

ALL THESE CLASSES ARE APPROPRIATE FOR FIRST TIME PARTICIPANTS. JOIN US FOR AN OPPORTUNITY TO LEARN A NEW AND GENTLE WAY TO FIND COMFORT AND HEALING IN THE BODY.

January 30-31/2016 ISOMETRICS

Isometrics and Isotonic work with tension patterns, as well as compromised muscle tone. Using the principles of Ortho-Bionomy, participants in this class will learn Isometric and Isotonic approach for working with the body's tension patterns. Through the use of resistance while the structure is engaged and the proprioceptors are stimulated, the habitual holding patterns will have opportunity for change. The Ortho-Bionomy principles and concepts engage the client's participation to restore balance.

Special price for this class.... \$100.00 per day

Feb 27 2016 – POSTURE-POST TECHNIQUES

In this class participants will learn to evaluate postural habits through observation and specific exercises. We will include anatomy, while observing spinal stability and possibility of the scoliosis. Post techniques integrate an area of tension as well as the work done in a session. Specific exercises are offered to facilitate the client's ability to maintain the re-education of postural habits. (This is a one day class, 1/2 the registration fee)

April-9-10/2016 EXPLORATION OF MOVEMENT

An experiential class that adds a dynamic dimension to the Ortho-Bionomy release techniques by exploring a range of motion of the joints. The participants will observe the patterns of the anatomical and physiological limits to find comfortable release position. The specific Ortho-Bionomy techniques for releasing tension in the major joints in the body will give us a different perspective for body balance.

- All above classes are taught by Instructor Marie Long and Coordinator Peggy Oud.
- Each weekend workshop fee is \$300 for OBAC members OR \$325 for non-members.
- Classes held in Kelowna BC and run from 9 am to 5 pm each day.
- Information/Registration: contact Peggy Oud, peggy.o@hotmail.com 250-317-2375

Also..... March 19-20, 2016 PHASE 5: HEALING CONNECTIONS

9:30am to 5:30pm

Location: OVCMT Vernon, British Columbia with Instructor: **Judith Miller**

(Approved for CEC's for British Columbia RMT's (14PE/A2 cycle 10, for members of Ontario Federation of Osteopathic Professionals and for 16 units of OB accreditation)

This workshop hones your intuition and facilitates a dance of healing between practitioner and client. Learn to refine your awareness of the tensions held within the

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*Workshops in the
Okanagan / 2016*

tissues, and learn how to connect and allow release of these restrictions on a subtle level

Group Intro/Demo 7:30p Friday March 18, 2016 Cost \$10 (free for Registered Participants)

Contact for information or to register for the workshop:

Catherine Christensen, cathy@yourcalmoasis.com, 250-306-7893