

Ortho-Bionomy®

GENTLE and POWERFULLY EFFECTIVE DEEP Proprioceptive Releases ~ RESULTS that LAST

Discover how effective this work is in relieving pain and tension and restoring balance, comfort and natural alignment by working WITH ease and THE BODY's wholistic system of self-correction and self-healing. Techniques integrate well with massage therapy and other modalities.

Ortho-Bionomy is an incredibly effective and comprehensive system of body therapy, for pain relief, postural integration, self-awareness and self-healing, developed by British Osteopath, Arthur Pauls. In-depth instruction enables students to put new skills to work immediately. Each workshop includes: Principles and procedure, anatomy review, assessment, demonstration, hands-on practice, integration techniques, discussion and review.

You can get EVEN BETTER RESULTS
with LESS EFFORT.

- Relieve acute and chronic pain, gently and effectively.
- Release tender points without causing pain, often in 10-90 seconds.
- Get deeper, longer lasting results.
- Mobilize joints. Melt muscular tension.
- Increase range of motion. Improve function.
- Enhance body awareness, muscle memory.
- Receive 3-4 hours of bodywork each day!
- Have fun learning.

EASY ON THE THERAPIST'S BODY
AND the RECIPIENT'S.

What students say about Ortho-Bionomy

- "I didn't know this work was so powerful!"
- "I only wish I had taken the workshops sooner."
- "AMAZING!"
- "The workshop exceeded expectations. . . ! Excellent dynamics, instruction, energy and focus."
- "Ann is a superb educator, a natural. Clarity, pacing, content. . . truly superb!"
- "Before this workshop, I had a session with Ann to experience Ortho-Bionomy. Afterwards, I felt better than I had in nine months."

Register 4 weeks early and save on tuition.
To register, call the phone numbers given above.

2008 Workshops in Virginia and Maryland

Classes are small. No pre-requisites unless noted.

Herndon, VA ~ Contact Ann's office, 312-280-1070

Traditional Acupuncture of Northern Virginia

Foundation: Spine & Pelvis, 14 CE. July 28-29

Virginia Beach, VA ~ 757-428-3588 x7285

Cayce/Reilly School of Massotherapy

Releasing Muscles & Fascia, 14 CE. July 31-Aug 1

Pre-requisite: 1 Foundation workshop or permission of instructor.

The Pelvis An Integrated Format, 14 CE. Aug 2-3

Pre-requisite: Spine & Pelvis

Foundation: Ribcage & Ribs, 6 CE. September 26

Physical & Energetic Reflexes, 16 CE. September 27-28

Pre-requisite: 1 Foundation workshop or permission of instructor.

Ellicott City, MD ~ Contact Ann's office, 312-280-1070

Baltimore Centre for Wellness (in Ellicott City, MD)

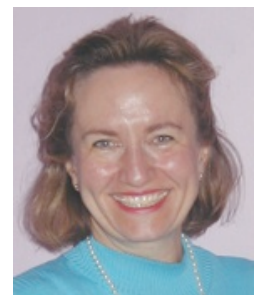
Releasing Muscles & Fascia, 7 CE. October 10

Dynamic Release of Restricted Movement & Patterns,

14 CE. October 11-12

Advanced Instructor, Ann Hoeffel has been in private practice since 1984 and has over 3800 hours of training.

Ann studied with founder Arthur Pauls and is a former V. President of the Society of Ortho-Bionomy International. She is Licensed Massage Therapist, Certified Hypnotherapist, CranioSacral Therapist, she is NCBTMB-Certified as a Continuing Education Provider and Practitioner and holds a BS in Education. Students benefit from Ann's



extensive training and experience and appreciate her clear explanations, in-depth knowledge and playful spirit.

More information, descriptions of the workshops, location and details about Program Certification is available at **wholisticlifecenter.com**; or call 312-280-1070.

Ortho-Bionomy®

Workshop Descriptions

2008 September-October in Virginia and Maryland

Classes are small. Register early. Fees are still reasonable. Pre-requisites are noted where they apply.

Multi-dimensional, in-depth learning includes: 1) principles and theory, 2) anatomy review, 3) explanation and demonstration of technique, 4) step-by-step review of technique, 5) ample time for hands-on practice by participants, 6) experiential learning by giving and receiving the work, 7) further discussion and question-answer.

Workshop instruction includes:

- How to assess the body for imbalances in each region
- How to release the tension creating the imbalance in as little as 10-90 seconds
- How to integrate the release to further aid in restoring alignment, and achieve long-lasting results
- Body mechanics to help the therapist maintain ease in their own body while helping clients
- Simple ways to integrate techniques with other modalities will be discussed and demonstrated, as time allows
- Receive approximately 3 hours of bodywork each day
- Put new skills to work for you the next day. It's easier to do than it is to describe.

"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." -- S. O., Naprapath

Virginia Beach, VA ~ Cayce/Reilly School of Massotherapy ~ 757-428-3588 x7285

Foundation: Ribcage & Ribs, 6 CE. September 26, 1-7pm

We call this Phase 4 but it covers Phases 1-4 and gives an overview of the history and essential principles of Ortho-Bionomy. Learn how to engage innate self-correcting neuromuscular reflexes that release imbalances in as little as 10 seconds and help restore alignment. These pain-free release techniques resolve the underlying cause of pain associated with neuromuscular and structural imbalances for lasting results. Circulation and nervous system function is also improved. Techniques increase range of motion and flexibility, help relieve all kinds of joint, muscle and fascia pain, tingling and related problems, speed recovery from injury as well as promote deep relaxation, which is so important for health and overall well-being.

For in-depth learning this material is taught in segments that cover Spine & Pelvis, Upper Extremities & Ribcage, Lower Extremities.

Ribs & Ribcage, some specifics:

- 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, including raised rib, depressed rib, most common imbalances of 1st and 3rd ribs and their importance to carpal tunnel, freeing the breath, and overall well-being
- Release imbalances that contribute to thoracic outlet problems, restricted breathing, carpal tunnel and others
- The importance of the neck, ribcage and thoracic outlet in alleviating problems felt in the upper extremities will also be addressed.

No pre-requisites.

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Virginia Beach, VA ~ Cayce/Reilly School of Massotherapy ~ 757-428-3588 x7285 Physical & Energetic Reflexes, 16 CE. September 27-28, 9am-6pm

Add a whole new range of skills and acquire a new set of tools that enable release on physical and energetic levels simultaneously. Specific techniques develop and increase the student's understanding and proprioceptive (kines-thetic) sensitivity to the body's self-corrective movements. Through the practice of observing, following and sup-porting subtle movement patterns in joints and tissue, muscular tension is released, range of motion is increased and pain is reduced. This subtle way of working is more effective in many situations and for many clients, In fact, it is the only thing that works for many people. As the practitioner exerts less effort, the recipient is gently encouraged into a self-corrective movement, an unwinding, or in stillness that lets go of locked-in tension/energy that nothing else seems to touch. We call it Phase 5. (It's fascinating and fun to do.)

Pre-requisite: 1 Foundation workshop or permission of instructor.

Ellicott City, MD ~ Contact Ann's office ~ 312-280-1070

Baltimore Centre for Wellness (in Ellicott City, MD)

Releasing Muscles & Fascia, Focus Upper Body, 7 CE. October 10, 9am-5:30pm

This is the class many massage therapists have been asking for — techniques for specific muscles and soft tissue work not usually presented in a Foundation Phase 4 class. Deepen your understanding of the principles of Ortho-Bionomy, their application to Phase 4 techniques, and creative ways of adapting and integrating Phase 4 into your massage routine to address clinical situations you see with clients everyday. Included are working with the trapezius muscle, levator scapula, rhomboids, pectorales, atlas/occiput relationship, anterior neck muscles, refining Phase 4 neck releases and more. We will also address questions you have about unusual client situations. Explore a creative application of integrating Ortho-Bionomy principles in the intake process, the hands-on work and at the conclusion of a session. We will also address questions you have about unusual client situations, as time allows.

Pre-requisite: One workshop or permission of instructor.

Dynamic Release of Restricted Movement & Patterns, 14 CE . . . October 11-12, 9am-5:30pm,

Bodyworkers / massage therapists work with movement in a variety of ways. In this class you can develop the skill to add a new dimension and focus to simple movements that create big changes--a subtle but powerful shift. We'll work with movement and movement patterns to assess where to work, to release restrictions in soft tissue, joints and movement patterns, to demonstrate expanded range of motion, increased flexibility and fluidity, and to integrate changes achieved for long-lasting benefit.

Most clients experience an immediate increase in bodymind awareness and "aliveness" in their body. This work with movement will add a dynamic element to your work that gives clients a deep, 3-dimensional experience of their bodies, a sense of wholeness, overall well-being as well as enjoyment and appreciation of the session. Many students find this class provides a fluid and free-feeling way to integrate Ortho-Bionomy into their current ways of working with results that are pleasing to both them and their clients.

No pre-requisites.

"I didn't realize how much movement can add to a session. My client was on Cloud Nine." --A.V. LMT-IL

"I'm starting to sense what's happening in the body so much more!" --J.N. LMT-IL

"The increase in range of motion from that technique was remarkable." --A.B. LMT-IL

"This class allowed me to feel a completeness about releases that were occurring in my own body. The releases opened up a range of movement in one area then expanded to release another area and then integrated with more movement. The freedom I now feel in my body is complete and 'sealed'. I feel great!" --P.O. MT, Glen Allen, VA

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~ **SOFT touch, DEEP releases, RESULTS that LAST** ~

You can achieve dramatic improvements for your clients with skills gained through Ortho-Bionomy Training and practice. All true healing is self-healing-- an internal process governed by the self-regulating and self-corrective nature of the bodymind. Remember, the body developed and grew from the joining of two cells. It differentiated bones, skin, individual organs, systems for organizing the coordinated function of each and for harmonizing the whole. Imagine the intelligence of that process! Ortho-Bionomy is based on the principles of Osteopathy and works with that innate intelligence, which is why it is so powerfully effective.

Ask your instructor about study groups, private and semi-private tutorials and sessions. Advance your skills and bring a new level of efficacy and confidence to your practice. Ann Hoeffel has 24 years full-time, clinical experience and over 3800 hours training.

REGISTER FOUR WEEKS *EARLY and SAVE on tuition.

Virginia Beach, VA -- \$295 / \$255 *Early;
One-day \$155 / \$135 *Early.

Ellicott City, MD -- \$315 / \$265 *Early.
One-day \$160 / \$135 *Early.

Ann Hoeffel, LMT, CHt, Advanced Instructor of Ortho-Bionomy

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For more information please visit: wholisticlifecenter.com.