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Ortho-Bionomy is an incredibly effective system of bodywork for pain relief, and a safe and effective way to ease stress and promote relaxation. Techniques are easy on the practitioner, comfortable for the client, release pain without causing pain, and combine very well with massage and other modalities. Results are long-lasting. It sounds too good to be true but it really works. Here are just a few of the many, many comments students and clients make about the amazing results that they experience with Ortho-Bionomy.

*"It's **amazing** how **doing so little can accomplish so much.**" ---Anita, LMT-IL*

*"**I was blown away** by what we learned yesterday. I didn't realize it was **that easy** or that **comfortable**. I'm **really excited** about this work and **want to learn more.**" --T.K LMT-IL*

*"It's **amazing** how **one little point can make my whole body relax.**" ---Peggy, LMT-IL*

*"I'm really excited about this stuff. We have **clients who have problems that I didn't know how to address until now.**" --- Becky, LMT-IL*

*"I attended my first Ortho-Bionomy workshop with Ann for the CEUs, but when **I felt the changes in my own body** and started getting **great results with my clients after that first workshop, I was hooked.** Now, I attend every workshop Ann teaches; she helps me learn in my own quirky way. **I get a lot of relief from being on the table, too.** My clients ask me if I will do "that other thing" because it helps them. Not only that, but **I like how I FEEL DOING this work; I can do this when I'm 70!**" Maria R.---LMT-VA.*

Many students put new skills to work the very next day with excellent results. Each workshop Ann teaches includes: 1) Anatomy review, 2) Assessment and 3) Specific proprioceptive release techniques for each area; 4) Ways to integrate releases achieved for deep, long-lasting results. There are also Self-Care workshops for pain relief and postural re-education.

*"I've had **tremendous success in my practice** with the training from April. **Clients** have used words like "**miracle**" and "**magic**" to describe the **results. Pain** from one day to over a year ago **has vanished in seconds** with both regular clients and **even new clients (that I'm only working with for 10-minute seated sessions).** You've probably heard all this before but **it's so amazing to me.** Thank You," Carole S, LMT-MD*

In-depth learning is achieved by including several learning styles and one-on-one training: 1) Discussion and use of anatomical images, 2) Demonstration of the work, 3) Question and answer session, 4) Review, 5) Hands-on practice giving and receiving the work, 6) Discussion of what happened, 7) A workbook with brief descriptions of the techniques and for recording your notes. Study Groups and private Tutorials further individualize the training, providing an opportunity for review, advanced learning and one-on-one hands-on skill building with an experienced instructor, akin to an apprentice program.

Ann Hoeffel is an Advanced Instructor and Advanced Practitioner of Ortho-Bionomy, a Licensed Massage Therapist and Certified Hypnotherapist and has maintained a private practice in Chicago since 1984. She integrates the principles of Ortho-Bionomy and finds the results improve with other specialties, including CranioSacral Therapy, Somato-Emotional Release, Myofascial and Massage Therapy, Color and Sound, Divine Energy Healing, Medita-

tion and Hypnotherapy. Ann has a BS in Education from Univ. of WI-Madison and several advanced certifications in wholistic therapies, comprising over 4000 hours of training. She has taught in the U.S. and Canada, training practitioners and instructors. She maintains a private practice in Chicago, IL as a Wholistic Practitioner. After 30 years she still loves what she does.

More comments from happy people. It's so rewarding to hear clients say:

"You're helping me resolve areas of injury and tension that no one else has been able to touch. **It's incredible how much my body is releasing.** That whole area feels so much more open and I feel lighter. You're working with really old injuries that I never connected with my current symptoms. **I know this is really helping me.** Thank you so much! -- M.R., Psychotherapist and Energy Worker

"**I don't think my left side has ever felt this good. . . It's been a chronic problem** and I've had a million treatments. (After just one treatment) That's very nice, indeed, **it feels great!** I'm relaxed, not sleepy, balanced; more than my psyche. . . my body, my mind is relaxed but there's energy underneath. I look forward to taking classes." -- Susan O., Naprapath

"When I first lay down on the table, **I was feeling a lot of torque and pain in my hips and knees. Now it's all gone and everything feels relaxed** and open. I love this work. . . It's just amazing!" -- Rebecca. M., Naturopath

Students blue benefits received exceed expectations:

"(What could be improved in the course?) The course exceeded expectations as is! **Excellent dynamics, energy and focus. . . excellent instruction.** A fantastic workshop! Thank you for sharing from the heart!" ---John. L., Physical Therapist—FL

"Clarity, pacing, content. . . **truly superb... and I've taken a lot of workshops. Ann is a superb educator and a natural.** The course was well-orchestrated -- a symphony that continues to evolve." ---Dale A., Ph.D., Licensed Massage Therapist-FL

"The workshop (Spine and Pelvis) **more than paid for itself** in terms of client benefit. " --- Janice. R, Massage Therapist-IL

"(After a 3-hr Study Group Review.) It's a testament to your teaching that, although I took this class three years ago, while pregnant, I really have been doing it correctly. I commend you on **your teaching method — it is precise and memorable and I learned the work on many levels.** Thank you." --- Diane. C., Shiatsu Practitioner

"The next day at work I had a client with a frozen shoulder. I used one of the Ortho-Bionomy release positions for the shoulder. Then I checked to see if it made any difference and her arm went right up! She was so happy and so was I!" --- Cheryl P., Massage Therapist-KY

"What you said in the first 20 minutes has already made the entire trip and workshop worth it, and we've just gotten started..... The ability to slow down and **focus on the fine tuning was absolutely wonderful.** . .Wonderful, wonderful, wonderful. Thanks, Ann. What a glorious weekend." ---Susan. R., Massage Therapist-FL

"My leg hasn't moved that much in 30 years!" ---Randy, Deep Tissue Therapist-IL

Private Sessions, Workshops and Student Tutorials are available.

Call The Sun Center, 312-280-1070

For more information go to: <https://www.wholisticlifecenter.com>

Please note: Class announcements are emailed in groups and, therefore, may be identified by your email filter system as bulk/junk mail. Please look in those folders or check the website.