

# Ortho-Bionomy™

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## **Description of Classes**

The following are descriptions for most of the courses in the Practitioner Training Programs. (Anatomy and Physiology is not described here.) Many classes have a pre-requisite of at least one Basic Foundation Level /Phase Four class. Anyone may take any class as long as they fulfill the pre-requisite(s) regardless of whether or not they are enrolled in one of the Practitioner Training Programs.

### **Foundation Level / Phase Four**

This class provides an overview of the history, principles and concepts of Ortho-Bionomy and why we begin with Phase 4. Basic release techniques for each major joint in the body will be demonstrated and practiced. Movement and positions of comfort facilitate the release of muscular tension and overall stress by stimulating the self-corrective, neuromuscular reflexes in as little as 10 seconds. The use and practice of these techniques are demonstrated in relation to the philosophy and principles of Ortho-Bionomy to facilitate the body's ability to create a more balanced structural alignment from within.

For in-depth learning this material is often presented in segments to cover: Spine, Pelvis, Ribs, Lower Extremities, Upper Extremities.

### **Phase Five**

In this class we focus on the more subtle aspects of the practice and principles of Ortho-Bionomy. Specific techniques develop and increase the student's awareness and proprioceptive sensitivity to the self-corrective movements initiated by the client. Through the practice of observing, following and supporting these subtle movement patterns, muscular tension is released, range of motion is increased, and pain is reduced.

### **Phase Six**

This class presents release techniques that monitor and acknowledge the capacity of the person to energetically shift their pattern to promote physical, mental, and emotional well-being. Participants develop sensitivity and learn to recognize and observe the emotional and energetic shifts that occur as a result of the Ortho-Bionomy movements that are experienced. Participants learn the value of "not doing" as the practitioner steps back and allows the client's self-healing capacities to engage.

### **Exploration of Movement Patterns**

This class focuses on exploring and observing the movement patterns of joints and muscles, giving the student another essential tool to assess body alignment, release restriction in joints and soft tissue and integrate work done. Participants learn to recognize and palpate inherent and preferred movement capacity. Techniques for recognizing and releasing tension patterns through movement are demonstrated and practiced.

### **Postural Re-education and Post Techniques**

In this class participants will learn to evaluate and address inefficient postural habits through accurate observation and simple exercises. Techniques to work with spinal curvatures and scoliosis will be presented and practiced. Post techniques are used to generally assess and release areas of tension and to integrate the work done in a session. This class also focuses on providing clients with exercises and movements to facilitate their ability to maintain balance, initiate self-correction through postural work and prevent the recurrence of pain through neuromuscular re-education.

### **Isometrics**

In this class techniques for working with tension patterns and muscle pattern flaccidity are presented and practiced. Applying the principles of Ortho-Bionomy to the use of restraining movement while the muscle is engaged, stimulates the self-correcting reflexes and safely expands range of motion. These techniques are especially useful for clients who have old injuries, chronic pain, habituated muscle tension as well as for those whose muscular patterns are underdeveloped.

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### **Chapman's Neurolymphatic Reflexes**

This class presents the Chapman's Neurolymphatic Reflexes system and its use for organ balancing, lymphatic drainage, and their influence on the endocrine system. Focus is placed on identifying individual points and techniques for stimulation of these points.

### **Demonstration Skills**

This class teaches participants how to describe and present Ortho-Bionomy to family, friends, and the public in general. Participants are encouraged to find ways to communicate the "unexplainable" and to practice presenting Ortho-Bionomy in a clear and accurate way. Participants will learn techniques for public speaking and presenting. The class also prepares individuals enrolled in the Practitioner Training Programs for their Lecture Demonstration--a requirement for program completion.

### **Ethics and Emotional Issues**

This class focuses on the role of emotional responses in practitioners' sessions with clients and how to conduct oneself in the presence of these situations. In addition, participants will discuss guidelines for professional conduct and will review the Society of Ortho-Bionomy International's Code of Ethics.

### **Elements of a Successful Practice**

This class deals with the business side of an Ortho-Bionomy practice. Students will receive information on specific business practices such as recordkeeping, marketing and advertising, referrals, client interviewing, legal and tax issues pertaining to businesses, and the scope of practice.

### **Practitioner Training Seminar**

This seminar focuses on the issues and questions that come up from individuals completing the Practitioner Training Programs and include issues such as what to do in a session, how to check in with the client's experience, and how to best work with individuals.

### **Residential**

Residential trainings provide participants with the opportunity to broaden and deepen their understanding of Ortho-Bionomy techniques and principles, as well as allowing individuals to grow in their relationship to themselves. Residentials allow time for

learning and relaxation to facilitate the integration of technique, philosophy, understanding, and the qualities of Be-ing. Typically, the Residential is one week, with forty hours of training.

### **Study Groups**

Study groups are opportunities for students to receive help and clarification about techniques, principles, and anything about the training programs, and to gain insight through discussions about client cases or situations that concern them.

### **Tutorials**

An important part of the training is private and semi-private appointments with your Advisor and other Ortho-Bionomy professionals to receive sessions, give sessions for feedback, consult on any questions or concerns you have about your training clients or other aspects of your work.

### **Electives**

The principles and techniques of Ortho-Bionomy can be applied in many different situations. Elective courses provide the participants with an in-depth look at more specialized techniques or applications, which may include: Self-Care, Mind-Body Cellular Healing, Fibromyalgia, Cranial Work, Carpal Tunnel, Visceral Work, Integrating Techniques and others.

### **Phase Seven (Advanced Practitioner Program)**

This class demonstrates the principles and applications of the Phase Seven pattern to assist with self-correction and reduction of a problem, especially useful for non-local or distant healing work.

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**For more information** on Ortho-Bionomy, private sessions, tutorials, workshops or training programs, contact:

Ann Hoeffel, LMT, CST, CHt, BS-Edu  
Registered Advanced Instructor  
Director, The Sun Center  
1818 N. Wells Street, 3rd Flr.  
Chicago, IL 60614  
312.280.1070

*Web:* [wholisticlifecenter.com](http://wholisticlifecenter.com)

*Email:* [suncenter@wholisticlifecenter.com](mailto:suncenter@wholisticlifecenter.com)