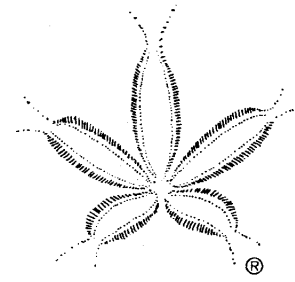


## Ortho-Bionomy in the Heartland

We are honored to be the host city for the 2011 Ortho-Bionomy International conference. In celebration, we have a full schedule of diverse workshops & instructors to peak your curiosity and bring something new to your practice. Ortho-Bionomy 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](http://www.dswservices.com) for more information and to register. Please RSVP for all workshops, study groups & labs, so we ensure we have enough tables and space! I look forward to sharing this beautiful work with you. *Danyell Wiley, Coordinator*



<b>March 4-5, 2011</b>	<b>The Bowstring Effect with Terri Lee</b>
<b>March 6</b>	<b>Cranial with Terri Lee</b>
<b>April 9-11</b>	<b>Anatomy &amp; Physiology -Joints with Denise Deig</b>
<b>April 29-30</b>	<b>Posture and Post Techniques with Darlene Smith</b>
<b>May 1</b>	<b>Demonstration Skills with Darlene Smith</b>
<b>June 11-12</b>	<b>Phase Five &amp; the Reflexes with Luann Overmyer</b>
<b>August 5</b>	<b>Practitioner Training Seminar with Morel Stackhouse</b>
<b>August 5</b>	<b>Self Care with Morel Stackhouse</b>
<b>August 6-7</b>	<b>Ethics, Emotions &amp; the Biological Model of Trauma with Morel Stackhouse</b>
<b>October 20-24</b>	<b>Join us in Indy for the 16<sup>th</sup> International Ortho-Bionomy Conference</b>

### The Bowstring Effect with Terri Lee

Friday, March 4<sup>th</sup> – Saturday, March 5<sup>th</sup>, 2011, 10:00 am – 6:00 pm  
Location: Malott Office Park, 52<sup>nd</sup> and Tacoma, South of the Glendale Town Center, zip 46220  
Tuition: \$275 (\$325 after February 4<sup>th</sup>), 14 NCBTMB, 16 Ortho-Bionomy units

The 'bowstring' is the line of fascia that starts at the base of our skulls and then goes anteriorly down our bodies connecting us three dimensionally back to front. Much like the string on a bow, when contracted, it keeps our bodies bowed forward. To release the over stretched back muscles you must first release this anterior fascia. This helps with postural problems as well as chronic structural tension patterns. This class teaches the anatomical locations of the Bowstring and the Ortho-Bionomy techniques that release the holding patterns of this fascia.

### Cranial with Terri Lee

Sunday, March 6<sup>th</sup>, 2011, 10:00 am – 6:00 pm  
Location: Malott Office Park, 52<sup>nd</sup> and Tacoma, South of the Glendale Town Center, zip 46220  
Tuition: \$150 (\$175 after February 4<sup>th</sup>), 7 NCBTMB, 8 Ortho-Bionomy units

This course focuses on the observation & exploration of movement within the cranial bones. You will learn how to work with the facial muscles and bones in addition to the bones & muscles of the cranium. Discussion, demonstration and practice are utilized to explore the possibilities in all of the Phases when working with this area.

### Anatomy & Physiology with Denise Deig

Saturday, April 9<sup>th</sup> – Monday, April 11<sup>th</sup>, 2011 9:00 am – 6:00 pm  
Tuition: \$375 (\$425 after March 9<sup>th</sup>) 24 NCBTMB credits  
Location: TBD

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. Joints will 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.

### Postural Re-education & Post Techniques with Darlene Smith

Friday, April 29<sup>th</sup> – Saturday, April 30<sup>th</sup>, 2011, 9:30 am – 5:30 pm  
Location: Malott Office Park, 52<sup>nd</sup> and Tacoma, South of the Glendale Town Center, zip 46220  
Tuition: \$275 (\$325 after March 30<sup>th</sup>), 14 NCBTMB, 16 Ortho-Bionomy units

Learn to evaluate and address inefficient postural habits through accurate observation and simple exercises. Techniques to work with spinal curvatures and scoliosis are presented and practiced. Post techniques focus on assessing and releasing areas of tension as well as integrating the work done in a session. In addition, exercises are taught to facilitate the client's ability to maintain balance through the neuro-muscular re-education of postural habits.

## **Demonstration Skills with Darlene Smith**

Sunday, May 1st, 9:30 am – 5:30 pm

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

Tuition: \$150 (\$175 after March 30<sup>th</sup>), 7 NCBTMB, 8 Ortho-Bionomy units

Learn how to describe and present Ortho-Bionomy to family, friends and the public in general. You are encouraged to find ways to communicate the "unexplainable" and practice presenting Ortho-Bionomy in a clear and accurate way. Techniques for building confidence and for improving public speaking and presentations skills are included.

## **Phase Five & the Reflexes with Luann Overmyer**

Saturday, June 11<sup>th</sup> – Sunday, June 12<sup>th</sup>, 2011, 9:00 am – 6:00 pm

Location: TBD

Tuition: \$275 (\$325 after May 11th), NCBTMB & Ortho-Bionomy units available

This class includes gentle techniques for working with severe acute pain and those hard to release chronic areas. The skills learned in this class form the foundation of a successful somatic practice. Learn to sense the preference for tissue movement that unwinds the tension and pain, and 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.

## **Practitioner Training with Morel Stackhouse**

Friday, August 5th, 2011, 10:00 am – 2:00 pm

Location: TBD

Tuition: \$80 (\$100 after July 5th), 4 NCBTMB, 4 Ortho-Bionomy units

This seminar addresses issues and questions that arise for individuals completing the Practitioner Training Programs and helps participants synthesize their entire training experience. The class format includes time to discuss questions or problems that arise during a session, an opportunity to receive feedback and supervision about difficult cases, and information on how to best structure a session, set fees, and communicate with clients. Participants can also discuss their changing role in the community as they move from being a student to becoming a professional in the health care field.

## **Self Care with Morel Stackhouse**

Friday, August 5<sup>th</sup>, 2010 6:00 pm – 9:00 pm

Location: TBD

Tuition: \$60 (\$80 after July 5<sup>th</sup>) 3 NCBTMB and Ortho-Bionomy units available upon request

Ortho-Bionomy techniques are highly effective, easy to learn, easy on your body, and combine well with other bodywork and complimentary healing systems. You will discover

- A sense of balance and ease with gentle exercises that facilitate the release of structural imbalance and discomfort within your body.
- How to achieve a more efficient and balanced sitting posture.
- Ways to help your bodywork clients extend the work they receive in sessions, and help themselves with problems they may experience at home.

Open to all. No prior bodywork experience is necessary. Participants should dress in comfortable loose-fitting clothing and come prepared to work on a carpeted floor. Bring pillow(s) and padding for your own comfort. A detailed handout will be provided.

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

Saturday, August 6th – Sunday, August 7<sup>th</sup>, 9:30 am – 5:30 pm

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

Tuition: \$275 (\$325 after July 5<sup>th</sup>), 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.

**Ortho-Bionomy International Conference in Indianapolis** All are invited to the 16<sup>th</sup> Ortho-Bionomy Conference right here in Indianapolis, Indiana. This is a great opportunity to meet others with your interest in Ortho-Bionomy. Thursday, October 20, 2011 – Sunday, October 23, 2011. 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.

**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.

## About our Workshop Facilitators:

**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.

**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.

**Luann Overmyer** is a Registered Advanced Instructor of the Society of Ortho-Bionomy International. Trained by British osteopath, Arthur Lincoln Pauls, Luann has been active in the teaching and development of Ortho-Bionomy since 1980. A degree in Psychology and studies in various Somatic disciplines have given her a broad perspective of how people change, heal and grow. Luann brings a balance of laughter and seriousness to her teaching style, creating a rich learning experience. She has maintained a private practice for over 30 years, trains Ortho-Bionomy instructors, and teaches throughout the U.S. and Australia. She also wrote the book: *Ortho-Bionomy: A Path to Self-Care*.

**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.

## Ortho-Bionomy 2011 Workshop Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Best way to contact you (circle one) E-mail Phone Text

March 4-5                    **Bowstring with Terri Lee**  
March 6                     **Cranial with Terri Lee**  
April 9-11                 **Anatomy & Physiology - Joints with Denise Deig**  
April 30 -May 1           **Posture and Post Techniques with Darlene Smith**  
May 2                        **Demonstration Skills with Darlene Smith**  
June 11-12                **Phase Five with Luann Overmyer**  
August 5                   **Practitioner Training Seminar 10:00 am – 2:00 pm**  
August 5                   **Self Care with Morel Stackhouse, 6:30 – 9:30 pm**  
August 6-7                **Ethics, Emotions & the Biological Model of Trauma with Morel Stackhouse**  
October 20-24            **16<sup>th</sup> International Ortho-Bionomy Conference**

<u>Workshop</u>	<u>Early Bird</u>	<u>Cost</u>
_____ The Bowstring Effect	\$275 before February 4	\$325
_____ Cranial	\$150 before February 4	\$175
_____ Anatomy & Physiology	\$375 before March 9	\$425
_____ Posture & Post Techniques	\$275 before March 30	\$325
_____ Demonstration Skills	\$150 before March 30	\$175
_____ Phase 5 & the Reflexes	\$275 before May 11	\$325
_____ Practitioner Training Seminar	\$ 80 before July 5	\$100
_____ Self Care	\$ 60 before July 5	\$ 80
_____ Ethics, Emotions & Trauma	\$275 before July 5	\$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](http://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](http://www.dswservices.com) Danyell Wiley [dwiley@dswservices.com](mailto:dwiley@dswservices.com) 317-441-4119 - Email or text are the best ways to contact Danyell.

**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. Due to instructor and workshop costs, a refund is not available for cancellations within 15 days of the workshop.

For more information on professional training in Ortho-Bionomy, please visit us on the web [www.ortho-bionomy.org](http://www.ortho-bionomy.org)