr. Chaitow were related to *professionalization*: yet again, the educational content of massage programs- including research literacy; the delivery of this content (instilling thinking and reflective skills which tie into attitudes); practitioner research; collaborations between practitioners and scientists, and inter-disciplinary research. Dr. Chaitow pointed out these were strengths that her father modeled in his lifetime and the work that was done from his collaborations and inter-disciplinary work (See Resources) in the field have resulted in some noteworthy publications (Massage Matters Session 6, n.d.).

During the discussion Dr. Chaitow included several responsibilities falling to *practitioners* of body work fields for contributing to the development of the professional knowledge base. These responsibilities included getting involved in research by: a) identifying the questions that tier 1 researchers need to answer about bodywork practice, b) participating in research collaborations, c) researching *their own* practice, and, finally, d) disseminating or sharing their work with professional communities.

The second experience that had an impact on this article was a webinar I attended sponsored by The International Alliance of Health Care Educators. The speaker in the webinar was a scientist who is a craniosacral practitioner and is affiliated with the Upledger Institute European branch. In the webinar Dr. Thomas Rasmussen (2021) talked about his collaborative research article recently published in *Journal of Bodywork and Movement Therapies*. Rasmussen and his colleague used new technology that scientifically measured the three rhythms- craniosacral, respiratory, and circulatory. Those of us who have experience with craniosacral therapy (hereafter CST) are not surprised at this discovery of the craniosacral rhythm, but the craniosacral rhythm is now a **scientifically documented** phenomenon of the data base in the field and is published in a peer reviewed research journal. There was already a large body of knowledge developed in craniosacral therapy and research, but this “scientifically proven” knowledge that meets the research 1 level among the hierarchy of publication created a media stir.

Using the Professional Body of Knowledge to Articulate Ortho-Bionomy® Practice and Results

Those of us familiar with bodywork involving energy have experienced flows of energy through our hands, feet, and bodies, and we adapt and develop intuitive ways embedded with our work with clients. Some of these energy therapies are for the first time or recently mapped through research because of technological developments that created machines capable of measuring a given phenomenon that practitio-

ners have learned to sense through touch or off-body work, such as the acupuncture/acupressure points and meridians in Traditional Chinese Medicine (TCM), and, more recently the craniosacral rhythm identified originally by Upledger in 1970 (Upledger International: CST FAQs, n.d.).

Chaitow and Rasmussen both argued that research is needed to disseminate both what practitioners do in their regular practice as well as in the more experimental research publishing. What I believe makes sense for OB practitioners is to begin with practitioner research. What a practitioner learning OB might perceive initially as “magic” or “voodoo” when using phase 4 releases on painful shoulder points and feeling a profound tissue release, by referring to the professional knowledge base can discover they are using a modified positional release (D’Ambrogio & Roth, 1997) technique. Other points they use for another release may be acupuncture/acupressure points used for thousands of years in TCM. The releases they sense may relate to scientific research done in the 1960s by Travell and Simons (1983) on trigger points. Our professional knowledge grows from articulating in anatomical, neurological, and kinesthetic terms what effect our work has on the body in a way pertinent to our audience, whether that is a client, a peer, or a reader from a related area. The next section discusses how OB practitioners can get started in articulating and disseminating research.

How Can I Participate in Research?

In many fields practitioners are not provided with entry-level strategies to participate in research or they

are reluctant to take on what seems to be reserved for the “brilliant” and the “elite.” However, there are strong traditions of practitioner research across many fields, and as mentioned previously, research may be a required element of a professional program. One specific research format that is very accessible to novice researchers in bodywork is known as a case study.

Case studies are already options for members enrolled in the Ortho-Bionomy® Advanced Practitioner Program (APP hereafter) as part of the requirement for the 150 documented sessions in the program. Just imagine if every member enrolled in the APP wrote and published only one case study or presented a poster session on a case study at the Society of Ortho-Bionomy International® conference (or even another bodywork conference) while completing these requirements. What a wonderful beginning it would be towards developing a cadre of practitioner researchers within the organization! We are all capable of learning how to do research and contribute what we know to the professional knowledge base and share the wonders we have found in this amazing field. Another way to disseminate practice is to conduct sessions at the SOBI Conference or upload videos of your practice onto YouTube or Vimeo.

As I participated in the 2021 SOBI conference session about the online course policy a discussion opened up about publishing and presenting case studies from our work in this field. There were community discussion groups established within the platform for the conference a) for a) writers in OB, b) researching

musicians, and c) research in addition to the session on case studies dealing with positional release work previously mentioned. These groups have shown interest in research, writing, and in case studies from the participants. The videos on those sessions can be accessed to gather information about these research processes. Given the chat responses during Denise Dieg's case study presentation, it looks like many of the members are interested in further exploration of such work. While Denise Dieg pointed out that case study is the least "prestigious" type of research and it is practitioner research, it will likely provide some of the questions that Dr. Chaitow argued practitioners need to present to the research community.

If you would like to find out more about case study research, I suggest you go to the research sources in the Massage Therapy Foundation website. This organization provides complementary resources on a variety of topics supporting bodywork. Listed in the Resource section at the end of

the article, there are five one-hour recorded sessions on case study research. In these sessions different speakers describe the steps of this research process, such as identifying a topic, writing a literature review, the segments of a research report, and disseminating the research. If you are also a member of Associated Bodywork & Massage Professionals (ABMP) you can access the same courses and get a continuing education certificate for completing each of the same sessions (see Research Sources at the end of this article). I suggest you remain open to the different skills set this kind of training requires because it can have a profound impact on your future work.

Of course, there are a few additional steps that need to happen in order to publish a case study, such as a consent form signed by your client. The form is crafted to explain what you are exploring in your study, how the client's Health Insurance Portability and Accountability ACT of 1996 (HIPAA) legal rights will be protected (see the link

about this law in Resources). The form typically contains a statement that the client gives you permission to use their case in your work, as well as a statement that participants can withdraw that consent at any time. I suggest also that interested practitioners work with another person who has experience publishing work to provide guidance on writing and format requirements, as well as meeting in small groups to provide support, feedback on writing, and to brainstorm ideas for publishing work.

What may seem initially overwhelming is a process like learning OB work. It takes curiosity about the work, commitment to practice, study to understand what the work entails, openness to learning the dissemination skills, and willingness to enter and add to ongoing research conversations with others across our broad field. Stay tuned for more articles in the newsletter that discuss other aspects of professionalization.

Resources

www.abmp.com Go to the Continuing Education tab and look for the following courses about case reports: Writing a Case Report 1: Where Do You Start, Writing a Case Report 2: Introduction and Discussion Sections, Writing a Case Report 3: Reporting the Case, Writing a Case Report 4: Research Posters, and Writing a Case Report 5: Experience From the Field. These courses are available at the MTF site but without CE credits.

Health Information Privacy. (n.d.) Summary of the HIPAA Security Rule. Retrieved from

<https://www.hhs.gov/hipaa/for-professionals/security/laws-regulations/index.html>

www.leonchaitow.com A website maintained by Sasha Chaitow about her father's contributions to bodywork. Includes information about journals he founded and edited in the field, books he published, articles he wrote, and blogs he produced. There are some free resources available on this site from his work and information about purchasing some of his more recent work.

www.massagetherapyfoundation.org Website of the MTF- a group that provides... "charitable, scientific, and educational purposes" for the massage field (About Us, para. 1). If you click the Research tab you will see tabs labeled IJTB (Society's complimentary research journal) that has interesting publications, Educational Webinars, Research Tools (includes podcasts, Webinars on research, a database for case report articles, and many other resources. There are 5 webinars available at no charge about case study reports without continuing education credits. If you want the credits look for the courses in the ABMP website above.

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and Shoulders August 22nd & 23rd, 2022

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Phase 4 Advanced Spine
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continued from page 22

The Physio Matters Podcast. Massage Matters Session 6- Integrating research & clinical practice with Dr. Sasha Chaitow. <https://www.youtube.com/watch?v=nVRxDmSoFP4>

This source comes with a transcript of the discussion and the three moderators discuss with the guest speaker topics including professionalization of bodywork and the participants' opinions about the role or practitioners in advancing the profession.

Rasmussen, Thomas Rosenkilde; Meulengracht, Karl Christin. (2021). Direct measurement of the rhythmic notions of the human head identifies a third rhythm. *Journal of Bodywork and Movement Therapies*, V26: pp.24-29. <https://doi.org/10.1016/j.jbmt.2020.08.018>

The article can be downloaded at no charge at the link below.

<https://www.iahe.com/docs/articles/Direct-Measurement-of-the-Rhythmic-Motions-of-the-Human-Head-Identifies-a-Third-Rhythm-Rasmussen.pdf>

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Biography



Jacqueline Davis is an Associate member of the Society of Ortho-Bionomy International®, a retired world language teacher educator, and owner of New Lease on Life Body and Energy Work practice in Chattanooga, TN. She completed her New York State massage program in 2015 after an introduction to Ortho-Bionomy® at the end of her program when her professor asked for a volunteer for a knee demonstration. He happened to be an Ortho-Bionomy Practitioner and she was amazed at the gentle and relieving properties of the ever since. An element of her interest is applying her research and writing skills to educate others about this marvelous work.

Cathy Krenicky is a Registered Ortho-Bionomy Instructor and a member of the SOBI Board of Directors. She generously offers her time each month to support SOBI members as they navigate the challenges present-ed 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?

BY CATHY KRENICKY

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

Led by your Host: Cathy Krenicky
This is a monthly gathering geared towards supporting anyone on their journey to evolving as a Practitioner; but ALL ARE WELCOME.



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

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

Biography



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The entire body addressed in 4 days.

Part 1 August 14 -15, 2021

(No prerequisite for part 1)

The first 2 days of this Basic will cover working with the body using gentle, easy to use, non-invasive techniques. Learn to apply the principles of Ortho-Bionomy to help the body rediscover its own ideal and self-correct.

Your take away: practical application of the techniques to complete satisfying 20 minute sessions.

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(Prerequisite for part 2: part 1 or any Basic)

Days 3 & 4: You will continue applying the concepts and principles of Ortho-Bionomy as you gain a deeper understanding of how they relate to the body.

*Each day starts with a 20 minute session

Contact Jeanne Douglas,

jeannedouglas1831@outlook.com

Cell:612.384.9098

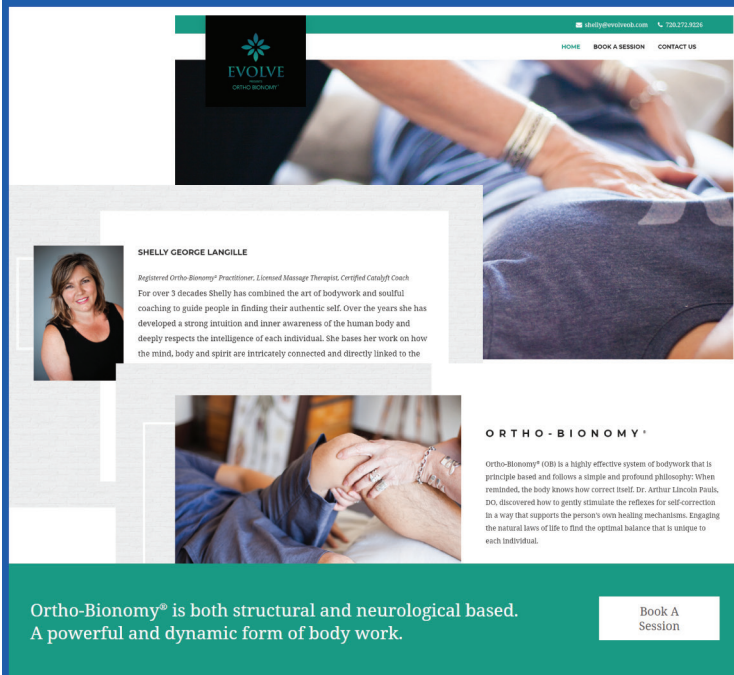
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Trademark Reminders ®

You may have noticed that the SOBI Office and the Board of Directors is giving more attention to the Ortho-Bionomy® trademark of late.

Some of you may even have received emails from the office requesting that the registration mark and/or permission statements be added to your websites. For those of you who have made these changes or are in the process of making these corrections, we thank you!

Does it seem like a bit much to you? If so, that is understandable, but there are some important reasons for this activity.

The SOBI Board of Directors started the process of registering the term Ortho-Bionomy, the Sand Dollar logo and the Society of Ortho-Bionomy International® as trademarked materials back in 1993. This process took several years to complete (1997) and thousands of dollars in attorney and filing fees, not to mention to hours of dedication by the Board of Directors to insure the protection of Ortho-Bionomy as a whole.

The reasoning for registering O-B, SOBI and the Sand Dollar is simple, we want the term Ortho-Bionomy and corresponding trademarks to be associated with the same quality of training and application of the principles we value.

If someone took a Phase 4 class and decided to call themselves a Practitioner their work would not be equivalent to the work that someone who went through the Practitioner Training Program with the hours of training, or personal, emotional, and financial investment that is part of the process. In fact, it is more than likely that their work would reflect poorly on Ortho-Bionomy as a whole. It would make all of us look bad.

This is important for Instructors as well. The Society of Ortho-Bionomy International gives our Instructors the ability to make a living teaching Ortho-Bionomy classes because SOBI is an established organization that is recognized by NCBTMB for continuing education in most states. Because our Instructors go through extensive training to become Instructors, they know how to teach Ortho-Bionomy with all of its principles and ability to track what is happening in class. Some-



one who is just trying to teach out of the Practical Manual would not have all the experience necessary to teach Ortho-Bionomy effectively. This runs the risk of watering down the entirety of what Ortho-Bionomy® has to offer.

If we do not defend the trademarks, we run the risk of losing them.

Even with our history and the bits of bureaucracy that so many members find irritating there is value in honoring the SOBI Trademark Policy. This is for the benefit of our entire membership, for future Ortho-Bionomists and for all that Ortho-Bionomy has the potential to support with our clients, communities, and the world.

What you can do:

- Follow the link to the Members Only section of the SOBI website and click into the Member Documents tab to review the SOBI Trademark Policy and Trademark Rational documents. If you can't access these online just email the office and Keri will be happy to email you the documents.
<https://www.ortho-bionomy.org/aws/SOBI/login/login>
- Attend the free SOBI Sponsored Study Group in August (for SOBI credit) to gain understanding about the policy and get your questions answered.
- Follow established Society Trademark Policy and by the way, US law.

Remaining active members of the Society is not just about paying dues to the Society, it's about you having the legal rights to use the Ortho-Bionomy trademark, and the investment in the availability and integrity of Ortho-Bionomy training for future generations of Ortho-Bionomists. You are paying it forward.

We know this can seem like a lot when you just want to practice the work and help people, but by honoring the SOBI Trademark you are honoring the work of everyone who has invested themselves in Ortho-Bionomy and those who will fall in love with Ortho-Bionomy in the future and start on their own Ortho-Bionomy journey.

OHIO/INDIANA ORTHO-BIONOMY® COLLABORATION SUMMER 2021 CLASSES

CLASS	DATE	INSTRUCTOR	COORDINATOR
PHASE 7 – \$125	JULY 10	LUANN OVERMYER	DENISE DEIG DENISEDEIG@COMCAST.NET
POSTURE AND POST – \$285	JULY 24-25	CAROLE POFFINBARGER	CAROLE POFFINBARGER POFFIN@FUSE.NET
CRANIAL – \$375	SEPT 10-12	DENISE DEIG	KERI BROWN KERI.COBI@GMAIL.COM

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