

**Ortho-Bionomy® Immersions**  
**Integrating Techniques for the Way You Work**  
Get the full scoop at: [wholisticlifecenter.com/OBImmersion.html](http://wholisticlifecenter.com/OBImmersion.html)

**SPINE Immersion: Alignment for The Spine, Pelvis & Ribcage**

Positioning • Movement Patterns • Post Techniques

**May 16-20, 2017**

9am-6pm day 1, 2, 4 and 5. 9am-1pm, day 3 • 40 CE hours / units Ortho-Bionomy

With Advanced Instructor • Ann Hoeffel • 312-280-1070  
At the Cayce/Reilly School of Massage in Virginia Beach, VA

**Home Study Course** is emailed to registrants

**Introduction & Essential Elements** - This class provides an overview of the history, principles and concepts of Ortho-Bionomy and the science of proprioceptive self-correction. Complete this course for 4 CE hours / units Ortho-Bionomy. For new students.

**The Next Step** provides an opportunity to pull together what you've learned and what you love about Ortho-Bionomy, describe your experiences and craft your own story. Complete this course for 4 CE hours / units Ortho-Bionomy. For continuing students.

**Hands-on In the classroom**

The science of proprioception comes alive as you experience the gentleness, power and effectiveness of working WITH these self-correcting healing responses and WITH what feels good to the client. Students learn the essential touch of Ortho-Bionomy, such as how much pressure to use, how to engage and sense the client's self-correction, when it's done, and how to elicit feedback from clients when needed (ie. clients with debilitating pain).

In-depth training includes: 1) principles and how to activate the body's powerful healing responses, 2) anatomy review, 3) assessments, 4) demonstration and step-by-step review of release, re-pattern and integration techniques, 5) ample time for hands-on practice by participants, giving and receiving the work, 6) discussion and question and answer, 7) body mechanics to help the therapist maintain ease in their own body while helping clients.

**Positioning - Phase 4 (includes 1-4)**

Review anatomy - Assess - Release - Restore alignment

Spine & Pelvis (includes Neck):

- Four ways to release the psoas without causing pain, a common factor in low back pain and posture
- Self-care for the psoas, the fight-flight-or freeze stress reaction
- Mobilization of every vertebra in the neck, thoracic and lumbar spine
- Balancing the pelvis, includes mobilization for each ilium, the sacrum and coccyx
- Releases important to alleviate sciatic pain, scoliosis, and to relieve and prevent headaches related to soft tissue and structural imbalances
- The relationship of spine and pelvis to endocrine function.

### Ribs & Ribcage:

- Determine when muscular tension and hard to detect pain patterns in the back are caused by rib misalignment and how to alleviate it
- Free restrictions in the upper and lower ribcage, including sternum and diaphragm
- Individual ribs, such as raised rib, depressed rib, most common imbalances of 1st and 3rd ribs and their importance to carpal tunnel, freeing the breath, stress relief and overall well-being
- The importance of the neck, thoracic spine, ribcage and thoracic outlet in alleviating problems felt in the upper extremities will be discussed.

### **Movement Patterns and Post Techniques**

Assess - Release - Re-pattern - Integrate

Develop your skill to recognize and palpate the inherent and preferred movement patterns of joints, muscles and fascia and transform simple movements into an invaluable element of every session. Many students have said that this way of working with movement is very easy to integrate into their work, and that their clients love it!

- Assess where to work in minutes, even seconds with simple movements
- Release stuck, stubborn areas, and free the body of restrictions and pain
- Demonstrate expanded range and freedom of movement, re-pattern and integrate improvements achieved for deep, lasting benefit
- Increase circulation and lymph flow with ease using movement
- Create connection throughout the body and improve coordination, flexibility and fluidity
- Add a fun, effective, and dynamic element to your work that is easy on the practitioner and client
- Give clients a positive, “alive” feeling in their bodies and enhance physical presence.

**Free TeleStudy Group** is offered by the instructor to support continued learning, exploration and skill development after the Immersion. Timing to be set to fit everyone’s schedules as best we can.

**Questions** about the training? Contact Ann Hoeffel by phone or email (below).

**Register [online](#)** with the school. Questions about registration? Email: [workshops@caycereilly.edu](mailto:workshops@caycereilly.edu).

40 CE hours NCTMB and FL / 40 units Ortho-Bionomy®

Ortho-Bionomy Phase 4 - 24 units - Movement Patterns - 8 units, Post Techniques - 8 units

Plus FREE 3 units of Ortho-Bionomy Study Group via the TeleStudy Group.

\$845. \$795 if paid in full 30 days in advance. We recommend that deposits be made 3 weeks in advance.

**Immersion arrival, what to wear and bring:** For your comfort, please wear or bring, loose-fitting clothing, socks or slippers, and dress in layers to accommodate changes in room temperature and Virginia Beach’s changing weather. Bring a face cradle cover, king size pillow case, pen/pencil and paper, and water. We will adjourn for lunch around 1pm. A tasty lunch can be purchased at the on-site cafe.

It is well-known that we learn best when we open our minds to consider new or different information and embody a spirit of playfulness and curiosity. A sense of play, with respect for the group process and consideration for each and every person will make for a harmonious learning environment, easy assimilation of the material and a delightful workshop experience. Remember, you’ll be receiving a lot of wonderful work, too!

Ann Hoeffel • Advanced Instructor • Wholistic Health Practitioner  
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