



A unique gentle system of bodywork for pain relief, natural alignment and self-healing

Discover

Ortho-Bionomy®

in Champaign-Urbana

The Extremities: Locomotion, Reaching and Offering

Continuing Education Credits

NCBTMB 16 CE

February 19 & 20, 2010

Friday & Saturday
9:00am – 6:00pm

Instructors:

**Miranda Monkhorst-Prenger
Ann L. Chan**

**No prerequisites required
for this workshop**

Location held at:

Parkland Health Professions
Champaign, Illinois

Registration after Nov. 9, 2009

Parkland College Business Dev.
[www2.parkland.edu/businesstraining/
Massage.htm](http://www2.parkland.edu/businesstraining/Massage.htm)

Workshop tuition: \$355

Information

Ann Chan
Tel: (217) 390-2917
www.ortho-balance.com

Bring to class if you can:

Sheets and pillows

Coming workshops:

Basic Spine:
April 23 & 24, 2010

Ortho-Bionomy® Extremities : Locomotion, Reaching and Offering

Ortho-Bionomy® is a gentle and effective body therapy system for relief of pain from stress or injury. You will learn how to release painful points without creating pain, and how to incorporate positions and gentle compressions to relieve tension and discomfort. *These techniques are simple, easy on the body, gentle to both client and practitioner and can be effectively combined with massage and or other bodywork modalities.* This is a hands-on workshop with limited number of participants.

In this class you will learn basic Ortho-Bionomy® techniques to clear gait tension patterns in legs and feet. You will also learn techniques to rebalance the shoulder girdle, to open range of motion in the arm, and to release wrist and hand tension. Areas of particular focus will include balance and gait training; Morton's neuroma; arm and hand pain; coordinated movement of the arm, shoulder and ribcage.

Day One: Introduction to Ortho-Bionomy®, Feet, Knees, Hips and Gait Patterns.

Day Two: Shoulder Girdle, Ribs, Elbow, Wrist, Hand & Coordinated Upper Body Movement.

INSTRUCTORS:

Miranda Monkhorst-Prenger began her study of the human organism with 9 years of immunology research. She had a direct and profound experience of her own body's healing potential in 1989-1990. This experience gradually drew her to search for a means of working more closely and holistically with the body's innate self-healing mechanisms. Miranda recognized her search had been answered when she encountered Ortho-Bionomy® in 1996. She had the great good fortune to meet and study with the founder of Ortho-Bionomy®, Arthur Lincoln Pauls, shortly before he died in 1997, and has been teaching Ortho-Bionomy® since 2004.

Ann L. Chan is an Associate Instructor and Advanced Practitioner of Ortho-Bionomy®. She has studied and practiced Ortho-Bionomy® for 16 years. She is an ABMP Certified Body Therapist and Somatic Therapist.