



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

Discover

Ortho-Bionomy®

in Champaign-Urbana

Basic: The Spine

Continuing Education Credits
NCBTMB 16 CE

Friday, Saturday,
April 23 & 24, 2010
9:00am – 6:00pm

Instructors: **Darlene Smith**
Ann L. Chan

**No prerequisites required
for this workshop
Everyone is welcome!**

Location

Parkland College
Champaign, IL 61821

Registration after Nov. 09, 2009

<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

Ortho-Bionomy® Phase 4: Spine

This Basic class will cover 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 learn how to integrate Ortho-Bionomy® with your practice. *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.

Day One: Introduction and history of Ortho-Bionomy®, Cervical Spine, Thoracic Spine, First Rib, Shoulders, Clavicles and Scapulas

Day Two: Self-assessment, Psoas, Lumbars, ileum Rotation, Sacrum, Ribs, Sternum and Femur Rotation.

INSTRUCTORS:

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.

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.

Ann also has a clinical practice on body-oriented psychotherapy and vestibular balance therapeutic exercises.