

Ortho-Bionomy is body work that promotes well being, comfort and balance.

Open to everyone who wants to learn

Upcoming classes in Kelowna for 2017

Exploration of Movement: January 21 & 22 an experiential class that adds a dynamic dimension to the Ortho-Bionomy release techniques. Focusing on the range of motion through the joints, the participants explore and support preferred patterns of movement or non-movement. By gently exploring and supporting these patterns, and with the active participation of the client, the range of motion in the joint is increased and muscular and joint pains are diminished.

Postural Re-education and Post techniques: April 1 & 2 Participants learn to recognize, evaluate and address their own postural habits, and those of others. The techniques presented help to correct abnormal spinal curvatures and scoliosis. Post techniques are simple neuro-muscular exercises that are taught to the client to facilitate their ability to maintain and integrate the re-educated posture.

Phase 4 (Extremities or core): June 4 & 5 this foundation class covers the history, philosophy and concepts of Ortho-Bionomy, and provides a basic understanding of the release techniques for each major joint in the body. The techniques are comfortable for the client and easy on the practitioner. They stimulate the inherent self-corrective reflexes of the body by affecting the proprioceptive nerves, resulting in the release of muscular tension, a reduction in overall stress, normalization of structural alignment, and a new sense of internal balance for the client.

Residential Sept 21& 25(tentative dates) the residential training program allows for five or more days of uninterrupted study in the concepts, principles and techniques of Ortho-Bionomy. The residential serves to broaden and deepen the participant's understanding of this modality, as well as providing an avenue for personal growth and relaxation.

Elements of a successful practice: Oct 21 & 22 The business aspects of having an Ortho-Bionomy practice are addressed in this class. Issues that are covered include developing a business plan; setting up an office; advertising and marketing; attending to insurance, legal and tax issues; setting fee structures; record-keeping, and staying within one's scope of practice.

Anatomy and Physiology: August or October/November? The anatomical structures and physiological functions relevant to the practice of Ortho-Bionomy are covered. In order to facilitate the use and enhance the understanding of the positional release techniques that are the core of Ortho-Bionomy, hands-on palpation of structure and land-marking ability are emphasized. The focus of the classes will be more general for the Practitioner level of training, and will cover specific bodily systems for the Advanced Practitioners. (This class will run over 2 weekends that are 2 weeks apart)

Also, Study Groups in between the classes are helpful for practicing and asking questions and required for the Practitioner training program. These are typically 3 hours and could be held in an evening or a Saturday morning.

Here are some possible Saturday dates 9 -12: March 18, May 13, July 8, and August 19

To inquire or register please contact Instructor: Peggy Oud peggyoud@shaw.ca

Cost for each workshop is \$325.00 9 – 5 each Saturday and Sunday