

Workshops, Study Groups & Labs for Indianapolis in 2010

Ortho-Bionomy is a gentle, non-invasive, osteopathically-based bodywork which is supportive in working with chronic stress, injuries, pains, or problems associated with postural & structural imbalances. The practitioner uses gentle movements and positions of the body to facilitate the change of stress and pain patterns while client is fully clothed. A strong focus is placed on the comfort of the individual; no forceful movements or manipulations are used. Ortho-Bionomy is effective in helping to alleviate acute and chronic pain & stress patterns by reducing muscle tension, soothing the joints, increasing flexibility and relaxing the body.



We are honored to share our workshop, study group & lab schedule for the coming year. It is a wonderful complement to your bodywork practice, or for those looking for a new approach to healing. Please note we have early bird pricing available for our workshops, so sign up early and receive a healthy discount. You may also visit our website, www.dswservices.com.

Please remember to RSVP for all workshops, study group & labs, so we ensure we have enough tables and space!

We look forward to sharing time with you. *Danyell Wiley, Workshop Coordinator*

Continue Your Ortho-Bionomy Journey in Indianapolis for 2010

- February 4 **Self Care – Three hour workshop**
- March 26-27 **Isometrics & Isotonics**
- March 28 **Phase Seven**
- June 4 – 6 **Anatomy & Physiology**
- June 25-26 **Ethics, Emotions & the Biological Model of Trauma**
- June 27 **Surgical Trauma and Scar Tissue Release**
- September 17 **Phase 4 Basics**
- September 18-19 **Visceral, Above the Dome (Thoracics)**

Self Care with Denise Deig

Thursday, February 4th, 2010 6:00 pm – 9:00 pm

Location: Northwood Christian Church, 46th and Central

Tuition: \$60

In Ortho-Bionomy, comfortable positions remind the body of its natural ability to come to balance. The body is smart. It tends to organize around functionality. So changes and releases that support functionality and balance are recognized and integrated naturally. Through the practice of Self Care we discover the self-corrective capacity of our bodies and empower ourselves in the process of self-healing and well-being. In this class we will take time to slow down and listen to the body's responses. By noticing your sensations and discriminating between more or less comfortable, the body learns to choose comfort and move with ease. Learn to adapt the techniques of Ortho-Bionomy to relieve pain and tension in your own body. Self-Care addresses chronic aches and pains as well as ways to work with injuries. This class is appropriate for anyone wanting to explore comfort, and also for health care practitioners looking for specific exercises to give clients

In this class we will learn to: Relieve pain and tension with positional release, Create new patterns of pain-free movement, Increase flexibility and range of motion with isometric and isotonic exercises, Strengthen muscle tone through isotonic exercises, Improve posture for relief of strain and stress, and Discover the ways your body uses positions and movement to reclaim comfort and well-being.

Since we will be working on the floor, please wear loose, comfortable clothing and bring a pillow or two, a mat and a blanket. One of the exercises calls for a couple of hand towels so bring those along as well. And if you get headaches you may want to bring 2 tennis balls and an old sock.

Isometrics & Isotonics with Terri Lee

Friday, March 26th – Saturday, March 27th, 2010, 10:00 am – 6:00 pm

Location: Malott Office Park, 52nd and Tacoma, South of the Glendale Town Center, zip 46220

Tuition: \$275 (\$325 after February 25th), 14 NCBTMB, 16 Ortho-Bionomy units

In this workshop, isometric and isotonic techniques for working with inefficient muscular tension patterns are presented and practiced. Through the use of these techniques, the self-correcting reflexes are stimulated and habitual holding patterns can be released. Participants learn how to support & exaggerate the client's tension pattern, helping the client find greater mobility and allowing the client to actively participate in the session.

Phase Seven with Terri Lee

Sunday, March 28th, 2010, 10:00 am – 6:00 pm

Location: Malott Office Park, 52nd and Tacoma, South of the Glendale Town Center, zip 46220

Tuition: \$150 (\$175 after February 25th), 7 NCBTMB, 8 Ortho-Bionomy units

This class will look at the application of the geometric pattern used by Arthur Pauls, D.O., when doing 'hands-off work' with clients. Taking the concept of less is more to a more energetic level we will look at how this applies to our sessions. We will address the many ways of being present to another being, thus applying the principles of Ortho-Bionomy at its most subtle and fundamental level.

Anatomy & Physiology with Denise Deig – Please contact Denise directly to register.

Friday, June 4 – Sunday, June 6, 2010 9:00 am – 6:00 pm

Tuition: \$350 (\$395 after May 5th) 24 NCBTMB credits

Contact Denise Deig directly to register for this workshop via phone (317) 255-7800 or via e-mail at denisedeig@comcast.net

In this course the physiology and neurology underlying Phase 4 & 5 Ortho-Bionomy principles will be presented. You will discover why what you do in Ortho-Bionomy works. Your client handling skills will be enhanced and refined through layer palpation and applied anatomy. Format of class will be lecture and demonstration followed by practice time. Muscle groups to be covered in this 3 day course will include pelvis, lower extremity, trunk, upper extremity, head, neck and spine. 8 hour Pre-Course Assignment: A list of muscles to be presented will be received prior to the class and you can choose to expand your anatomical knowledge base by using the Anatomy Coloring Book or by writing up origins, insertions and actions. This assignment will be due the first day of class.

Required Text: "Positional Release Technique from a dynamic systems perspective", by Denise Deig, MS, PT available at class for \$50.

Ethics, Emotions & the Biological Model of Trauma with Morel Stackhouse

Friday, June 25 – Saturday, June 26, 2010, 10:00 am – 6:00 pm

Location: Malott Office Park, 52nd and Tacoma, South of the Glendale Town Center, zip 46220

Tuition: \$275 (\$325 after May 25th), 14 NCBTMB, 16 Ortho-Bionomy units

Participants learn skills for addressing emotional responses that may arise during a session in an appropriate and professional manner. In addition, participants discuss the guidelines for professional conduct and review the Society of Ortho-Bionomy International's Code of Ethics. The biological model of trauma will also be covered. This course meets the requirement for the Practitioner Training and Associate member Ethics and Emotions course requirements.

Surgical Trauma and Scar Tissue Release with Morel Stackhouse

Sunday, June 27th, 2010, 10:00 am – 6:00 pm

Location: Malott Office Park, 52nd and Tacoma, South of the Glendale Town Center, zip 46220

Tuition: \$150, (\$175 after May 25th), 7 NCBTMB, 8 Ortho-Bionomy units

Prerequisite: Ethics & Emotional Issues (Weekend class meets this requirement) and a Phase 4 class

Surgical Trauma and Scar Tissue Release: In this class, students will learn to work with various types of scar tissue; including surgical scars, burns, keloid formations, adhesions and others. We will discuss how to work with implanted hardware, joint replacements, old and newly fractured bones, and other subjects of interest to attendees. The traumatic affects of surgical procedures will be discussed as well as ways to avoid or minimize them.

Phase 4 with Darlene Smith

Friday, September 17, 2010, 10:00 am – 6:00 pm

Location: Malott Office Park, 52nd and Tacoma, South of the Glendale Town Center, zip 46220

Tuition: \$150 (\$175 after August 15th), 7 NCBTMB, 8 Ortho-Bionomy units

In this basic one class you will learn about the history, principles, and concepts of Ortho-Bionomy. You will learn to release trigger points without creating pain, discover and use preferred postures to relieve tension and discomfort, and how to integrate Ortho-Bionomy into your practice. These techniques are easy to learn, easy on the body, gentle to client and practitioner, and can be easily combined with other massage or bodywork practices. In Ortho-Bionomy we work through the clothes.

Visceral: Thoracics with Darlene Smith

Saturday, September 18 – Sunday, September 19, 2010, 10:00 am – 6:00 pm

Location: Malott Office Park, 52nd and Tacoma, South of the Glendale Town Center, zip 46220

Tuition: \$275 (\$325 after August 15th), 14 NCBTMB, 16 Ortho-Bionomy units

In this class we will extend our look at the visceral as a community within itself and how it reaches out into its surrounding areas. Organs—Torso—Extremities. We will connect with all the organs and hard frame protecting them starting with the hyoid and moving through the thoracic cavity to the diaphragm. We will explore the hard and soft frame of the thoracic cavity, release and balance the organs, thus allowing a connection to occur between the organ and it's neighboring components such as vertebra, ribs, and sternum.

What Students have said about this class: "I for one can say. I was amazed how much my internal organs were ignored, they are the vital component that keeps one going, I felt as though my body was reborn again with healthy functioning organs, I was able to breathe better, slept and overall had more energy." "Somehow I felt a sense of clarity. Before the class my visceral was fuzzy to me."

SOBI Meetings & International Conference All are invited to the 15th Ortho-Bionomy Conference in Orlando, Florida. This is a great opportunity to meet others with your interest in Ortho-Bionomy. Thursday, April 29, 2010 – Sunday, May 2, 2010 Go to <http://www.ortho-bionomy.org/conference.aspx> for more information and to register.

Indy Lab Free peer study sessions to practice and adapt what you learn in the workshops Fridays - dates to be announced. Please RSVP to be sure we have adequate space.

About our Workshop Facilitators:

Terri Lee, Advanced Instructor, has been actively practicing and teaching Ortho-Bionomy since 1982. She is an artist of this extremely effective, subtle, gentle bodywork. Her nonjudgmental, affirming approach has helped thousands of students and clients facilitate their own self-healing, awareness, and integration of the body as a whole. Terri trained with Arthur Lincoln Pauls D.O., the founder of Ortho-Bionomy and is a past president of the Society of Ortho-Bionomy Intl, Inc. Terri has been instrumental in developing and refining the curriculum and methodology of the Ortho-Bionomy Practitioner and Instructor Training Programs. She teaches workshops throughout the United States, Germany, Canada and Mexico.

Darlene Smith is a Registered Advanced Instructor of Ortho-Bionomy, a Licensed Massage Therapist and is recognized by the NCBTMB as a Continuing Education Approved Provider. She has studied and practiced Ortho-Bionomy for 19 years. She has been teaching for 13 years throughout US and Canada. She shares with her students a clear and gentle approach to bodywork, which allows her students to learn in a relaxed, safe and comfortable atmosphere.

Morel Stackhouse is a Registered Advanced Instructor with the Society of Ortho-Bionomy International®. She has been actively practicing therapeutic bodywork for over 30 years in her hometown of Madison, Wisconsin. Morel began her study of Ortho-Bionomy in 1984 and was fortunate to have studied with Arthur Lincoln Pauls D.O., the system's founder. She is known for her development of Ortho-Bionomy protocols for working with surgical trauma and scar tissue. Morel has been teaching throughout the US since 1989. She enjoys introducing this bodywork system to others and working with students to develop their skill and confidence as they grow with the work. She is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider.

Denise Deig, MS, PT, GCFP, BFLT/T, Denise has an undergraduate degree in psychology from Indiana University and her professional training in physical therapy was completed at the University of California, San Francisco. She completed her MS degree in 1994 from the University of Indianapolis. She completed the Feldenkrais® professional training program in 1992 and is a member of the Feldenkrais Guild. She became a Bones for Life® Trainer in June 2006. She teaches Bones for Life through the Integrative Learning Center of Mid-America on a national basis. She did an independent study project on Self Image and the Feldenkrais Method while getting her MS degree. Denise has extensive postgraduate training in orthopaedic physical therapy, osteopathy, and other bodyworks including craniosacral, visceral manipulation, functional technique, muscle energy, and esoteric healing. She became an Ortho-Bionomy instructor in 1980 and has been developing and teaching the Deig Method of Positional Release nationally since 1986. She teaches the approach through the MHS postgraduate and DPT entry level programs in the Physical Therapy curricula to orthopaedic and neurological therapists at the University of Indianapolis. She authored the book, "Positional Release Techniques, from a dynamic systems perspective", originally published in 2000, the revised edition was released in August 2006. Denise was co-owner and president of Broad Ripple Physical Therapy for 12 years (1986-1998). Currently she has a private practice, Somatic Therapy Services Inc, in Fishers, Indiana where she sees individual clients, teaches movement work, Ortho-Bionomy and Positional Release Techniques.

Ortho-Bionomy Workshop Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

Work Phone _____ Best way to contact you _____

<u>Workshop Title</u>	<u>Early Bird</u>	<u>Cost</u>
_____ Anatomy & Physiology	contact Denise Deig Directly	
_____ Self Care 3 hour course	\$60	\$ 60
_____ Isometrics & Isotonics	\$275 before Feb 25	\$325
_____ Phase Seven	\$150 before Feb 25	\$175
_____ Ethics, Emotions, Trauma	\$275 before May 25	\$325
_____ Surgical Trauma & Scar	\$150 before May 25	\$175
_____ Phase 4	\$150 before Aug 15th	\$175
_____ Visceral:Thoracics	\$275 before Aug 15th	\$325

_____ **Total Due** (Early Bird payment is due *prior* to Early Bird date to receive this discount)

Payment method Check or Money Order (payable to DSW Services) Credit Card (Visa, Mastercard)

Card Number _____ Exp. Date _____

Verification Code _____ (3 digit code found in signature block on back of credit card)

Registration Form & Payment: You can register for class on our website at www.dswservices.com, or you can mail in your registration form and payment to the address below: Danyell Wiley, 5640 N. Rural St., Indianapolis, IN 46220. Please make checks or money orders payable to DSW Services.

Class Coordinator/Contact: www.dswservices.com Danyell Wiley dwiley@dswservices.com 317-441-4119

Housing: Registration packets will be e-mailed with information on lodging, directions, and general information to make your class experience an enjoyable one. There are several hotels within 5 miles of class as well as a cozy hostel.

Refunds In the event that you are unable to come to class, a non-refundable fee of \$50 is included in the tuition.

For more information on professional training in Ortho-Bionomy, please visit us on the web www.ortho-bionomy.org