Ortho-Bionomy® FLOWCHART of Training

BEGIN HERE

FOUNDATION: No pre-requisites

Essential Elements & Ways of Working

Phase 4 (Phases 1-4)**:**
Spine & Pelvis,
Ribcage (& Ribs)
Upper Extremities,
Lower Extremities

Dynamic Release of Restricted Movement Patterns (Exploration of Movement Patterns)

Self-Care

Tutorial: Receive a Session. Before or after beginning your study and periodically.

Tutorial: Hands-On Learning, Discussion & Review. After 1-2 workshops and periodically.

Study Groups. Every 2-3 workshops.

Pre-requisite: 8 units Foundation

Postural Re-Education & Post Techniques

Key Releases for The Lower Body, An Integrated Format

Pre-requisite: 16 units Phase 4

Isometrics

Advanced Phase 4

Phase 5, Physical & Energetic Reflexes

Integrating Massage and Ortho-Bionomy (Elective)

Pre-requisite: 16 units Phase 4, Spine & Pelvis

The Pelvis, An Integrated Format

Chapman's Neurolymphatic Reflexes
Pre-requisite: Spine & Pelvis
Recommended: Phase 5 OR The Pelvis

Fibromyalgia (Elective)
Pre-requisite: Spine & Pelvis + Phase 5 OR The Pelvis

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Pre-requisite: 16 units Phase 5

Phase 6, Physical & Auric Connections

Cranial Work (Elective)

Pre-requisite: 16 units Phase 6

Demonstration Skills
Pre-requisite: Phase 6 OR Permission of instructor

No pre-requisites.
The following workshops fulfill required hours for Continuing Education and for Professional Training in Ortho-Bionomy (as do all of these workshops).

Ethics & Emotional Issues

Practitioner Training Seminar
Part I: Advanced Skills

Building a Successful Practice
Part I: Business Basics / Review
Part II: Grow and Evolve Your Practice

Practitioner Training Seminar
Part II: The Role of Practitioner
Pre-requisite: 2/3 of Practitioner Program completed

Residential
Pre-requisites vary.

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